



Compass

The Official Magazine of Sun City Lincoln Hills

November 2015

Ignite Your Holiday Spirit with Something Extra... page 7

A Time for Helping: The Joy of Giving... page 17

Black Saturday Anyone? Holiday Shopping at the Spa... page 10

Are You Wading into the Ocean without a Life Vest?... page 5



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On the cover

These gorgeous pumpkins from Bishop's Pumpkin Farm are providing visual beauty and interest for our autumn events. Happy Thanksgiving to all!

Board of Directors Report

Clubs and Community Organizations Committee (CCOC)

Don De Santis, Director, SCLH Board of Directors



As a newly elected member to the Board of Directors, I have been appointed by the Board President to be the Liaison to the Clubs and Community Organizations Committee, commonly referred to as the CCOC.

The CCOC, with the support of the Association administrative staff, provides assistance to the BOD in approving new club applications, club bylaws, club dissolutions, and attending to other matters to ensure the administration of a proper relationship between the Association and its approved clubs.

The committee consists of the Chair, Vice Chair, and five members. All members are recommended to the BOD for approval for a two-year term, but may serve an additional two-year term. The Chair may be re-appointed without term limits with the approval of the BOD.

The CCOC performs the following functions:

- Develops and recommends to the BOD policies and guidelines that will provide direction and structure for club bylaws;
- Provides information, direction, and structure for the development of club bylaws and the framework for their operational practices and governance;
- Provides a fill-in-the-blank template for a club to use to facilitate creating or revising their bylaws;
- Maintains club information and provides

a Guideline Handbook of Association policies and practices;

- Reviews new or revised bylaws to ensure the bylaws do not conflict with Association policies;
- Determines if a new club has a minimum of 20 members.

After reviewing new or revised club bylaws, the CCOC:

- 1) Accepts the bylaws and recommends approval to the BOD; or
- 2) Accepts the bylaws subject to required changes;
- 3) Does not accept the bylaws. (However, the Club may appeal the CCOC decision directly to the BOD.)

Your hard-working volunteer members of the CCOC currently are as follows:

- Mike Hilton, Chair
- Sarah Lambrose, Vice Chair
- Klara Kleman
- Joe Stewart
- Becky Nicholson
- Celeste Martella
- Jeannine Newcum
- Don De Santis, BOD Liaison

Administrative staff support are: Chris O'Keefe, Executive Director; Jeannine Balcombe, Senior Director Lifestyle & Communications; Shelvie Smith, Room Booking and Club Support assigned to record the minutes of the meetings and provide other administrative support to the CCOC staff.

Meeting Schedule Changes for Finance Committee and Board of Directors

November

- Finance Committee meeting: Wednesday, November 18, 8:30 AM, Solarium (OC)
Plan to attend the Solar Project Ribbon Cutting immediately following.
- The BOD meeting: Thursday, November 19, 9:00 AM, Presentation Hall (KS)

December

- The Finance Committee: Wednesday, November 16, 9:00 AM, Heights/Gables (OC)
Plan to attend the Community Open House immediately following
- The BOD meeting: Thursday, November 17, 9:00 AM, Presentation Hall (KS)

ARC Design Guidelines Update

The Architecture Review Committee will present their proposed Guideline revisions to the Board of Directors at the Thursday, November 19 Board meeting. The Guidelines will then be posted and

published, and a 30-day review period will follow to enable residents to comment on the proposed changes to the Design Guidelines.

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

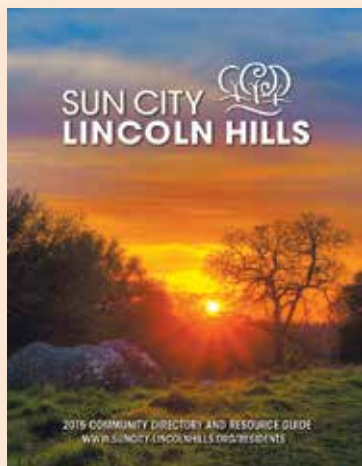
Beginning December 1, the **Membership Desk** will extend its hours to better accommodate our residents' active lifestyle.

Hours will be from 8:00 AM until 5:30 PM Monday-Friday, and we will continue to be available the first Saturday of every month from 8:00 AM to 12:00 PM.

Information for the *Community Directory and Resource Guide* is derived from our Membership database. If you want to be included in the 2016 Community Directory, **all personal changes must be submitted to Membership by February 12, 2016.** Please complete the *Change of Information Form* available online, and at the Membership, Activities, and Fitness Desks.

Our directory and statistical information is only as good as what is provided. **If you are new to the community and have yet to register with Membership at the OC Lodge, please check in and complete the required forms.** We provide new residents with a community overview and include some nice welcome gifts as well. **If your household occupancy changes or you have a new telephone number, please**

Please see "Connections" on page 7



If you want to be included in the 2016 Community Directory, all personal changes must be submitted to Membership by February 12, 2016

Calendar of Events

November 15-January 31

Date	Event	Page #
11/16	Astronomy: "Back to the GUT—Matter/Forces Emerge"	24
11/16	Astronomy: "Puzzling Problems Remain"	24
11/17	NEV: "What Does the Lincoln Chamber Actually Do?"	32
11/17	Videography: "The Basics of Videography"	36
11/18	Solar Ribbon Cutting Party	41
11/19	Astronomy: Galaxies, Nebulae and Star Clusters	24
11/19	Book Discussion: Any book in Maisie Dobbs series	25
11/19	Veterans: Speaker—VA Benefits	36
11/19	Casino/Races: Off to the Races	49
11/19-21	Performance: Players Group "The Christmas Gift"	33, 45
11/23	Concert: John Denver Tribute	45
12/03	Concert: Alasdair Fraser and Natalie Haas	45
12/03-04	Players: Auditions for "Curious Savage"	33
12/05	Festival: The Great Dickens Christmas Fair	49
12/07	KS at the Movies: The Bishop's Wife	41
12/08	Concert: Sacramento Opera Chorus	46*
12/09	Concert: Holiday Songs of Elvis Presley	46
12/09	Performance: Beach Blanket Babylon	61*
12/12	Tour/Leisure: San Francisco Holiday Shopping	59
12/13-15	Concert: Community Chorus Holiday Harmonies	26, 45
12/14	Bird: "Birds of the Sierra Nevada"	25
12/15	Tour/Leisure: San Francisco Holiday Shopping	59
12/16	Community Holiday Open House	41
12/16	Performance: Beach Blanket Babylon	61*
12/19	Grandkids Event: Santa Adventure	46
12/20	Festival: Victorian Christmas	49
12/29	Performances: Pippin	59
12/31	New Year's Eve Ball: Under The Sea	44
01/06	Museum: deYoung SF—Two exhibits in one trip	49
01/08	Comedy: KS Comedy Night with David Studebaker	45
01/09	Performance: Odysseo Equestrian Spectacular	50
01/13	Casino/Races: Cache Creek Casino	49
01/14	Concert: The Beth Duncan Jazz Quintet	46
01/14	Forum: High Speed Rail	96
01/22	Comedy: Creed Bratton Evening of Music/Comedy	45
01/22	Concert: Creed Bratton Evening of Music/Comedy	46
01/23	Museum: Gridiron Glory—Best of Football Hall/Fame	50
01/26	Concert: Tribute to Johnny Cash	46
01/27	Forum: Crafting a Plan to Preserve Memory Function	96

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

Finance Committee Meeting	Wednesday, November 18, 9:00 AM
Golf Cart Registration	Thursday, November 19, December 3 & 17 9:00 AM, OC Lodge
Board of Directors Meeting	Thursday, November 19, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, November 19, 10:30 AM
Board of Directors Executive Session	Thursday, November 19, 11:00 AM
ARC/Architectural Review Committee	Monday, November 23, 9:00 AM
CCOC/Clubs & Community Organizations ...	Tuesday, December 1, 9:30 AM
Compliance Committee Meeting	Wednesday, December 2, 10:30 AM
Elections Committee Meeting	Friday, December 4, 10:00 AM
Properties Committee Meeting	Tuesday, December 8, 1:00 PM
Listening Post	Wednesday, December 9, 9:00 AM
ARC/Architectural Review Committee	Monday, December 14, 9:00 AM
Finance Committee Meeting	Wednesday, December 16, 9:00 AM
Board of Directors Meeting	Thursday, December 17, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, December 17, 10:30 AM
Board of Directors Executive Session	Thursday, December 17, 11:00 AM

Meetings in OC Lodge unless noted otherwise.

Holiday Hours by Department

	Administration	Activities Desk	Fitness		Kilaga Springs Café	Meridians	The Spa at Kilaga Springs
			Orchard Creek	Kilaga Springs			
Thurs., November 26	Closed	Closed	6:00 AM-11:30 AM	6:00 AM-11:30 AM	Closed	Thanksgiving Feast	Closed
Fri., November 27	Closed	10:00 AM-3:00 PM	6:00 AM-5:30 PM	6:00 AM-5:30 PM	6:00 AM-4:30 PM	7:00 AM-9:00 PM	Closed
Thurs., December 24	8:00 AM-1:00 PM	8:00 AM-1:00 PM	6:00 AM-2:30 PM	6:00 AM-2:30 PM	6:00 AM-12:00 PM	7:00 AM-2:30 PM	9:00 AM-2:00 PM
Fri., December 25	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Sat., December 26	Closed	9:00 AM-4:00 PM	7:00 AM-8:00 PM	6:30 AM-6:00 PM	6:00 AM-4:30 PM	7:00 AM-9:00 PM	Closed
Thurs., December 31	8:00 AM-1:00 PM	8:00 AM-1:00 PM	6:00 AM-2:30 PM	6:00 AM-2:30 PM	6:00 AM-4:30 PM	7:00 AM-3:00 PM*	9:00 AM-2:00 PM
Fri., January 1, 2016	Closed	Closed	6:00 AM-5:30 PM	6:00 AM-5:30 PM	Closed	Brunch Event	Closed

SHOW YOUR COMMUNITY SPIRIT

COME OUT AND JOIN US!

NOVEMBER 18, 2015

SOLAR RIBBON CUTTING PARTY



Please join the Sun City Lincoln Hills Community Association and SUNworks *Wednesday, November 18 at 10:00 AM* outside and in front of the Orchard Creek Ballroom for a Ribbon Cutting ceremony and dedication celebrating the successful installation of 2,898 SunPower solar panels, two NEV/LSV charging stations and one electric car charging pay station.

FREE ADMISSION



Orchard Creek Lodge Solar Project



Holiday Open House at Orchard Creek Lodge

DECEMBER 18, 2015

COMMUNITY HOLIDAY OPEN HOUSE

Staff will also be hosting a Community Open House *Wednesday, December 16 at 10:30 AM* in the brightly decorated Orchard Creek Lodge Living Room. Please stop in to look at the beautiful décor and have a cup of hot cider.

'TIS THE SEASON
TO BE JOLLY!

FREE ADMISSION



From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

November is upon us, and I hope everyone has a wonderful holiday season ... By the time you read this, we should have received our



"permission to operate" permit for the solar system. I want to thank you for your patience during construction, and I hope you can join us on Wednesday, November 18 for the ribbon-cutting ceremony ... As many of you know, we have seven standing committees, and we are in need of volunteers to fill vacant positions. This is a great way to assist your community, meet new people, and engage in interesting work on behalf of your fel-

low residents. If you have an interest in finance, communications, club oversight, common area projects, or architectural and landscape standards, I encourage you to volunteer for one of our committees ... We have received feedback regarding hours of operation for the Membership Desk (OC). In response to this, we will be extending hours to 5:30 PM, so that those of you who are still in the workforce can have a better opportunity to reach us ... Speaking of ways to reach us, if you have a question, comment, or concern, one way to get that to us is by filling out a comment card. You can find these at the front desks and Fitness Centers at both Lodges ... The annual Volunteer Luncheon that took place on November 3 was a great event,

and I want to thank all of our volunteers who came out to the occasion. I also want to thank Jeannine Balcombe and her staff for putting the luncheon together, as well as Jerry McCarthy and the Food & Beverage team for a great menu and service ... Thanksgiving is coming up, and this is a good time to remind folks to get their reservations in for the Thanksgiving buffet at Meridians ... I'd like to give everyone a heads up that we will be working with the Lincoln High School Elite Choir on a fundraising event in Orchard Creek Ballroom on January 7. The choir is raising funds to allow them to travel to Austria for a youth event. As we provide more details in the coming weeks, please support the kids if you are able ... Have a great Thanksgiving, and we will see you around the community.

The Candidates Have Come Forward

Elections Committee

The application window for declaring candidacy for a position on the Board of Directors in the 2016 election was closed on October 14. The panel of candidates is posted and various communication opportunities will take place so we can determine which of them, in our own opinions, will be the best choices for our community. The candidates are listed in the order they filed to declare candidacy. They are: Michael Deal, John Snyder, Hank Lipschitz, David Conner. By November 6, each candidate will submit a Candidate's Campaign Statement that will be displayed from December 14 - February 17, 2016, along with any Issues Statements submitted by the community. The candidate statements will



also be published in December's *Compass*. Now is the time to get to know the Candidates and determine whom you will vote for to represent you in our community. You will have opportunities to know the views of the candidates by attending or watching the public forums. These forums will be videotaped and available for viewing on the community website. There will also be opportunities to read their published statements at the display tables and in the *Compass*. You may support your Candidates by hosting coffee gatherings, fund-raisers, placing a sign on your lot or flyer distributing during the campaign. Become an informed and involved voter and keep Sun City Lincoln Hills the outstanding community we call home. Vote!

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors. Complete details and contact information can be found on the resident website under HOME on the menu bar. Below are the committees

with current openings. Your interest and participation is paramount to the successful governance of your Association. Committee applications are available at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the

Aging Well

Are You Wading into the Ocean without a Life Vest?

Shirley Schultz, Health Reporter

Aging is like wading into the ocean. Some will take scuba diving lessons, some will purchase a wet suit, some will take a life raft or a life preserver, and some will simply and without forethought or preparation start wading until the first wave slaps them on the head, engulfs them, and they struggle vehemently to stay above water. Since not one of us has ever been this old before, we have a hard time recognizing the ocean that we are wading into as we age, let alone what we need to know and do to prepare for it.



Please see "Aging Well" on page 15



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Activities News & Happenings

Ignite Your Holiday Spirit with Something Extra!

Lavina Samoy, Lifestyle Manager



I recently read in a magazine article that gratitude brings happiness. Expressing thankfulness brings joy in our hearts. In this Thanksgiving season, the Lifestyle-Activities Team would like to express our gratitude to residents and guests who make our work exciting.

With gratitude, we added some extra special activities in December! Watch **Merry Christmas, Baby! A Holiday Tribute to the Songs of Elvis Presley** featuring **Jim Anderson and the Rebels** on December 9. The concert will present Elvis's early hits from 1954-1966 and popular holiday songs he covered throughout his career (page 46). Also recently added is **Ray Ashton's Holiday Movie Series** covering four favorite classic holiday movies including "Christmas Vacation," "A Christmas

Carol," "A Christmas Story," and "It's A Wonderful Life" starting **November 25 (page 66)**. Both activities started registration on November 1. A couple of holiday craft workshops to help you with gift giving just got added too: **Floral Centerpiece Workshop on December 15** and **Framed Paper & Buttons Christmas Tree, December 15 both on page 64**.

Seats for the **New Year's Eve Ball; Under the Sea (page 44)** are selling fast! Get together with your friends to reserve a table before they are all gone!

Ignite your holiday spirit and support your neighbors and friends! Buy your tickets for the **LH Players production, "The Christmas Gift" on November 19, 20 & 21 (page 45)** and the **Lincoln Hills Community Chorus's "Holiday Harmonies" on December 13, 14 & 15**.

Share a memorable activity with your grandkids. Bring them to **Grandkids Santa Adventure on December 19** to create crafts, listen to stories, and more (page 46).

January ushers in a new art workshop and class: **Sip and Paint—Art in A**

Day, January 12 combines painting and socialization (page 62) and **Art of Journaling**, geared for Mixed Media enthusiasts (page 62). A new guitar instructor, Darrell Effinger, joins our faculty teaching **Folk Guitar for Fun Folks**. This class focuses on having fun while learning to play familiar pop songs (page 68).

TV star **Creed Bratton** from "The Office" and from the legendary rock band "The Grass Roots" brings his music and brand of comedy to the Ballroom on **January 22 (pages 45 and 46)**. More concerts and comedy shows are listed on pages 45 and 46.

Want to see more TV stars? Be the first to register for **Hooray for Hollywood**, a four-day, three-night trip to Los Angeles (**March 6-9**) that includes the chance to be a contestant on *The Price is Right* or be an audience member at *Jeopardy*, plus a guided tour of Warner Brothers movie studio (page 59).

Wishing you and your family a Happy Thanksgiving!

Connections

Continued from page 3

advise Membership so we can keep our records up-to-date.



Sun City Lincoln Hills had a booth at the Unveil Lincoln Event in October. Al Roten and Jim Datzman above stopped by to say hello along with hundreds of other community members who were introduced Meridians, Catering and The Spa at Kilaga Springs.

Last month Klara Kleman, member of the Communications and Community Relations Committee, completed the **2015 SCLH demographic study**, also derived from our Membership database. The full report is available on the home page of our resident website. A quick summary follows in the graph to the right. The average age in the community is 73.5. Those who have moved into SCLH this past year average 68.5 years of age. The ratios between owner/renter status and men/women have remained the same over the last three years.

Your individual data makes for an interesting composite profile of our community. Please help keep our community demographics current by keeping Membership informed of your changes. Remember, all changes to be reflected in the 2016 Directory are due to Membership no later than February 12.

2015 SCLH Resident Summary

Age	Avg. Age 73.5 years	Over 80 22%
Recent Residents N=738	Avg. Age 68.5 years	Ages 60-74 yrs. 64%
Marital Status	Married 75%	Single 25%
Gender	Female 57%	Male 43%
Ownership	Owner 91%	Renter 9%
Length in SCLH	Over 10 years 51.5%	Five years or less 30%

Demographic Data N= 11,480. Full report available at: suncity-lincolnhills.org/residents.

I hope to see you **Wednesday, November 18** at 10:00 AM for the Ribbon Cutting ceremony for the Orchard Creek Lodge Solar Project. Staff will also be hosting a Community Open House **Wednesday, December 16** at 10:30 AM in the brightly decorated Orchard Creek Lodge Living Room. Please stop in to look at the beautiful décor and have a cup of hot cider.

Enjoy the holidays. See you in the Lodge.

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WellFit News

Thank You!

Deborah McIlvain, WellFit Manager

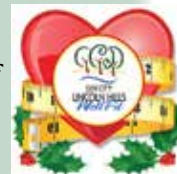


On October 21, we had our second annual Breast Cancer Run/Walk. Over 60 participants showed up all dressed in pink. It was great to see employees and residents

out together for such a great cause. Everyone finished the 3.1-mile course and,

at the end of the race, all were greeted by volunteers with high fives and goodie bags. After the run there was time to enjoy music by the Big Mamma Band while the WellFit team was busy giving out drawing prizes. The big prize this year came from the Needle Arts Community service group—they donated a beautiful handmade quilt. We were able to raise over \$1,100 this year and look forward to next year's run being bigger and better.

The WellFit team would also like to wish everyone a Healthy Holiday by offering free punch pass and SGT classes the week of December 14—see pages 40 and 79 for more details. Pilates Reformer members will also receive one free class to be used in the month of December. Thank you to all who have supported us this year and we look forward to next year!



Left, Carol Larson was the lucky winner of the quilt, donated by the Needle Arts Group for the second annual Breast Cancer Run/Walk. Right, the WellFit team giving Placer County Breast Cancer Foundation the money that was raised through the Breast Cancer Run/Walk



Can You Do That?

Join in the Celebration

Cecelia Dirstine, Community Standards Manager

Are you looking forward to celebrating the holidays with cheerful decorations and colorful lights?

Holiday decorations are one of the highlights of the season and it's a perfect time to express your creative talent. So, feel free to break out your Thanksgiving, Hanukkah and Christmas decorations. There's no need to apply for

approval.



The Winter Holiday season begins November 15 and ends January 15, while displays for other major holidays may begin two weeks before and should be taken down no later than two weeks after. So let your talent shine and join in the celebration.

Santa and Other Visitors

Another pleasure of the holiday season is having your family and friends stay for a visit. Did you know that according to the rules, your guests may stay with you for up to 60 days in a calendar year? Your guests are welcome to use the common areas and facilities with you, although there may be some restrictions for certain events or activities. If you don't plan to accom-

pany your guest, you may purchase Guest Passes at the Membership and Activities Desks or at the Fitness Centers.

Children are also welcome to use the common areas and facilities with you, but certain times and activities may be reserved for adult use. And be sure the children are supervised at all times either by you or an adult guest with a Guest Pass.

No Parking on the Roof

Along with holiday guests and activities comes the problem of where your guests may park overnight. RV rigs may be parked on the street for a total of five nights in a calendar month, but for no more than two consecutive nights at a time. And for other vehicles, if there's no room in your driveway, you might ask a neighbor if they would let your guest park in their driveway overnight.

Making the List

You know Santa is making a list and checking it twice. So, to make sure you and your guests have an enjoyable time and can use the facilities to their fullest, please make sure that everyone's behavior will get their name on the "Nice" list. Have a Happy Holiday!



"Holiday decorations are one of the highlights of the season and it's a perfect time to express your creative talent"

The Spa at Kilaga Springs

Black Saturday Anyone? Holiday Shopping at the Spa!

Kris Holland, Manager, The Spa at Kilaga Springs

www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa

Tired of the craziness of Black Friday? We have a solution...Black Saturday!



For your enjoyment, and to have a pleasant and beautiful shopping experience, come join us on "Black Saturday Spa Shopping Day," November 28 from 9:00 AM to 5:00 PM, to browse throughout the Spa and select amongst our gifts of beauty and wellness. We will have so much to choose from, with amazing gift wrap, pre-made baskets, and boxes with the "secret list" of what is inside. Gift cards for amounts up to \$500 will be available for purchase and placed inside of a golden gift card holder. By the way, they make great stocking stuffers!

Often we hear that our clients would love to have a spa treatment or package for a present, but somehow do not seem to receive them. We are going to make

it so easy for you to now enjoy buying them. We will have our spa professionals available to help you choose what items

"Come join us on 'Black Saturday Spa Shopping Day,' November 28 from 9:00 AM to 5:00 PM, to browse throughout the Spa and select amongst our gifts of beauty and wellness. We will have so much to choose from, with amazing gift wrap, pre-made baskets, and boxes with the 'secret list' of what is inside..."

will be best for your gift giving. We will provide skin care demonstrations, \$20 holiday party makeup applications, and, if you buy the makeup application, we will apply the \$20 toward your purchase that you buy that day. We will offer men's and women's spa robes, the new "Spa at Kilaga Springs" private label line to include body

butters, bath salts, shower gels and body and hand lotions, all beautifully packaged and showcased for you to see for the first time at the Spa. And, to make this shopping experience more enjoyable, we will be serving complimentary mimosas, Holiday Spa tea and cookies!

So, mark your calendars for this exciting shopping event to "kick off" your season. Surely the special someone in your life would like a Spa gift of a treatment package, "a Day at the Spa" gift card, or a "Spa Gift Basket or Box." They are extremely popular and no one is ever disappointed or wants to "re-gift," especially from The Spa at Kilaga Springs. Have your list ready and see you at the Spa!

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What are the reasons for having a reserve account?

Harriet Kaufman, Finance Committee Chair

Before answering your questions regarding the reserve account, I would like to introduce myself as your new Finance Committee Chair and also thank Mike Creasy for his years of committee service. Mike resigned last month in order to concentrate on personal goals. He has served our community well for over four years. During his tenure as chair, along with other projects, Mike instituted several new and innovative ways of presenting each month's budget results to the community.

As I was growing up, I watched my parents put money aside for the inevitable rainy day. And sure enough, those days came. Instead of taking money out of the current month's budget, Mom would put her hand in the cookie jar and take out what was needed. When our house got to be 15 years old, she dipped her hand in more often. The house experienced more wear and tear. While some replacements

were less expensive, others were more as technology changed. As we added a color television or replaced the refrigerator for a new and better one, more money was added to the cookie jar to accommodate

"Our reserve fund works no differently from my mom's cookie jar. We fund the reserve account with a portion of our dues each month to cover future repairs and replacement. The money is set aside in a bank account. As of September, our reserve account was expected to end the year with \$6,196,941."

for what might happen later on.

Our reserve fund works no differently from my mom's cookie jar. We fund the reserve account with a portion of our dues each month to cover future repairs

and replacement. The money is set aside in a bank account. As of September, our reserve account was expected to end the year with \$6,196,941. There's money designated for such simple things such as furniture in the Lodges or as complicated as an air conditioning and heating system. Without a reserve account, each homeowner would be assessed each time something needed repair or replacement.

The Browning Reserve Group, who conducts our reserve study, reports that we should have 78% of our reserves funded since not everything depreciates to its end or gets repaired or replaced each year. Newly purchased items such as the pickleball lighting or the pool heating system will be added to the reserve requirements list.

September and October financial reports will be discussed at the November meeting which is slated for November 18 at 8:30 AM in the Solarium (OC). I hope you will join me and the committee.



It's Not Too Late to Finalize Your Plans

Jerry McCarthy, Director of Food & Beverage

www.facebook.com/MeridiansRestaurant, www.twitter.com/Meridians_SCLH

There is still time to make your reservations at Meridians for a wonderful feast for family and friends on **Thanksgiving Day**, November 26, from 12:00 to 4:00 PM. Reservations are limited and we don't want you to miss out. Adults are \$31 and kids 7-12 are \$12.50 (plus tax & service charge). Everyone under six years of age or over 90 years old is *free!* Come and enjoy slow roasted free range turkey and carved filet mignon, stuffing, seasonal vegetables, soup station, and so much more. You will also want to leave room for one of our wonderful desserts. All non-alcoholic beverages are included at no additional charge. The entire Thanksgiving Feast menu is available at the hostess stand or at www.meridiansrestaurant.com.

It's also not too late to finalize your plans for the **holiday season**. Call Sales Manager Meghan Louder at 625-4043

www.suncity-lincolnhills.org/residents

to reserve your room and arrange all the details of your successful holiday event. Keep in mind that OC Lodge and Meridians can handle all of your holiday wishes. We offer everything from simple luncheons to elaborate dinner parties. Enjoy the holidays with family and friends and let us do all the work! Please contact Kristy Woodin at 625-4040 for your group holiday parties under 15 guests being held in Meridians.

The Meridians "Ye Old Pie Shoppe" will be open before you know it. To order warm, out-of-the-oven pies, please call 625-4040. We will be offering pumpkin, apple, and pecan pies. All pies are only \$7.75. They make a perfect gift when visiting with family or friends. The culinary team is baking pies everyday starting November 20 until December 15. Order yours today!

The **comment cards** that are offered with each meal have been a tremendous help to the entire staff and management. Be sure to use the comment cards to rec-



The culinary team is baking pies everyday starting November 20 until December 15. To order warm, out-of-the-oven pies please call 625-4040. We will be offering pumpkin, apple, and pecan pies. All pies are only \$7.75.

ognize one of our all-star staff and/or one of your favorite dishes. Help us to celebrate our success and to work on opportunities for improvement. Based on your feedback on the comment cards, we have been continuing to focus on being more consistent. We have been working tirelessly to improve each dish that we serve and improve the quality of the service for each dining experience. We realize that consistency is the key to our ongoing success.

~Please see the article about Meghan Louder on page 15 and our ad, page 58.~

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Meet Meghan Louder

Her actions speak “louder” than any of our words

Doug Brown, Resident Editor



With all its facilities and amenities, Lincoln Hills is a prime location for weddings, banquets, conferences, and parties for both residents *and* non-residents far and wide—an excellent source of revenue plus vistas of opportunity for clients.

Enter Meghan Louder, Banquet Sales Manager, who oversees an intricate network of staff in order to bring a plethora of Lincoln Hills events to successful fruition year around.

When you stroll by Meghan’s office in Orchard Creek Lodge, you might see her consulting with a couple about to tie the knot, residents planning a Club event, or a business representative looking for a

conference venue. Those are just the first steps—as Meghan noted, “events are never won and done.” There’s always a linked sequence of steps involved, and Meghan oversees that process from start to finish: pricing, reserving, space, furniture set up, menu choices (including custom menus), tech services, photographers, Chef Roderick’s cuisine, servers, delivery, clean up... and more.

If you don’t find Meghan in her office, she could be gathering information at a bridal show, attending a catering conference, master planning with Jerry McCarthy, or looking in on an event in progress—from table set up to kitchen prep to wait staff in action.

Meghan is no newcomer to event services. At the tender age of 17 she started assisting in event planning. She has since worked as an event planner for Infineon, Integrative Systems, ARM microprocessors, and hotels—a wealth of experience in the business world. An extraordinary multitasker, she is called upon to manage the facets of events from the personalized mis-



Meghan, in front of her office at Orchard Creek Lodge

sion of understanding and empathizing with clients’ needs and wishes... to the tiniest jig-saw-puzzle-like pieces that bring the event into reality.

Add to this daunting task Meghan’s strict attention to the balancing act of considering SCLH residents’ needs and activities *first*, and then calendarizing additional events in our various venues: Orchard Creek Ballroom, Solarium, Amphitheater, Kilaga Springs Lodge, Sports Pavilion, and even in homes here in Lincoln Hills. Meghan joins our Association staff in negotiating amicably with residents on any potential change in regular scheduled events. “We’re here for the residents,” Meghan avers, “and we offer all residents a discount when using our Catering Department, and don’t forget, officially recognized Clubs and Groups receive an additional discount.”

The next time you attend a special event here in Lincoln Hills, look for Meghan’s excellent work interwoven into the details. Thank you, Meghan!



At a recent bridal event Megan, left, organizes a cake tasting

Aging Well

Continued from page 5

Fortunately, there are many who have gone before us or who have worked in a career field that deals with the realities of aging. They can throw us a life raft by telling us what we need to learn and what we need to do to prepare for successfully surviving each wave of transition that lies ahead. When we do not know what we do not know, then it is to our great advantage to learn the information from those who are in the know. This is the reason you will want to **sign up for the next *Living Through Transitions* program that is to begin on January 23** (see pages 18 and 68)

Living Through Transitions is an Association-sponsored educational program that has been developed and evolving over several years by staff and volunteers



from the community who have professional backgrounds related to issues of aging. With outstanding ratings from previous participants, this upcoming third iteration of **Living Through Transitions** is improved even more due to the feedback of those who have already accomplished it. Although the amount of information

can be overwhelming, participants have readily agreed that it has been invaluable to them as a guiding light in to the future. One said, “Every resident in Lincoln Hills should go through this program.”

Back to the concept that *we do not know what we do not know*—until the need arises, that is. When the need arises and we are forced to make an often painful transition, it is generally too late to learn what we need to know, and we are then in crisis. **Living Through Transitions** provides us with a navigational chart to better prepare for the predictable challenges of aging. Make your life transitions easier by learning and preparing now.

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A Time for Helping

The Joy of Giving

Al Roten, Roving Reporter

During the holiday season we see many opportunities to share our bounty with local people in need and those who serve in our armed services. There are several local organizations taking the lead in gathering food, toys, candy, and money to distribute on our behalf.

Our primary local direct support organization is the **Salt Mine** of Lincoln. They feed families and individuals in need throughout the year with special emphasis during this season. About 500 local families will receive both Thanksgiving and Christmas dinner boxes of groceries including turkeys or hams. The Christmas

distribution families are referred by schools; needs are vetted to ensure both confidentiality and validity. In addition, on the day before Thanksgiving, about 100 traditional dinners will be served at the Salt Mine, located at 590 Lincoln Boulevard. Volunteer helpers are welcome to call 645-3778. **Food items, including turkeys, hams**

and non-perishable food items may be dropped off from 10:00 AM to 12:00 PM, Monday through Saturday. To make a donation or get more information, see <http://thesaltmine.org>.

The retired Marines' **Semper Fi** Organization manages the Toys For Tots Program, which annually collects and distributes thousands of toys. **Collection boxes for new unwrapped toys will be in our Lodges until December 18.**

The **Host Lions Club** has food donation boxes in the lobby area of both Orchard Creek and Kilaga Springs Lodges. Items placed in these boxes, which are collected regularly, will fill approximately 500 Holiday boxes. **Collection boxes will be in our Lodges until December 8.** Local Toys For Tots items to match the number, gender, and ages of children in selected families are combined with food boxes for distribution by the Lions volunteers.



Bob Collins and Kris Knutson of Host Lions Club will manage food collection; Kris is President of Lincoln Host Lions

Lincoln Rotary funds the Community Garden and maintains two garden sites with fresh produce going to the Salt Mine. They also work with the Lincoln Fire Department for the frozen turkey drive on **November 19.**

Safeway has prepackaged grocery bags, which may be purchased **any time for \$10.** These are given to the Placer Food Bank under the Feeding America Program.

Raley's has prepackaged grocery bags given directly to the Salt Mine; they may be purchased at **any time for \$10.**

Kiwanis sells See's Candy in Orchard Creek Lodge and a storefront near Round Table Pizza in Lincoln Hills Town Center until **December 24.** You may purchase these succulent sweets for yourself, as gifts for others, or for the "See's for Soldiers" program. Kiwanis supports many programs for local children.



Semper Fi's Richard Martinez will be picking up toys



Library News

Sandy Melnick, Library Volunteer

Thanks to our many donations, we have had to rearrange our shelves just a bit. If you are looking for a particular section and it is no longer where you used to find it—look in other sections. It will be there but it is like a treasure hunt. For instance, the "Animals" section has been moved to the left of the windows.

I have recently read a very poignant book by Lisa Scottoline—*Don't Go*. It's about a soldier in the Afghanistan war who finds out his wife has recently died and returns home to a life he never imagined. His baby daughter needs him but he is conflicted about taking care of her. Very well written and hard to put down. This book can be found in the hardbound section.

We are once again entering the Holidays so, if interested, look for the special books of the season. They can be found on the shelf in back of the sofa.

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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Sign up for our 6 Module Program today, and you will soon become comfortable and prepared for the predictable challenges of aging.

Get your keys today!

The next session starts January 2016:

January 26 - April 2
EVENT CODE: 823500-A1

Our SCLH Residents are talking about the **Living Through Transitions** program:

- “The whole point of these sessions is to present problems that may occur, and then very positive solutions are given in the spirit of optimism.”
- “This program was a bargain for all the information that was disseminated. All residents in Lincoln Hills should attend Living Through Transitions.”
- “Prior to coming to each session, I wondered if I needed to. After attending, I was glad I did. Good information - and it got me thinking.”



Living Through Transitions™, produced by the Well-Fit Department of Sun City Lincoln Hills Community Association, is an educational program designed to help our residents plan their future by identifying the challenges to aging in place in an Active Adult Community, by discovering options available to meet the challenges, and learning approaches for accessing resources.



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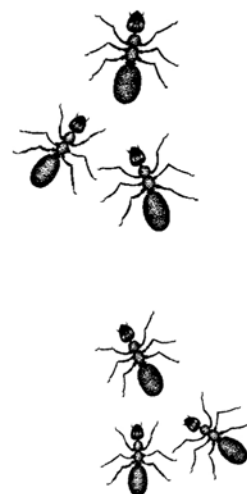


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Orienteering**Fountain Hill Trail
Strike It Rich***Dee Hynes, Roving Reporter*

Sutter's Mill certainly has a place in California's gold history, but hold your historic horses! Lincoln also has some hefty mining history that has panned out, too.

Stroll along the Fountain Hill Trail bordering the Orchard Creek Preserve and you'll find an interpretive sign, "Eureka! The Search for Gold in Lincoln," which details Lincoln's mining past.

Enjoy your own golden experience walking this trail. The untamed land offers a unique beauty as retired and soon-to-be hibernating plants whisper a sampling of autumn colors: ochre, columbine, olivaceous, avocado, coffee, sienna, emerald green, almond, and khaki.

Strolling is a joy as the slightly undulated grade and an anfractuous pathway follows the outlines of the native land.

Once you leave the feral tract, turn right on Stoneridge to Fountain Hill. A sidewalk path completes the trail loop.

Directions: From OC, right on Del Webb, left on Stoneridge, take the fourth right (Fountain Hill Loop) and turn left at the end of the street parking at the court. The walk is a loop of approximately 25 minutes. See your Community Directory and Resource Guide Street Name Index Foldout Map 1.

New residents, from left, Nancy Gadsby and Edy & Bob Putz enjoy the Open Space of the Fountain Hill Trail.

Next, they are ready to investigate our remaining 17 trails. What a community perk!



Celia & Peter Beckett, trail walkers for the past 18 months, pause by the interpretive sign along the trail. This sign is one of 14 signs within our trail system; come out and read them all!

**Traditions****Sweet, spicy, sentimental, or strange!***Nina Mazzo, Roving Reporter*

What is a tradition? Usually defined as a transmission of a custom from generation to generation, traditions come in the form of recipes, games, decorations, and more. Let's not forget the infamous hand-me-down fruitcake or Mom's favorite hand-knitted sweater!

Last month I asked residents to share some of their favorite traditions. Many smiled or chuckled with delight as they shared traditions. Some were emotional, as traditions can trigger a cherished memory of bygone days; others were humorous, making us laugh again and again.

Here are a few of the traditions people shared:

- One neighborhood has an annual pumpkin roll. See the photos to the right. Barbara Mumma began this tradition as a way for neighbors to get to know each other and this year was #14! She draws a line down the middle of the street; pumpkins of a certain size are lined up and rolled.

Please see "Traditions" on page 23

Lincoln Hills resident Barbara Mumma started a tradition—a Pumpkin Roll—as a way for neighbors to get to know each other and this year was year #14!





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Neighborhood Watch

Neighborhood Watch New Directors Bring Gifts to Lincoln Hills

Patricia Evans

It's the season for giving and the four new Neighborhood Watch directors bring gifts of fresh business experiences. Karen Allen brings 30 years of the business side of education. Hi-tech was the specialty of Fred Harris. Mike Epling was a corporate officer in finance and information technology. Steve Slatter had careers in special education and heavy construction management.

The new directors emphasize the personal satisfaction in assisting others. They value creativity, innovation, and finding success through leading by example. They agree that volunteering is an opportunity to enjoy working with stimulating people.

Karen Allen anticipates that "more and more, school accounting will be done without human intervention." She frequently served as chair for state educational committees. Karen is a Mail Box Captain, Village Coordinator, and volunteer at the Lincoln Library.

A hi-tech career for Fred Harris began when a computer needed an entire room to accommodate less capacity than a pres-



Top photo—New directors join Neighborhood Watch, from left, Karen Allen, Fred Harris, Mike Epling, Steve Slatter; Presenting the 2016 Neighborhood Watch Board of Directors—Clockwise from back left) Don Budde, Karen Allen, Fred Harris, Mike Epling, Ed Zuchowski, Steve Slatter, Pauline Watson, Larry Wilson, Mary Cranston, Martha Yanger, Pat Sladky

ent day smart phone. "My seven employment experiences presented many new challenges in adaptability," said Fred.

Steve Slatter's construction career included projects on the Bay Bridge and freeways. He coached and refereed youth sports, in addition to supporting his children's swim team activities. Steve is the Captain for three Mail Stations.

The concept of "bringing out the best attributes of team members to accomplish work for the team" was the evolving business philosophy during Mike Epling's career. (Like our mothers said: many hands make light work.) Mike participated in developing a budding Neighborhood Watch system near Nashville.



Please turn to page 31 to learn about joining our winning team!

Neighborhood Watch Contacts

- Ron Wood, 434-0378
ron2029wood@att.net
 - Pauline Watson, 543-8436
frpawatson@sbcglobal.net
- Neighborhood Watch Website**
www.SCLHWatch.org

Traditions

Continued from page 21

- Cheers and laughs abound until winners are declared then they all go off to her home for pumpkin pie and hot-spiced cider.
- Black olives on Thanksgiving—enough so each person can place one on each finger.
 - One family had a relative with a Christmas Eve birthday so each year he requested a white cake with white icing and coconut. Years have passed and the cake is still made and they now sing "Happy Birthday, Jesus" in his memory.
 - Another family of Norwegian heritage looks forward every Christmas to a

mouth-watering Scandinavian Tea Ring—which is instantly scarfed down by all family members, who beg for more.

- Families with mixed cultures often use food to spice up special occasions. One family makes tamales and another makes ravioli and both noted that people of all ages, on both sides of their families, participate sometimes for several hours.
- Families with mixed religious backgrounds share their traditions. One resident noted she looked forward to "Hannumas" or "Chrimakah" (Hanukkah and Christmas) and the constant each year is food. She said even to this day she prepares certain

foods during both holidays so the tradition will be carried on with the younger generation.

- One person has given her spouse the same birthday card for 22 years and she noted it is also a time capsule of their lives.

I have learned traditions give a birthday or holiday meaning and we tend to be disappointed when they are altered or changed.

And me? Well to this day, I buy a See's chocolate turkey for each person on Thanksgiving!



Club News



Alzheimer's/Dementia

Caregivers Support Group

Our Support Group discussion meetings are an opportunity for participants to share the issue that may be giving them the most concern on meeting day.

Our next meeting is November 18, at 1:00 PM in the Multipurpose Room (OC). November is the beginning of the holiday season so in addition to the daily caregiving issues, preparing for holiday events may raise other concerns. Will you and your loved ones be seeing people who may not be aware of the present state of your loved ones health? Will he or she be seeing people whose names or relationships may not be recalled? Will there be lots of noise—happy or otherwise—filling the environment? Will you be expected to entertain in addition to being the caregiver?

Join our meeting on November 18 with specific questions and get suggestions on how to handle holiday situations.

By Jean Ebenholtz.

Contacts: Judy Payne 434-7864;

Cathy VanVelzen 409-9332; Maria Stahl 409-0349 or AI 408-3155



Antiques Appreciation

For our November meeting we had a fascinating presentation by one of our long-standing members on the "Lifestyle of a Victorian Housewife" from the 1880's. As we were taken through a time gone by, we learned much on how to run a Victorian household.

On Monday, December 7, our meeting will be a Holiday Luncheon in the OC Ballroom. Our Social Director will be selling tickets to members and their guests until November 24. Guests of members are welcome.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. If you collect or just appreciate antiques, we'd love to have you join us!

Contacts: Rose Marie Wildsmith 409-0644;

Barbara Engquist 434-1415;

Appraisals 408-4004



Astronomy

Monday, November 16. Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology—The History and Nature of our Universe." The November lectures #29, "Back to the GUT—Matter and Forces Emerge," and #30, "Puzzling Problems Remain." The Telescope Interest Group (TIG) will meet on Thursday, November 19 at 6:45 PM in the Fine Arts Room (OC). Ron Olson will give a presentation on features of galaxies, nebulae and star clusters, and how to locate them in the Winter sky using Astronomy Apps on cell phones and tablets, and automated features of members telescopes.

In December we will have our Christmas Party on Sunday, December 6. For \$10 you can enjoy an Astronomy display, a buffet dinner, prizes, and an Astronomy quiz with prizes.

Contacts: Morey Lewis 408-4469,

eunmor@pobox.com;

Cindy Van Buren 253-7865,

rvbcvb@att.net

Website: www.lhag.org



Ballroom Dance

Make your Holiday Season extra spicy! Come to KS for Cha Cha lessons in November. Our group meets on Tuesdays in the Multipurpose Room (KS). Beginning lessons are from 2:00 to 3:00 PM, open dancing follows from 3:00 to 4:00 PM, intermediate lessons are from 4:00 to 5:00 PM. In December, we take a break from weekly lessons to enjoy the Season and use all those dance steps you



Bob
Cowan
and
Martha
Hanley

learned during the year. Our Christmas Potluck will be held on December 8. It's a time for good food, dancing, socializing, and lots of fun! So, save the date and plan on joining us. Not a member yet? Your \$7 annual dues include weekly group lessons

by our experienced, supportive instructors! During the year we have potlucks, socials, and special "Ballroom Saturday Night Dances." Check our webpage on the SCLH website for more info. Dancing can truly be one of the "spices" of life.

Contacts: Sal Algeri 408-4752;

Chris Geist 543-0176



Bereavement Support

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 9 and January 13. 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 lunches will be Sterling Cafe, Friday, November 20. and Siinos Tuesday, December 29. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

Contact: Joan Logue 434-0749,

joanlogue@sbcglobal.net



Billiards

Upstarts Billiards October 15: Congratulations to our winners—

- Five of six games: Bob Lytle, Joan Wendell, Paul Lundberg
- Four of six games: Herb Trueblood, Ken Von Deylen, Sandy Greer



Players Billiards October 15: Six of seven games: Remy Giannini, Joe Perez
five of seven games: Tom Thornton, Dennis Dreiling, Peshu Irani

Players Billiards October 15. Congratulations to winners—see photo.

Contact: Tony Felice, afelice@wavecable.com


Bird

Monday, December 14, our speaker will be Ed Pandolfino. As past president of Western Field Ornithologists and co-author of "Birds of the Sierra Nevada" Ed brings a broad knowledge of the birds in our area. So join us on the second Monday of December at 1:30 PM in the P-Hall (KS) for his informative presentation.



Getting an up close view of sea life on our guided tour of Elkhorn Slough. Photos by Larry White

Twenty of our members traveled to Monterey and enjoyed the many birds, otters and whales that inhabit the waters around Moss Landing. A special treat was seeing all three kinds of Cormorants (Pelagic, Brandt's and Double-Crested) at one location.

Our next field trips will be to Gray Lodge Wildlife Area on November 20 and Sacramento National Wildlife Refuge on December 8. These wonderful wetland areas are the winter home for many migratory waterfowl.

Contact: Kathi Ridley 253-7086,
kathiridley@yahoo.com
Lh_bird_group@yahoo.com
Website: www.suncity-lincolnhills.org/residents


Bocce Ball, Mad Hatters

As we write this, we're sitting in the family waiting room outside the Sutter Operating Room in Roseville contemplating the number of sports injuries among our friends and family over the last couple of years. We have two broken wrists in our family and three among our friends. We can't count the numbers and types of braces worn by our Lincoln Hills associates.

Being active, we have to be careful. To the best of our knowledge however, none of these aches and pains was caused by playing Bocce. Bocce is fairly low impact and we don't see sports injuries. If you're looking for something to do while you're resting your sports injury you might want to join us. The main complaint we seem to get from our players is back aches from bending over to pick up the balls. Come join us every Thursday at 10:00 AM.

Contacts: Paul Mac Garvey 543-2067,
pmac1411@aol.com;
Bob Vincent 543-0543


Book, OC


The aftermath of World War I is explored in the series we feature at our November meeting. Please join us on Thursday, November 19 from 1:00 to 2:30 PM in the Multipurpose Room (OC) as we discuss Maisie Dobbs (read any book in the series) by Jacqueline Winspear. Miss Dobbs is a private investigator who sets up her office after serving as a nurse in the war. What sets her apart from other PA's is that she emphasizes healing for her clients and an ethical approach to her methods.

Newcomers are always welcome.

Schedule for remainder of 2015:

- December 17—Holiday Luncheon

Contacts: Darlis Beale 408-0269;
Penny Pearl 409-0510;
Dale Nater 543-8755
Website: <http://LHocbookgroup.blogspot.com>
com/Wiki: <http://ocbookgroup.pbwiki.com/>


Bosom Buddies
Breast Cancer Survivors

October General Meeting guest speaker was Amy Beasziao, Breast Cancer Nurse Navigator at Sutter Hospital. Amy gave us coping ideas for when we are diagnosed with breast cancer (or any other type of cancer). Some ideas: communicate with family and friends, make a list of daily life for caregiver, maintain your life style and anticipate possible physical changes. Another source for information is The American Cancer Society. Cancer is a journey that you don't need to take alone because we are here for you. Join us at Core Meeting on the first Thursday of the month or General Meeting on the

second Thursday of the month. Christmas Luncheon is 11:00 AM December 10, at Patty McCuen's home.

A special "Thank You" to the Lincoln



Amy Beasziao, Breast Cancer Nurse Navigator at Sutter Roseville

Hills Foundation for the support they have given us for the past several years. We appreciate it and it has helped us do more for our members to support them on their journey.

Contact: Marianne Smith 408-1818
Website: www.suncity-lincolnhills.org/residents


Bridge, Duplicate

Doug Allan, Patrick Crenshaw, and Dede Ranahan are new club Board of Director members for 2016, while Tom Rosen, Nancy Rice, and Jim Collart will begin their second two year term of service on the Board. Meanwhile David Glasspiegel, Lydia King and Dick Proffitt will complete their service on the Board at the end of 2015. In December, there will be no duplicate games on Wednesdays. However, regularly scheduled games will continue to be played at KS on Fridays at 5:00 PM, and on Saturdays at 12:30 PM. Game fees are \$2 per person for club members and non-member Lincoln Hills residents or \$5 for invited visitors. Now is the time to make your Hyatt Regency Hotel reservations if you plan to attend The Monterey Clam Bake Regional tournament from January 4-10, 2016. Also remember the Spring NABC Tournament to be held in Reno, NV March 10-20, 2016.

Contact: Sharon Neff 543-8897
Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for early sign-up or just show up with your partner and standby in the Sierra Room (KS); you get to play if we have even pairs up to 28 (14 tables). We must be seated by 5:50 PM, and we must finish by 8:30 PM.

September 24 winners—First: Stan Mutnick/Harry Collings; second: Carol Mayeur/Dolores Marchand; third: Gerry/Warren Sonnenbug; fourth: Bob/Hilla Fawcett with the high round of 1750.

October 1 winners—First: Larry Mower/Warren Sonnenburg with a bridge trifecta, highest score, high round of 2690, and a grand slam; second: Bev/Allan Blaine; third: Stan Mutnick/Jack Orlove.

October 8 winners—First: Lynda Sader/Dan Cronin; second: Betty/Stan Kisbey; third: Harry Collings/Stan Mutnick; fourth: Dee Williams/Sue Cirerol.

October 15 winners—First: Erica Wolf/Edith Kesting; second: Johann/Paul Kiesel with a grand slam; third: Lydia King/Nancy Rice; fourth: Chris Meier/Byron Hansen. Gay Gladden/Reta Blanchard had the high round of 1810.

Contacts: First/Third Thursday: Kay/Ben Newton 408-1819

Second/Fourth Thursday: Dolores Marchand 408-0147/ Carol Mayeur 408-4022



Bridge, Social

On October 23, we had a fun Halloween party with pizza and prizes!

Join us for Social Bridge on Fridays from 1:00-4:00 PM in the Sierra Room (KS). No partner needed but reservations required! We have a singles' rotation. Choose a partner for the first round then you can rotate. Arrive between 12:30 to 12:45 PM.

Winners: September and October—First Place: Jyoti Sitwala, Ralph Madsen, Judy Ganulin and Linda Scott; second: Jaylene Gerdes, Jean Richards, Richard Lund and Ralph Madsen; third: Viren Sitwala, Phil Sanderson, Pat Fraas, Twice!; fourth: Richard Lund, Bob Belknap, Bob Moore and Kurt Wolff.

Congratulations to two sets of Grand Slam Winners: On September 25, Jyoti Sitwala and Jaylene Gerdes bid and made Seven Hearts. Then on October 2, Ralph Madson and Helen Helm bid and made

Seven Clubs, doubled and re-doubled. Nice going players!

Reservations:

November/December: Jodi Deeley (below) or Joanna Haselwood, 209-3392, ajhaselwood@yahoo.com

Contact: Jodi Deeley, 208-4086

Jodi2@wavecable.com



Bunco

In October, the Bunco group welcomed five new players—Linda Lopez, Lee Branco, Mary Irwin, Judy Trimble and C. Giggey. As luck would have it, two of the new players won the top prizes. The Bunco Group is preparing for their holiday luncheon. Please contact Shirley Mohler for details at cheersshirley@gmail.com or 408-5788.

The Bunco Group plays the third Thursday of the month in the Card Room (OC). Please consider joining us, maybe you will be the next Bunco winner! Enjoy in the fun for only a \$5 play fee! Play starts promptly at 9:00 AM. Drop in when your schedule permits.

August Winners—Most Buncos Linda Lopez; Most Wins Lee Branco; Most Losses Betty Wink; Traveler Sharon Chipman.

Next Bunco is Thursday, November 19
Contact: Kathy Sasabuchi 209-3089, ksasabu@icloud.com.



Ceramic Arts

Happy Thanksgiving! Wow the holidays are fast approaching. Although we have short months for classes in November and December, it can give you a taste of all the fun we have. It is a great time to enroll in that Ceramics class, making those special little gifts for family and friends. You can expand your "creative" side no one has ever seen! Come join us!

Upcoming 2016 dates to save:

- Club/Group Expo, March 22, 2016
- Bi-Annual General Meeting May 12, 2016
- Bi-Annual Banquet/Meeting November 3, 2016

CAG "Workshops" are held at OC on Saturdays, 9:00–3:00 PM, and Sundays, 12:00-4:00 PM.

KS workshops are Mondays, 1:00-4:00 PM for Earthenware and Sundays, 1:00-

4:00 PM for Spanish Oils.

"Open Studio" is available to all residents: OC Fridays only, 1:00-5:00 PM and KS Sundays only, 1:00-4:00 PM.

Contacts: OC Pottery Chair: Janet Roberts 543-6015; Membership Chair: Mike Daley 474-0910. KS Earthenware: Marty Berntsen 408-2110; KS Spanish Oils: Margot Bruestle 434-9575

Website: www.suncity-lincolnhills.org/residents, Clubs, Ceramic Arts



Chorus

Our mostly Christmas concert on December 13-15 will transport you from the ridiculous to the sublime.

In the first category, "Five Favorite Holiday Songs" includes a swing arrangement of "Jolly Old Saint Nicholas" and a doo-wop "Deck the Hall." And "Nutcracker Jingles" sets the lyrics of "Jingle Bells" to "March of the Toy Soldiers," "Waltz of the Flowers," and other classic selections from Tchaikovsky's "Nutcracker Suite."



Samples of what you'll hear

For sublime, few pieces surpass John Purifoy's "Da Pacem, Domine," incorporating Pachelbel's Canon and lyrics from the Latin liturgy. And our rousing finale, the Hallelujah Chorus from Handel's "Messiah," has brought audiences to their feet for nearly three centuries.

A much-loved Lincoln Hills tradition, our December concert is fast approaching and always fills the Ballroom. See page 45 for times and tickets and arrange now to join us there again!

Contacts: Joanne Schumacher 209-3366, joanne@stratapoint.com; Bill Sveglini 899-8383, sveglini@gmail.com
Website: www.lincolnhillschorus.org



Computer

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 21, 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,
president@sclhcc.org
Website: www.sclhcc.org



Mac User

Folks, your bank, brokerage company, and your credit card people will never send an email asking you to click on a link and update your personal information. Nor will they ask you to enter your password or any other security factor. These are all scams, trying to trick you into divulging the info that will allow them access to your accounts. Don't fall for it! Unless you have instigated or originated the correspondence with these financial institutions, ignore them. Hit your delete button!



Hit the Delete Key

Unfortunately, we seniors are a prime target for these crooks. The logos, addresses, and text may look legitimate, but keep one thing in mind: financial institutions, even the IRS, will not use email to request sensitive information. Your first line of defense is the delete key. If you are still in doubt, phone the institution and talk with a live person. Be safe!

Contact: Henry Sandigo (415) 716-0666,
hsandigo@gmail.com;
Website: www.lhmug.org



Country Couples

Not only was our September Hoedown a delight to all who attended, but we collected eight bags of canned and nonperishable food items for the Lincoln Salt Mine. A big "thank you to all who contributed."

Many of our members have talents that surpass dancing. April Cederburg impressed us all by climbing Mt. Kilimanjaro with her sister early in September. Quite a feat for this special "senior." Way to go, April!



April Cederburg at Mount Kilimanjaro summit, 19,341 feet

Three positions on the Steering Committee will become vacant at the end of the year as three of our committee members leave the board: Kathy Lopez, Terri Krucha, and Ern Hargis. At a mid-October meeting, three members who submitted their names for consideration were elected to serve on the Steering Committee for the next two years. Congratulations to Ern Hargis, Laura Wermuth, and Rich Pick. We know you will do a fantastic job for the Country Couples Club.

Contact: Kathy Lopez 434-5617;
Margo Zamba 662-1628



Cribbage

Come join the fun at Orchard Creek Lodge 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.

New players are always welcome!

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



Cyclist

Some Wheel Tips For Trouble Free Cycling.

- Carry patch kit, tools, and spare tube.
- When remounting a wheel, if pushing on the quick release lever leaves an imprint on your palm, then it is tight.
- Once a week inspect each tire for embedded debris.
- Before installing a new tube, check inside the tire for the cause of your flat.
- If a spoke breaks, stop, remove it or twist it around the next spoke. A loose spoke could damage your derailleur.
- If you hear clicking sounds, put a drop of oil on each spoke crossing. Spokes rubbing together may cause the noise.
- Put your patch kit and tools in an old sock. Everything is organized. When you need to make a repair, slip the sock over your hand to avoid getting greasy.
- Maintain proper tire pressure (shown on the tire wall).

Contacts: Steve Valeriote 408-5506,
jillsteval@gmail.com
Website: www.LHcyclist.com



Eye Contact

Low Vision Support Group

Annual Eye Contact Christmas Luncheon: The annual Eye Contact Christmas Luncheon is on Friday, December 4 from 12:00-2:00 PM in the Solarium at Meridians.

Important!! New Location and Day for General Meetings in 2016.

Beginning in January:

General Meeting—first Tuesday of the month. Fine Arts Room, (OC). Meeting time: 2:00-4:00 PM. Our General Meeting provides speakers who present a topic of interest to those dealing with low vision.

Due to the Holidays: December—no General Meeting.

Living Skills Meetings: These programs are helpful in guiding individuals to attain their goals of independence. Meetings are held on the fourth Thursday of the month at 10:30 AM in the Multimedia Room (OC).

Due to the Holidays: November, December—No Living Skills Meeting.

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



Fishing

A few of our club members got together (Dick D, Dick A, Ron S, Jerry K and Dale H) and decided to fish Davis Lake. Tom Webb and his son traveled the Rogue River and look at what they did (see photo)! A few guys went to Pyramid Lake and I understand broke the bank... but no pictures to prove it.

The pictures below will tell you the joy they felt while hooking up their favorite fish.



Dale, calm as ever; Dick, at his best!; Tom and son with beautiful steelhead!!!

You too can catch great fish, enjoy the company of great friends, family and fellow fishermen (men or women), no matter where you are.

Our club meets the second Monday of the month, 7:00 PM, Kilaga Springs Lodge.

To join, email Henry at hsandigo@icloud.com.

Contacts: Jerry Messier,
jmessier@starstream.net;
Henry Sandigo 415-716-0666



Garden

There is *No* General Meeting in November due to Thanksgiving Day.

We take this opportunity to wish you all a Happy Thanksgiving and to thank the Steering Committee Members and other volunteers who helped make the Garden Group function throughout the year.



Happy Thanksgiving; Master Gardeners 2016 Calendar; Holiday Brunch

The Holiday Brunch for members will be at the OC Ballroom on December 4. The cash bar opens at 10:00 AM, followed by brunch. We will have entertainment and door prizes. Tickets are \$20. To arrange purchase, contact Judie Leimer at 408-4308.

You may renew your 2016 membership at this brunch (15 minutes before/after). Please bring \$15 in cash-or-check made out to SCLH Garden Group. Contact: Marjie Anderson, 408-7685.

The Placer County Master Gardener's 2016 calendars are available now and they are full of planning ideas and when

to do garden chores for all 12 months! They make great "gifts" for the Holidays! Contact: Pam Effa, 408-1227.

Contact: Lorraine Immel 434-2918,
limmel@sscvtv.net; **Virgil Dahl 408-3748,**
hasbeenvd41@att.net
www.lhgardengroup.org



Genealogy

News Flash! The November general meeting will be a special opportunity for club members to hear an outstanding speaker... Susan Goss Johnston. The meeting will be a two-hour session on November 16 and will begin promptly at 6:00 PM—*note the time*—this a change from our regular time!

Susan will travel a great distance to present this two-hour presentation and the topic is: Introduction to American Military Records. Susan is one of California's leading experts and has generously agreed to share some of her knowledge with our club. As a reminder, and in order to get the full benefit of this speaker, the meeting will start at 6:00 PM in the P-Hall (KS).

Our social gathering will follow this presentation, and will feature Pumpkin Pie in celebration of Thanksgiving!

The prize drawing for members will be a Chromebook. This is the final meeting for year 2015!

Contacts: Maureen Sausen 543-8594;
Arlene Rond 408-3641;
Website: lincolnhillsgenealogy.com



Golf, Ladies

Ladies XVIII

Rosie Rules Again: The Lincoln Hill XVIII Hole club champion, for the fifth consecutive year, is Rosie Warren! Kathy McCoy was her closest challenger, earning her second place over the entire field.

The Orchard Course was the arena for the first 18 holes, followed by the Hills Course the next week.

Overall Low net over the field was Dee Arts. She bested her closest competitor, Judy Habacker, by merely one stroke.

Flight 1—Low Gross Candy Koropp; Low Net Judy Habacker

Flight 2—Low Gross Remy Raquiza; Low Net Ofra Unger

Flight 3—Low Gross June James; Low



*Dee Arts,
Low Net
Champion;*



*Rosie
Warren,
fifth year
Ladies
Club
Champion*

Net Gayle Petersen

Flight 4—Low Gross Karen Thom; Low Net Pat Ward

Contact: Donna Sosko 434-5527

Website: lhlxviii.com

Lincoln Hills Lincsters

During the last general meeting of the year which was held on October 7, the 2016 Lincsters' Executive Board was elected. The new board consists of: Nancy McDonald, Captain; Sharon McMillan, Co-Captain; Brenda D'Andre, Secretary; Mary D'Agostini, Treasurer, and Marie Bossert, Tournament Chair. At the end of the meeting, seven ladies presented an original song about WNHGA (Women's Nine Hole golf Association).



Marie Bossert, Patty Alderete, Barbara Gorden, Darlynn Giorgi, Anita Bronner, Alyce Stanwood and Pat Shafer

The annual fund-raiser, Taking a Swing at Breast Cancer, was held on October 28. It was hosted this year by the Ladies XVIII Group.

Beginning Wednesday, November 1, the Lincoln Hills Lincsters will have a 1:00 PM

start time. This time will continue until April. There will be no Wednesday play days during the month of December.

The September Golfer of the Month was Linda Salmon, who is also the Lincster Club Champion and the WNHGA TOC champion. Congratulations, Linda!

Contact: Susan Pharis; firefly7554@aol.com



Golf, Men's

Early Sign Up: The Lincoln Hills Men's Golf Club and NCGA began the 2016 "Early Registration" October 1. Renewing Members' dues (October 1 to December 31) are \$83. Beginning January 1, 2016, Renewing Members' dues will be \$93. Current new membership to our club will be \$93, and will entitle the new member to play in club events (through December 31). This is a great time to encourage your friends and neighbors to consider joining our club.

Fees for 2016 include hole-in-one insurance. Any member who has a hole-in-one in a club tournament or event will receive up to \$250 to pay their "Hole in One" bar bill. By registering early, it will help the Board construct a realistic budget for 2016. Thank you for your Early Registration.

Applications Available in the Golf Shop.

**Contacts: Rodger Oswald,
rodgeroswald@gmail.com**



Healthy Eating

Our October general meeting featured Guest Speaker Brooke Preston, chef/owner of Green Boheme Restaurant in Roseville. Brooke is noted for all the wonderful ways she can prepare uncooked fruits and vegetables. She first established herself in her Sacramento Green Boheme Restaurant where she had great reviews and a strong following, and more recently in her new Roseville Green Boheme Restaurant on Lead Hill near the movie theatres. From Brooke we learned how we can make our own cooking even healthier. Rumor has it that even dyed-in-the-wool carnivores ask for seconds on many of her hearty "all-plants" dishes, especially desserts!

Join us as we learn about the importance and the joy of healthy eating.



*Farmers Market Scene; Sweet Peppers;
Sheridan Grass-Fed Beef Ranch.*

Monthly meetings are the fourth Monday at 2:00 PM in the P-Hall (KS). November's meeting is the 23, where we will be sharing tips on preparing healthier traditional Thanksgiving foods. Guests welcome.

**Contact: Don R. Rickgauer 253-3984,
Sclh13HealthyEating@gmail.com**



Hiking and Walking

Congratulations to our new officers for 2015 to 2017—Phil Huntingdale President; Pam Husting Secretary; and Susan Mulloy Treasurer!! Sue Geisler will continue as Vice-President. They were elected at the Hiking and Walking Annual Meeting on November 5. Thanks go to the outgoing officers—Denny Fisher President; Wilma Cortinovis Secretary; and Sue Ann Donegan Treasurer. Their time, work, and commitment to the group is deeply appreciated.

Thanks to Kurt Doelling for his great presentation on November 5. The program of his experience kayaking in the Amazon was outstanding!

Recently the Hiking Group has had some marvelous hikes — to Castle Pass at Donner Summit, to Lindsey Lake in the Grouse Ridge Wilderness, to Cronin Ranch in Pilot



Hikers at Cronin Ranch; Great view of Castle Peak during hike to Castle Pass; David Wood, Hiking & Walking Group's awesome webmaster—resting at Castle Pass with his wife, Monique

Hill, to Brown's Ravine in Folsom, and to Little Bald Mountain in Foresthill.

The Walking Group continues their weekly Wednesday walks at 8:00 AM.

Contacts: Phil Huntingdale 408-1747, smccoubrey@sbcglobal.net

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

Website: <http://lincolnhillshikers.org>



Investors' Study

Christmas/Holiday Party: Please bring a check (no cash please) and sign up for our annual Holiday Party. We will hold it again at Turkey Creek Country Club on Thursday, December 3 from 5:00-9:00 PM. We look forward to seeing as many of our members as possible. We have a pleasant evening planned: a good speaker, good food; good gifts; and, of



Russ Abbott our consultant and Linda Duessel of Federated Investors

course, a convivial evening together.

Next Year: We had an exceptional year of speakers in 2015 and 2016 is pretty much booked already. I hope you will continue your attendance and support of the Investor Study Group. Thanks for a successful 2015.

The Active Investors Subgroup meets on the second Monday of each month at 3:00 PM in the Multimedia Room (OC). Bill Ness, 434-6564.

Contact: John Noon 645-5600
thenoons@att.net



Lavender Friends

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

The October Fall Celebration Dance at the SCLH Orchard Creek Lodge had 78 members and guests dancing the night away to the wonderful music of DJ Jammin' Jo.

Upcoming November and December activities include Dinner and a Movie on November 17, Glow Bowling at 5:00 PM on November 25, Breakfast at 9:30 AM on December 2, a Christmas Dinner Dance on December 12, Dinner and a Movie on December 22, and Glow Bowling on December 30.

The Sacramento Women's Chorus Holiday Concert and Sing-Along is December 7. Greater Placer PFLAG will meet on Monday, December 14 from 7:00 to 9:00 PM at Sutter Auburn Faith Hospital in Auburn.

Contacts: Sheila 408-2802, Carol 295-0610 or Gina 209-3925
Website: www.lavenderfriends.com



Line Dance

Our holiday party featuring fabulous line dancing is almost upon us. \$7 tickets are already for sale for the December 7 event, and if you don't have one already, you can get one from any member of our steering committee.

We are trying a few new things this year, the first being a slight change of menu. Instead of a regular potluck, we are having an Amazing Appetizer Extravaganza, with each dancer bringing a favorite finger food



LH line dancers on Sandy Gardetto's cruise to Alaska

that serves 8-10. The Steering Committee will provide the dessert.

The other change will be that we will feature Open Dancing from when the doors open at 5:00 PM until our teacher-led program begins later. These dances will have no walk-throughs, but you will receive a list of these dances before the party.

Get your dancin' shoes ready for a wonderful festive evening of good food, camaraderie, and energetic dancing!

Contacts: Sheridan Brown 408-5674, shrdnbrwn@yahoo.com; Carol Rotramel 408-1733, caroled1974@gmail.com



Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM; and arrival time is 5-10 minutes before 9:00 AM. Play continues until 12:00 PM, with an optional extension to 12:30 PM which is to be 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 will welcome your attendance.

If you have any questions, please call one of the contacts, below.

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



Mah Jongg, National

National Mah Jongg meets weekly on Tuesday from 12:30-4:00 PM in the Card Room (OC). Currently, everyone who plays is familiar with the game. If you own a card and know how to play, please join the group to meet new friends and

exercise your mind. Fran Rivera, teaches new players in her home at no charge, however; all her teaching tables are full until after the first of the year. Please give her a call about mid-January at 434-7061.

Carol Vasconcellos, 209-3457;

Judy Rosenthal 408-857-1353;

Fran Rivera, 434-7061



Mixed Media Collage Arts

Composition is a tricky area for many. Do you follow or break the traditional rules? Those rules include: don't place subject in the middle; keep dark colors at the bottom; avoid placing objects at the edges etc. Well let's face it, opinions about balance and flow and color are all over the map or canvas! As a mixed media artist, there is a bit more freedom and as you work on the project, you can simply paint or collage over parts.

Our club encourages experimentation as we work on individual projects. We meet the third Wednesday of each month and all levels of experience are welcome. You are welcome to attend up to three meetings prior to joining. Dues - \$10 per year. We meet in the Ceramics Room (OC) from 1:00-5:00 PM.

Contacts: Nina Mazzo 408-7620,
ninamazzo@me.com; Frima Stewart
253-7659, frimastewart@gmail.com



Motorcycle

RoadRunners

The RoadRunners recently enjoyed this year's multi-day tour. We followed the coast south to the San Simeon area for our first over-night stay. The second day took us through the mountains to the Oakdale area for another night's stop. It was a picturesque route with back road touring. Thanks to our Road Captain Peter Boyle for designing and leading this



Riders on tour

awesome ride.

Members enjoyed the next club ride which took us to the Shenandoah Wine Country around Murphy's. Seven riders participated in the great weather and scenic tour. Lunch was at the "Bones Roadhouse Grill" in Pleasant Valley. Thanks to our VP and Chief Road Captain John Marin.

Coming up is our annual November ride, the "Icicle Tour", and our always popular Christmas Party.

RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). Guests are always welcome.

"Ride Safe - Ride With Friends"

Contact: Patrick Chaves 408-1223,
patmcspeed@gmail.com



Music

The Ukulele Jam Group, held Wednesdays 1:00-3:00 PM (OC Lodge), is open to anyone with an interest in learning to play ukulele. Contact group leader Ron Peck (409-0463) for information.

The Lincoln Hills Music Group's monthly meetings for November and December are suspended for the holidays. The next meeting will take place on Wednesday, January 27, 2016 from 6:30-8:00 PM, Fine Arts Room (OC). SCLH residents and guests are welcome. Bring an instrument and a music stand if you wish to join the evening's jam session.

The next Friday Night Open Mic is scheduled for February 2016 from 6:00-8:00 PM (P-Hall, KS). The exact date is February 26. Open Mic performance sign-ups begin at 5:30 PM. The event is open to SCLH musicians and their guests. Singers must be accompanied by a musician. No karaoke or back-tracking is permitted. Non-performing audience members also are welcome.

Contacts: Carol Percy 543-1365,
crpercy444@gmail.com,
Julie Rigali, 408-4579, jrigali@yahoo.com
Website: www.suncity-lincolnhills.org/
residents, Association Clubs, Music



Needle Arts

Threads of Friendship

Ah, November what a great, month! As the year winds down we have Turkey Day and Veterans' Day to remind us of all



Terrific Trio for Fashion Show...
Bonnie, Jane and Neil

we have to be thankful for in our great country. To the many veterans in our community, thank you for your service in protecting our way of life, and Happy Thanksgiving to all. I fear sometimes we forget just how blessed we are here.

The November general meeting certainly demonstrated a wide variety of talent present in this club. How nice it is to see all the handmade creations and share the enthusiasm of all the different groups.

Next up is the traditional Christmas Tea at Orchard Creek Ballroom on Tuesday the 8. Cost for members will be \$20 and guests \$25. Kris Volker will be taking your reservations. The time and forms are in your newsletter. With 297 members we should have a good crowd.

Contact: Carol Matthews 543-7863,
carolm1929@gmail.com
Website: www.sclhna.com



Neighborhood Watch

Everyone likes to be on a winning team! Neighborhood Watch offers you that opportunity. Twelve new Village Coordinators and 64 Mail Box Captains have joined our winning team this year. Some have adopted an additional Village or Mail Box Station. We are one of the safest residential areas in the United States!

Life happens and we understand that there are many reasons for changes among our volunteers. Since we have 77 Villages and 595 Mail Stations, we are always in a state of flux asking for new volunteers. Currently we have 12 vacant Village Coordinator positions, and 64 vacant Mail Box positions. In accepting one of these positions you strengthen our winning team!

Warm and friendly neighborhoods result from active Mail Box Captains and Village Coordinators. "We look out for each other," is the most common comment from our volunteers. And a friendly neighborhood is a safer neighborhood!

Contacts: Ron Wood 434-0378, ron2029wood@att.net; Pauline Watson 543-8436, frpawatson@sbcglobal.net
Website: www.SCLHWatch.org



NEV

Be on hand to get the answer to the question, "What does the Lincoln Chamber of Commerce actually do?" Julia Jordan, CEO of the Lincoln Chamber will be our guest speaker on Tuesday, November 17 at 10:00 AM, P-Hall (KS).

Please send in your reservation for the Christmas Dinner Party, Tuesday, December 8 at 6:00 PM, OC Ballroom. We will have prizes and entertainment for you to enjoy with your NEV friends. \$25 per person. Reservations *Are A Must*. Questions? Call Lillian Nawman 408-2184.

Contact: Dan Gilliam, President 209-3946



Painters

October Painters Club featured speaker was Marilyn Rose, Orchard Creek Lodge art instructor, a signature member of the American Impressionist Society and Co-chair of the area's chapter of the California Art Club. She gave a great demonstration of portrait painting in oils.

The next meeting, November 16 at 2:00 PM, will be the Still Life Challenge. Members will bring in a recent still life painting, all to be viewed and voted on by the members. First, second and third prizes will be awarded. Come see what we do! If you have always wanted to



LH Painters Club "Show and Tell" with Alice Horst

paint but don't know how, remember that there are a variety of art classes available, listed in *Compass* class section.

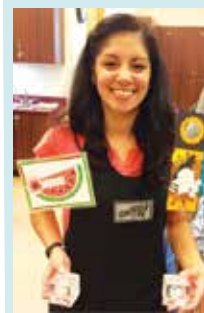
Did you watch the annual September Art Auction for KVIE? This is a juried auction for public television and many of our members entered and were accepted. And many were "bell-ringers" (bids for their art exceeded the asking price)!

Contacts: Joyce Bisbee 672-7252, joybis@aol.com; Jack Cook 408-7305, lj4cook@aol.com; Jim Brunk (plein air), 434-6317, brunk@starstream.net
Website: www.lhpainters.org



Paper Arts

Our November meeting could very well have been Christmas! Lots of toys and gifts for children of all ages covered the tables—all of which were donated to the Sleep Train's Foster Children program. And to make things even more festive, we created beautiful snow globe ornaments to decorate our tables for next month's Christmas luncheon. Our thanks to Donna Tewart for coordinating our toy drive collection and to Mina Bahan for creating our snow globe project.



Claudia Santos displays several of her October projects for Paper Arts

Everyone seemed to enjoy the October projects created by Claudia Santos.

Our Christmas luncheon will be in place of our regular December meeting. It will be held at the Social Kitchen (KS) on December 3 and will begin at 12:00 PM. This will also be our holiday food drive for the Salt Mine.

Please bring generic cards to donate to our Sunshine supply, and don't forget about cards for Placer SPCA.

Contacts: Sue Manas 408-1711; Reg Fabian 645-9090



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 always happy to teach you the basics or refresh your memory.

Pedro meets in the Card Room (OC) on the first and third Fridays 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; Doris DeRoss 253-7164, dorisdeross@gmail.com



Photography

The Lincoln Hills Photography Group is a very active organization with four meetings per month: A General Meeting usually with a guest speaker specializing in a particular aspect of photography; an Enhancement SIG (Special Interest Group) focusing on using various software to take the creative process even further; a Print SIG that investigates various printing methods and showcases the final product; and finally, the Round Table SIG that offers a forum to show your images, ask questions, discuss ideas or any other topic related to photography.

Our group also "escapes" to various locales that provide photographic opportunities such as our recent field trip in October to the Eastern Sierras. This trip provided incredible opportunities for fall landscapes as well as night shots of the stars and Milky Way all under the guidance of our various experts.

For more information about us and meeting times see our website.

Contact: Brad Senn (530) 409-2499, bradleysenn@sbcglobal.net
Website: SCLHphoto.com



Pickleball

Twenty-seven Lincoln Hills Players Club players traveled to October's 2015 Huntsman World Senior Games in St. George, UT. Five hundred and forty eight picklers played 1,398 matches over five days on 24 courts. Likely the largest group from a single club, LH players brought home 22 medals total... 15



Our Huntsman World Senior Games LH Pickleball participants; October's Guest Day Mixer brought 145 players from 13 clubs and regions to LH; Our new Paddletek Guy, Craig Fraser

gold, four silver, three bronze. Way to go, LHPC!

Reservation deadline is November 21, for our December 2 Holiday Party at Meridians. Flyers/reservation forms available at the courts.

Our new Paddletek Sales Guy, Craig Fraser (462-7843), continues to offer demo paddles courtside. Wayne's enjoying more "on court" time and we thank him for his work to benefit all LH picklers.

Please note: Contact Andrea, amad53@sbcglobal.net, to order club shirts. Oodles of color choices, great prices! Cal's drop-in beginner clinics are Wednesdays at 11:30 AM. 2016 dues are payable now with completed membership form from club website and \$15 check written to LHPC.

Contact: Marty Rubin 408-3494, marty629@gmail.com

Website: www.lhpickleball.com



Players

The Players Group presents a fabulous holiday show "The Christmas Gift" written and directed by Dolly Schumacher James. The cast includes singers, dancers and actors who are now rehearsing for this heartwarming musical, sure to delight people of all ages. Performances will be in the Orchard Creek Ballroom November 19 at 7:00 PM, November 20 at 7:00 PM and November 21 at 2:00 and 7:00 PM.

We had a howling good time in October as ghosts, monsters and witches entertained us with the annual Readers Theatre Halloween show, what fun!

Auditions for the upcoming play, "Curious Savage" will be December 3 and 4 in the Fine Arts Room (OC) from 6:00 to 9:00 PM. The show will be directed by Paul Gardner and presented March 2 and 3, 2016. Come join us and be part of the Players family.

Contact: Kevin Smith 408-1818,

kbsmith17@yahoo.com

Website: www.lincolnhillspayers.com



Poker

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM, Tuesday, 5:00-8:30 PM and Friday 1:00-4:30 PM in the Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hold 'em players, there is a separate table available on Mondays, Tuesdays and Fridays—same times.

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

Contacts: Paul Marcorelle 925-658-2404;

Lynne Barsky 253-3730



RV

The verdict is in! The RV Group enjoyed the trips to Buellton's Flying Flags and Newport Beach's Newport Dunes Resorts in October. Led by wagon masters Bill & Lynda Fagan, Doug & Merilee Swanson in Buellton; Dean & Betty Schumacher, Bill & Rosie Eads, David & Julie Africa in Newport, the group enjoyed golf, brewery



RV group enjoying pontoon boat tour of Newport Harbor; RVers at Buellton Flying Flags resort; RV group around bonfire at Newport Dunes RV Resort

tours, Solvang, games and great food at Flying Flags; in Newport it was pontoon boat tours of Newport Harbor, beach cook-outs and bonfires, body surfing (really), day trips to Catalina Island, Laguna Beach, and Disneyland.

Nominees for 2016 officers are: David Africa, president; Renee Honnoll and Vicki White, co-vice-presidents; Betty Schumacher, treasurer; Lynda Dern, secretary. Elections will be held in November, and new officers will be inducted at the annual holiday party at Turkey Creek Golf Club on December 5.

Club meets the second Thursday of each month at KS.

Contact: David Africa 708-0009

Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

It is certainly that time of year—a time when our schools are involved in special

projects and when our volunteers are needed to help those projects succeed. If the schools have a holiday fair, a book fair or other event, please consider offering your help. Remember: "Work—is not what we do to make money—but it is using our time and skills to make the lives of others better." We are given such wonderful opportunities to make the lives of students better through our volunteer time. Know that every hour you spend is deeply appreciated.

One of our teachers commented: "My volunteers provide much more than instruction. They enrich my class by involving the students in rich side discussions that give the students new knowledge and language experiences."

If you've been thinking about becoming a volunteer, we are happy to welcome you anytime. For information:

Contacts: Sandy Frame 408-1453, ssframe1963@gmail.com; Sandy Barry 209-3247, penneylane1944@yahoo.com; Cindy Moore cindysmoore@me.com



SCOOP

Sun City Organization of Pooches

Our October meeting featured Kathy Cangelo, who spoke about Tips and Tricks for Dogs. Kathy was very informative and our members enjoyed her talk and Q&A. We are so fortunate to have so many wonderful speakers at our bi-monthly meetings.

Our next regular meeting will be on February 2, 2016. The Halloween gathering at the Sports Pavilion on Wednesday, October 28, for dogs and their owners was enjoyed by all.

Our last activity of the year is the Christmas Luncheon in the Solarium, Wednesday, December 2. Menus and reservation forms will be sent out to members. Guests are also welcome to attend.

If you want to join SCOOP, please download the form on our website and send in your fee. Your membership will be effective thru 2016. We are pleased that three members offered to serve on the SCOOP Board. Our club is going strong and preparing for 2016!

**Contact: scoop@sclh-scoop.com
Website: www.sclh-scoop.com**



Scrabble

Many words commonly considered nouns are often defined as verbs in the *Official Scrabble Players Dictionary* to allow the addition of suffixes such as "ed", "ing" and "s." A few interesting examples: butte (to stick out or project), brute (to shape a diamond by rubbing it with another diamond), cheese (to stop), disk (to break up land with a hoe or plow), hip (to construct a roof), lamp (to look at or observe), maze (to bewilder), quail (to cower), and super (to reinforce a book's spine with thin cotton mesh).

Thanks go out to some of our members for planning a fun outing to the first Tuesday food trucks in Lincoln.

Come join your friends and neighbors for a few friendly games of Scrabble. We meet at 1:00 PM on Mondays in the Cards Room (OC). Let's Scrabble!!

Submitted by Connie Protto.

Contact: Anne McMaster 409-5408



Singles

Dynamic Singles

What a hilarious time we had at the Spook-tackular party with 100 of our closest friends! We'd like that many people to attend each function, meetings included. At our last General Meeting, we played Turkey Bingo and ate pumpkin pie. If you're single, plan to come to all meetings and enjoy the camaraderie of old friendships and make new ones. Thanksgiving preempts November's meeting, so the next meeting isn't until January! (Wow! 2016 is edging up quickly.) Dues will be due then!

Bocce Ball is the 18th and 25th. Check time change. Dining Out is on November 19 at McCormick & Schmick's. On the 6th, we celebrate December Birthdays. December 12, Second Saturday Breakfast is cancelled because on that date we will have our Christmas Luncheon at OC. Watch for the email blasts for details.

We wish you a Happy Thanksgiving and hope you spend it with loving family and/or friends.

Contact: Judie Leimer 408-4308, j.leimer@icloud.com



Ski

Club members filled the Aerobics Room at the Orchard Creek Fitness Center on October 22 as WellFit Manager Deborah McIlvain led us through ski conditioning exercises. She provided an exercise list so that they may be done at home or in the gym.



Deborah Explains Exercises; Skiers' Balancing Act

A representative from the Vail properties in California (Northstar, Heavenly and Kirkwood) will join us for the November 19 general membership meeting, beginning at 4:00 PM in the Multipurpose Room (OC). Bring your questions.

Details will shortly be sent to members about our Holiday Party, to be held December 17 in the Social Kitchen (KS). RSVP and other instructions will be provided soon by Sandy MacCullough.

Reminder: annual dues of \$5 per member for the upcoming season are now due. Pay soon and don't miss any club email announcements.

Contacts: Bill Smith or Mike Hilton 258-2150, lshskiclub@gmail.com



Softball, Senior League

The fall season is in full swing and will end November 23. The last general meeting of the year will be

at 3:00 PM on December 1, in the Gables Room (OC). The Board of Directors for 2016 will be introduced.

We now begin the three month period devoid of softball but all players are reminded that staying in shape over the winter will make spring ball more enjoyable and less painful. Look for Sunday practices as the weather permits. Our website, LHSSL.org, is a good place to keep up with softball-related events. In the meantime, rest up, enjoy the holidays and get ready for next year's summer season.

Contact: *George Sylvia 295-1957,*

geocath7@yahoo.com

Website: *LHSSL.org*

Coyotes

The Coyote 60s, 65s, and 75s traveled to St George, UT, to compete in the Huntsman Senior Games. Drawing teams from around the country and Canada, the Huntsman Senior Games are one of the largest tournaments of the year. All three teams did well in the seeding games and



Coyote 75s St George, UT

found themselves in brackets somewhat higher than previous years, AAA for the 60s, AA for the 65s and Majors for the 75s. All three teams were eliminated in the first two days of the tournament which provided ample time to enjoy the scenic wonders of southern Utah. This concludes the 2015 tournament season for the Coyotes. Sierra League games will be played at Del Webb Field at 1030 on November 19 and December 3. Individuals who wish to participate in the Coyote program in 2016 should contact Bec Cannistraci for further information.

Contact: *Bec Cannistraci 408-4679*

beccannistraci@sbcglobal.net

Website: *LHSSL.org*



Sports Car

The Little River Inn is on the Northern California coast. October in northern California saturates your senses with beautiful scenery. The driving route was carefully researched to provide fun driving and great vistas. One of the day trips was to Toulouse Winery where we had a previously selected box lunch. The winemaker introduced us to his Pinot Noir and to several Pinot Noir clones. If you think you know wines it's time for you to learn dozens more unique flavors with clones coming out of UC Davis and Cal Poly.



Travel Group; Vineyard Stop

The Baldos and Santinas found good restaurants off the main routes that were relaxing in a calm atmosphere. Driving the back roads of the North Coast was on roads barely two lanes wide through thick forests and open valley pastures with remote farm houses and farms. The trip was one surprise view after another. A great trip!

Contact: *DiAnn Rooney 543-9474,*

d Rooney@mac.com

Website: *LHsportscars.com*



Square & Round Dance

Sun City Squares

The Square Dance Club meets at 1:00 PM at Kilaga Springs Lodge. We are always ready to welcome experienced Square Dancers. Feel free to come in and watch or join, times listed below:

- Mainstream Level
Mondays, 1:00-2:15 PM (KS)
- Plus Level with Round Dancing between tips
Mondays, 2:15-3:30 PM (KS)
Scott & Erin Byars, caller and cuer

- Advanced Class Mondays, 3:30-4:00 PM (KS)
- A-2 DBD Level—Thursdays, 1:00-3:00 PM (KS)

Call Louis or Gail to join today!!

Contacts: *Louis Bobrowsky 434-5932*

louisbobrowsky@yahoo.com;

Gail Holmes 253-9048

gailholmes@sbcglobal.net



Table Tennis

Are you a table tennis player? Table Tennis is the most popular indoor sport in the world. It's such a popular

sport that there is now a franchised company called Spin with facilities in N.Y., L. A., San Francisco, Belgium, etc. (Susan Sarandon is a part owner—maybe how she stays so young). But, if you can't fly to Belgium or New York to be part of the action, we have our very own group that plays at KS three times a week. Photos of Spin clubs show a very young and "what's happening" crowd—maybe we should stick to SCLH!

Sundays (12:30 to 4:30 PM), Tuesdays (6:00 to 9:00 PM) and Fridays (8:00 to 11:00 AM). Friday mornings, we have an automated ball machine starting at 8:00 AM.



Bob Gritner on left at out ball machine with Bill Brunst on right

Questions? Call Ginger Nickerson.

Contact: *Ginger Nickerson 253-3322,*

gingerlee22@gmail.com



Tap Company

Thanksgiving is almost here and Christmas is just around the corner. Speaking of Christmas, mark your calendars for the Tap Company Christmas Luncheon being held at Catta Verdera on December 8. Seating is limited so get your reservations into your class reps as soon as possible.

"Boogie Ride" was videotaped in Folsom on November 1—what a fun day for everyone involved in this project with

Alyson Meader.

Auditions for The Tap Company Show, “Hot Vegas Nights” were held in October and the cast lineup has been posted. Dancers have begun learning their numbers and work on the show is underway. Show dates for “Hot Vegas Nights” are March 31, April 1 and 2, 2016. Along with performers, we are always in need for behind the scene help, such as stage managers, dressers, mic assistants, etc. This is a great way to get started in your new performing career.

Contact: Celeste Martella 253-7272, celeste7272@att.net;
Jennifer Lauchner 543-2858, jenniferlauchner@yahoo.com



Tennis

USTA Update—Our 7.0 Women’s 55+ were finalist at the Sectional Championships in September, beating the team of Tahoe Donner to play Walnut Country Club in the finals. Captain Pietrina Magna did the masterminding behind getting



7.0 Women’s 55+ Team. Special thanks to Jimmie Walker for the banner and champagne!; Oktoberfest Lady Winners; Oktoberfest Men Winners

the team that far. The team would like to thank all the Lincoln Hills people (there were a lot of them) who came out to cheers us on.

“What a lovely day. All I heard was, ‘what a great day of tennis and meeting new players’ from everyone I talked to,” said Janis Braganza. Close to 100 tennis players participated in the Oktoberfest MXD Tournament and luncheon. Working his magic, Tournament Director Bob Sanguinet, got all the matches completed in time for the 1:00 PM lunch feast prepared by Linda McDermott and helpers.

Events Coming Up:

- Women’s Holiday Luncheon Buonarroti Ristorante—December 3.
- Men’s Holiday Luncheon Old Town Pizza—December 3.

Contacts: Linda Burke 209-3463, scteam10s@aol.com;
Greg Burke 316-3054, burkegbp@aol.com
Website: http://sclhtg.com



Vaudeville Troupe

Our troupe is full of talented performers. There are singers, dancers of all kinds, musicians, actors and comedians. They often utilize their skills in the other shows that are available in our community and outside the community.



Ellie Hoekenga; Lee & Joan Belshin

There are several troupe members that visit the various nursing homes in the area and entertain the residents. Many of our troupe members will also be in the upcoming November production, “The Christmas Gift,” and the Tap Show, “Hot Vegas Nights,” in April.

Please come out and support the performing arts. We hope to see you at the shows.

Contact: Yvonne Krause-Schenck 408-2040, ykrause@yahoo.com



Veterans

Edward D. Outland, nationally recognized for educating and empowering retirees on money-related issues, will be the featured speaker at the November 19 general membership meeting at 1:00 PM in the P-Hall (KS).

He will be speaking to the Veterans Group about VA benefits. His company, Family Heritage Group, focuses on issues that concern today’s retirees the most, such as government benefits, elder law, safe and secure investments, and catastrophic illness.

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on November 26, Thanksgiving, and December 7, Pearl Harbor Remembrance Day.

Contact: Jack Everett 409-0650, jack.everett@att.net



Videography

The Lincoln Hills Videography Group is all about learning tips and techniques for creating quality videos that you can share with your friends, family, neighbors, or post to public websites. Our membership ranges from beginners to those with more advanced experience. Learn along with us and share your videos. In the coming months, we will take a look at many affordable high quality video camcorders and devices such as smartphones, tablets and GoPro. We will also discuss many different types of video editing software, some of which are included in the operating systems of your computer, smartphone or tablet.

Join us for our next meeting, on November 17, when we continue to discuss “The Basics of Videography.” We meet at 9:00 AM on the third Tuesday of each month in the Multipurpose Room (OC)

Contact: Jeff Hanner 769-2871, jhanner8@gmail.com



Water Volleyball

Aren't the cooler temperatures nice? Looking for a new sport? Water volleyball is open to all Lincoln Hills residents of any skill level. It's a lot of fun and easy on our aging joints and muscles. Our membership is up to 114 now! There are now up to seven sessions available for play on five days a week (see the full schedule below). Everyone can play at least four times a week. Try it out three times for free. Annual membership is only \$15. Come join us and we hope to see you in the pool.

Play available (KS):

Open Play (all levels): Saturdays 8:50 AM; Mondays & Wednesdays 5:20 PM; Tuesdays 6:20 PM.

Advanced Play (rated players only): Mondays, Wednesdays at 6:45 PM, Thursdays 6:20 PM.

Interested? You may contact Jim Puthuff.

Contact: Jim Puthuff 768-3936,
sclhwatervolleyball@aol.com,
jputhuff@softcom.net

Website: www.lhwatervolleyball.com,
www.suncity-lincolnhills.org

Contacts: Dottie Macken 543-6005,
jstdottie@sbcglobal.net; Bob Roman
 543-6618, BobRoman@starstream.net
 Paula Stollmeyer 434-7352,
pstollmeyer@sbcglobal.net



Woodcarvers

Ben & Barbara Horner have hosted a number of gatherings of woodcarvers and spouses to enjoy Ben's carvings and their continuously upgraded, backyard garden railroad. Barbara believes the layout's success is in "keeping the landscape interesting and green."

Ben, who worked in the insurance industry for 42 years says, "There was always a building project in those days so I just transformed that work to a smaller scale hobby." "Smaller" is relative. The most interesting and, he adds, "challenging"

part of their layout was the construction of a 360 degree plus trestle loop with a two-foot drop.

Ben's Wednesday afternoons are spent with the Woodcarvers in the Sierra Room (KS). The beautiful plaque in the photos, and seen in the window of the meeting room, is an example of his carving skill.

Contact: Dick Skelton 626-0895

Website: www.SCLHWoodcarvers.blogspot.com



Writers

Art McGrath, one of our newest members, shares his personal stories of time served in the U.S. Marine Corps as a naval aviator from July 1969 to May 1974.

Art retired from DuPont in 2004 after a 30-year career. His wife Alice and he moved from Wilmington, Del. to Lincoln Hills in 2005.

"I joined the Writers Group this summer when an injury to my knee sidelined me from what I most like to do—triathlons," he said. "My wife encouraged me to use my free time to document some of the stories that I have told her over the years."

We meet on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room (OC). Bring 14-16 copies of your work to share (maximum 1,500 words). All LH writers or those striving to be writers are welcome.

Contacts: Bev Brannon bevbrn49@aol.com;
 Jim Fulcomer jfulcomer@mac.com;
 Linda Lucchetti linnluu@aol.com



Woodcarvers do more than make wood chips...



West Coast Swing

West Coast Swing Dance Instruction—No Dance Lessons December or January (Holiday Break). Dance Lessons will resume again on February 12, 2016. Location: Fine Arts Room (OC). 5:30-6:30 PM Intermediate/Advanced West Coast Swing; Beginners: 6:30-7:30 PM. Club Members: Free, and Guests: \$4.

Scheduled Events for 2016: Annual Tea Dance and Pizza Party and Annual Tea Dance and Ice Cream Social—Dates TBA.

We would like to take this opportunity to wish all of you a wonderful Holiday Season, and a very Happy and Prosperous New Year in 2016.

Share the Joy! SCLHCA Gift Cards

Purchase Sun City Lincoln Hills Community Association gift cards online at <https://suncity.localgiftcards.com/> or from any department. Cards can be for any amount and are for universal use throughout the Association including Activities, Fitness, Meridians, Kilaga Springs Café and The Spa at Kilaga Springs.

Online, you can add value to an existing gift card; purchase an electronic card to be emailed to the recipient; or purchase a physical card to be mailed to the recipient. On your own card, you can check your balance, obtain a statement, obtain answers to questions, check order status and obtain customer service via telephone or through email.



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Bulletin Board

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

AARP Foundation Tax Aide

Feel Good—Volunteer! AARP Foundation Tax-Aide is looking for volunteers as counselors, schedulers, and/or greeters to help taxpayers complete their 2015 income tax returns in Lincoln during the 2016 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week during February 1 through April 15. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2016 tax season, please e-mail lincmb1@aol.com with your name, address, phone number, and positions(s) you are interested in. Mark Burke 878-6249.

Cloggers

It's getting cooler out there, time to warm up with Clogging! Our fast steps and quick music will do the job. When we dance, our double-taps on heel and toe make a terrific sound that really gets the juices flowing. We dance in line, we dance in formation, we dance all around the stage (in an orderly fashion, of course), always with high energy, lively, foot-stomping fun. For a superb way to improve your balance and energy level,

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, November 30** • **10:30 AM** ResCare Home Care Seminar Heights (OC)
- **Monday, December 7** • **10:00 AM** Nautilus Society Oaks (OC)

come and join us as we clog our way to health and happiness! Contact Anita Tyson, 543-5330.

Glaucoma Support Group

The Glaucoma Support Group will gather together on December 9 for the annual Holiday luncheon. Our meetings with our group discussions will begin again in January. We meet the second Wednesday of each month at 4:00 PM in the Multimedia Room (OC). Have Glaucoma? Mark your calendar and we will see you there. More info: Bonnie Dale, 543-2133.

Lincoln Caregiver Support Group

The Lincoln Caregiver Support Group will meet at the Twelve Bridges Library on November 19. We meet from 9:00-10:30 AM. Please enter through the employee's entrance in the back. There will be no meeting in December and we will start again in January. Support, encouragement, and ideas are freely shared. This meeting is open to all who are caring for a loved one or friend and need support or information. Come join us! For more information please contact Brenda Cathey at 253-7537.

Lincoln Democratic Club

The Lincoln Democratic Club will meet

Thursday, November 19 in Kilaga Springs Lodge. Heidi Hall will share her story as a participant in the fiftieth anniversary walk across the Edmund Pettus Bridge to Selma, joining President Obama and thousands of citizens in remembering the historic confrontation that helped to bring about the 1965 Voting Rights Act. Ms. Hall is a former candidate for Congress, running in the first district, and is currently a candidate for Nevada County Supervisor. The meeting will start at 6:45 PM and all interested residents are welcome to attend. For questions, see the club website at www.democraticclublincolnca.org/next-meeting.html or email lincolndems@gmail.com.

LH Italian Club (LHIC)

Begin this year's holiday season with fellow Italians at our annual Christmas Luncheon scheduled for Friday, December 11, starting at 12:00 PM at Catta Verdera. We guarantee you will leave this luncheon with the holiday spirit. The Hand Bell and Chime Choirs from St. Rose Catholic Church in Roseville will perform some Christmas melodies. Visit our website, www.lhitalianclub.org, for more information on this event or contact Karen Zimmerman at 253-7418 or email bobzkarenz@att.net. The Lincoln Hills Italian Club is a private club established for the enjoyment of its members, spouses, partners and invited guests.

LH Parkinson's Support Group

LH Parkinson's Disease Support Group will be meeting on November 17. This will be the last meeting for this year. Come join us as we learn more about how Bowen Therapy may improve movement with Parkinson's patients. Natalie Riordan will be with us from the Orchard Creek Fitness Center to present this topic. We meet in the Raley's conference room on
Continued on page 41

Garden Group Funds 20 Trees for Lincoln Boulevard



Lincoln Hills Garden Group President Virgil Dahl, Recording Secretary Marie Salers and Publicity Chair Lorraine Immel present Lincoln City Engineer Ray Leftwich with a check to fund the planting of 20 trees along Lincoln Blvd. Thank you Lincoln Hills Garden Group!

HEALTHY HOLIDAYS

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(*modified schedule*) at
Kilaga Springs Fitness

TUESDAY, THURSDAY

Free Punch Pass classes
at Orchard Creek Fitness

FRIDAY

Free Water classes at
Orchard Creek Fitness

Classes fill up fast, plan to arrive at least 10 min before class!

Continued from page 39

Lincoln Blvd., 10:00-11:30 AM. We will start back in January in the same place. Come join us! More info: Brenda Cathey, 253-7537.

LH Travel Group www.lh-travelgroup.com

Where do you want to go? We may have just the trip you want. Meetings are on the third Thursday of each month, 7:00 PM, in the P-Hall (KS). Presentations on selected travel destinations are shown by Professional Travel Managers. Everyone is welcome. We have been offering trips that go all over the world since 2000. Committee members are all residents of Lincoln Hills. We are *not* travel agents. Committee Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck 543-0990, judyvolk@outlook.com.

Meet the Authors Book Signing

Give the gift of reading this holiday season. What better place to shop for books than at the *Meet the Authors* event presented on Saturday, December 5, 10:00

AM-2:00 PM at KS by the Book Publishing Resource Group. Twenty-two authors—some who are award winning—will participate in Book Sales and Signing, providing a veritable smorgasbord of genres for your selection. Peruse books for all ages, fiction and non-fiction, including children's books, biographies, memoirs, detective stories, historical fiction and young adult's fiction. Contact: Jan Orsini, 409-5985.

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 residents of Sun City Lincoln Hills are welcome. Tables are first come, first served.

Prostate Cancer Guys!!

For those of you with questions or answers regarding Prostate Cancer, let's get together for coffee or lunch and see how we can support each other!! Paul Gard-

ner, 434-8400 or paulbear7@gmail.com.

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 cut-throat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

Semper Fi Association

The Semper Fi Association meets on the first Monday of each month at 9:00 AM at the Legends Restaurant at Woodcreek Golf Course in Roseville. Come early to purchase breakfast before the meeting. More info: Bob McCollum, 408-0621 or theinv1855@gmail.com. Marines and Navy Corpsmen especially invited. Hope to see you there.

Shalom Group

We are an active social group who enjoy getting together for friendship, fun, and food with an appreciation of Jewish
Continued on page 43

~ Community Perks ~

Billiards Lessons on Tuesdays — Free

The Billiard Group is offering a free weekly Billiards lesson at Kilaga Springs Lodge. A person from the Billiards Group will be there on Tuesdays from 9:00-10:00 AM. This is for new and returning players, (men and women). You do not need anything to start other than a desire to play. Just show up and see what we have to offer. Contact Dan Oden 408-2687.



charging pay station. It is estimated Sun City Lincoln Hills will generate 75% of its electricity needs from solar. Light refreshments will be provided by Meridians. See you there.

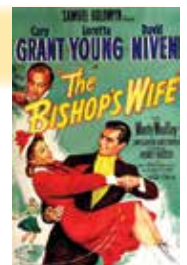
You Are Invited Solar Ribbon Cutting Party Wednesday, November 18 — Free

Rain or shine! 10:00 AM **under the Solar Panels in front of the OC Ballroom entrance.** Please join Sun City Lincoln Hills Community Association, SUNworks and city of Lincoln dignitaries on Wednesday, November 18 under the Solar Panels in front of the OC Ballroom for a Ribbon Cutting ceremony and dedication. Together we will celebrate the successful installation of 2,898 SunPower solar panels, two NEV/LSV charging stations and one electric car



KS at the Movies: *The Bishop's Wife* Monday, December 7 — Free

1:30 PM, P-Hall (KS). Not Rated, 109 minutes—Drama/Comedy/Fantasy. Starring Cary Grant, Loretta Young, and David Niven A bishop trying to get a new cathedral built prays for guidance. An angel (Cary Grant) arrives, but his guidance isn't about fund-raising.



Community Holiday Open House Wednesday, December 16 — Free

Staff will be hosting a Community Open House at 10:30 AM in the brightly decorated Community Living Room (OC). Please stop in to look at the beautiful décor and have a cup of hot cider.



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Continued from page 41

traditions and celebrations. We meet for general membership meetings and/or events once a month. In October we had a Men's Club Breakfast and speaker, a current events discussion, a Bocce Ball Tourney (with the Italian Club) and Game Night at KS. Check us out; other than living here in SCLH, there are no restrictions for membership. We welcome all religious

and ethnic backgrounds. More info: Vida Morrison, membership chair, 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.

Reminder for Residents

Use Your Association's Electronic Payment Program to pay your quarterly dues

What could be simpler—Sun City Lincoln Hills Community Association offers electronic payment of your regular Association assessments through Community Association Banc. When you sign up for preauthorized electronic payments, your Association will process your payments in the first few days of each calendar quarter through the Federal Reserve System's ACH program. Your payments are sent automatically from your bank directly to Community Association Banc. You don't need to

remember to write and mail a check or remember to log into your bank to send the payment. It happens every quarter, whether you are at home or away. You don't need to worry or try to remember if you sent the check—it happens automatically.

A simple one-page form is all it takes. Please visit the Membership Desk at Orchard Creek Lodge or call Marcy at 625-4024 and sign up today to receive the peace of mind knowing your assessments are paid on-time every quarter.

Did You Know?

Looking for gift ideas as the Holidays approach? Did you know that our Fitness Center at Orchard Creek Lodge has lovely logo branded merchandise for sale? Not just work out t-shirts—but all kinds of casual branded items.

Check it out!



In Memoriam

C.V. Orr

C.V. said he never met a Stranger! He was born in Oklahoma, but grew up in California and then he served his Country in the Korean War. He met his wife in Oklahoma and they were married for over 63 years. C.V. was a roofer by trade and he loved bowling, billiards, and working out in the Fitness Center. C.V. and his wife also loved to travel in their motor home. He volunteered as one of the "Parking Lot Guys" who help at the Lodge during large events. C.V. leaves his best friend and wife, Bessie, three children and three grandchildren.

Jim Sandin

Born in a farmhouse in Nebraska, Jim attended a country school with his brothers, cousins and neighbors. At the University of Nebraska he graduated with honors. He served in the Air Force during the Vietnam War and collected numerous medals and citations for bravery and valor including the Distinguished Flying Cross. After the War, Jim worked for 32 years as a commercial pilot with Continental Airlines

and lived in Tustin, California with his wife and two children. After losing his wife he remarried and eventually he retired and moved here. He served in his Church, enjoyed traveling and playing softball with the Lincoln Hills Coyotes.

He is dearly missed by his wife Sharon, his son, daughter and grandson.

Elizabeth Shelton

Born in California, Elizabeth was fifth in a close-knit family of six siblings. She married the love of her life, David Shelton, and enjoyed 40 beautiful years with him. Elizabeth was a vice president with Central Sierra Bank before she retired and the couple moved to Sun City Lincoln Hills in 2001. Elizabeth loved to travel, to play Mah Jongg, and to socialize, enjoying museums, books, music, and plays with her many good friends. Her true passion, however, was painting. She served as treasurer for the Lincoln Hills Painters Club and completed many stunning landscapes that showcase her eye for color and light. David passed in 2013. Elizabeth is survived by three sisters, her two children, their families, and her little dog, Annie.

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.



**THURSDAY
DECEMBER 31**

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Sea how much fun you will have ringing in 2016 at the Lincoln Hills New Year's Eve Ball! Submerge yourself in the celebration by selecting your favorite party room and entrées from a delicious three-course menu specially prepared by Chef Roderick. Enjoy free-flowing champagne to toast the New Year and witness spectacular fireworks to buoy the evening.

DJ Tom is back in the Ballroom to play your favorite dance music while Cuban group, *Tito Y Su Son de Cuba*, will heat up Meridians with music from the islands that will have you dancing until high tide.

Bob around the Lodge and try your luck at the tables to win fun prizes—and join the excitement of a treasure hunt that won't leave you clueless.

Tailored **Dinner Package** options start at **\$95** per person. Purchase the Dinner Package prior to November 14 and get a chance to win two 2016 Summer Amphitheater Series Packages. For those who wish to

have dinner elsewhere, join the celebration from 9:00 PM-12:30 AM with our **Entertainment Only** option for **\$54**. 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-12:30 AM
- 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@schca.com

Entertainment

—Club Performance—

LH Players Present “The Christmas Gift”

Thursday, November 19; 7:00 PM — 5319-09A

Friday, November 20; 7:00 PM — 5319-09B

Saturday, November 21; 1:00 PM Matinee — 5319-09C

Saturday, November 21; 7:00 PM — 5319-09D

Do you believe in angels? This year’s musical production written and directed by Dolly Schumacher James celebrates the wonder of the Christmas season and the angels we believe in. A blend of traditional, rock and roll, and contemporary music will delight audiences of all ages. “The Christmas Gift” is a story about acceptance, family traditions, and the faith which sustains us through life and its challenges. Santa brings his magic as a toy shop comes to life, and Clarence, a guardian angel, creates a miracle with a heartfelt Christmas gift. Celebrate the season as the Lincoln Hills Players present their gift to our community, with another standing room only production. Ballroom (OC). **Premium Reserved Section Seating, \$19.** General Admission tickets, \$14.



SCLH Community Chorus Presents Holiday Harmonies

Sunday, December 13; 2:00 PM Matinee — 5313-10A

Monday, December 14; 7:00 PM — 5313-10B

Tuesday, December 15; 7:00 PM — 5313-10C

As part of your holiday planning you will want to buy tickets to the holiday concert given by the **Lincoln Hills Community Chorus**. This year’s concert will include “Hallelujah Chorus,” “Nutcracker Jingles,” “Feliz Navidad” and “Ha Shalom” along with many old favorites and some new holiday melodies. These harmonies will give a spirited start to your holiday enjoyment! The chorus is excited about performing for you, our neighbors and friends, once again! All concerts will be held in the Orchard Creek Ballroom (OC). **Premium Reserved Section Seating, \$18.** General Admission tickets, \$13.



—Comedy—

KS Comedy Night with David Studebaker

Friday, January 8, 2016 — 6:00 PM — 5408-11A

Or 8:00 PM — 5408-11B

David Studebaker, named “One of the 10 Best Comics to Watch” by *SF Weekly*, has taken the Bay Area by storm with his fun, fresh, and uplifting comedy. A great all-around performer, David incorporates music, personal stories, and pop culture into his interactive shows



and possesses a level of professionalism beyond his 26 years of age, opening for some of the biggest names in comedy. He has also worked as an actor/writer. Now a resident of Los Angeles, David can be seen hosting “Pivot on the Street” for Pivot TV. 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, \$12.**

Creed Bratton (from The Office): An Evening of Music and Comedy

Friday, January 22, 2016 — 5422-11

Fans of NBC’s “The Office” best know Creed Bratton as the disturbingly hilarious, popular character of the same name. What most do not know is, not only has he been acting since the late 60s in films such as “Mask” and “Heart Like a Wheel,” he’s a bona fide rocker and a founding member of the legendary rock band, The Grass Roots. Since joining “The Office,” Bratton has released a trio of solo albums. Although busy with TV and film, he remains active in music. His one man show is a perfect example of Creed’s ability to combine his immense musical talents with his unique, one of a kind comedic mind. This show is guaranteed to make you smile! 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$19.** General admission, \$16.



—Concerts—

Jim Curry’s John Denver Tribute Concert

Monday, November 23 — Sold out — 5323-09

The music of the late John Denver is like an old friend, outlasting trends and standing the test of time. Join acclaimed performer Jim Curry for this tribute to the music of one of the most beloved singer/songwriters. Tribute artist Jim Curry, whose voice was heard in the CBS-TV movie *Take Me Home: The John Denver Story*, has performed Denver’s music in sold out shows throughout the country and has emerged as today’s top performer of Denver’s vast legacy of multi-platinum hits. Jim’s uncanny ability to mirror John’s voice and clean-cut look takes you back to the time when “Rocky Mountain High,” “Sunshine,” “Calypso,” and “Annie’s Song” topped the charts, and his music had the heartfelt message of caring for the earth and for each other. “As John Denver’s former drummer and percussionist, working with Jim Curry has kept alive for me how it was playing with John. Jim has stayed true to John’s music and vision. It is a pleasure working with Jim & Anne Curry.” Richie Gajate Garcia, John Denver’s Percussionist. 7:00 PM. Ballroom (OC). All tickets are sold out.



Alasdair Fraser and Natalie Haas

Thursday, December 3 — 5303-10

Award-winning duo Alasdair Fraser and Natalie Haas will again unleash their dazzling teamwork, driving dancing rhythms and shared passion for taking the infectious melodies and grooves

Continued on page 46

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

of Scottish/Celtic music on an exciting new journey. Fraser, long regarded as Scotland's premier fiddle ambassador, and the sizzling-talented young California cellist Haas continue to delight audiences with live performances throughout the US, Canada and Europe. "The musical chemistry between Scottish fiddle legend Alasdair Fraser and young cello ace Natalie Haas is a rare, delightful thing." —Daniel Gewertz, *Boston Herald*. Don't miss this intimate experience! Save \$1 off \$4 or more at KS Café on show night. 7:00 PM performance. P-Hall-(KS). **Reserved Seating, \$22.**



Fall Classical Series Sacramento Opera Chorus

Tuesday, December 8 — 5315-07C — **Sold Out!**

"Merry Christmas, Baby" A Holiday Tribute to the Songs of Elvis Presley with Jim Anderson & The Rebels Wednesday, December 9 — 5309-11

Jim Anderson has made quite a name for himself with his tribute to the early years (1954-1966) and hits of Elvis Presley in his "Early Elvis" Tribute Show. Jim is not an 'Elvis Impersonator.' He is, however, thought by many to be the best interpreter around of 'Early Elvis.' For those who had the opportunity to see and hear Elvis in the first half of his career, this show will bring back favorite memories. For those who never had the opportunity, the show will introduce songs that changed the direction of music for decades to come. Jim Anderson along with his rockin' band The Rebels will keep the legend alive with "Heartbreak Hotel," "Hound Dog," to "Jailhouse Rock." In this special Holiday version of Jim's popular show, he will be adding some of Elvis' most popular versions of Holiday songs and spirituals he performed. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$19.** General admission, \$16. Ticket sales opened November 1.



KS Music Night Presents The Beth Duncan Jazz Quintet Thursday, January 14, 2016 — 15414-11

Get ready for a lively and passionate performance from the Beth Duncan Jazz Quintet. Beth will swing, sing the blues and fold in Latin grooves. This award-winning recording artist puts fun twists on Great American Songbook selections with surprising rhythm choices and occasional tasty scat solos. Think Cole Porter, Gershwin, Henry Mancini and originals by emerging composer Marine Tabilio. Beth won top honors in the 12th annual Independent Music Awards (IMA) for the title track of her new CD: "Comes the Fall." Her Jazz Quintet performs at various venues and private events throughout the



year. Save \$1 off \$4 or more at KS Café on show night. 7:00 PM performance. P-Hall-(KS). **Reserved Seating, \$14.**

Creed Bratton (from The Office): An Evening of Music and Comedy Friday, January 22, 2016 — 5422-11

Fans of NBC's "The Office" best know Creed Bratton as the disturbingly hilarious, popular character of the same name. What most do not know is, not only has he been acting since the late 60s in films such as "Mask" and "Heart Like a Wheel," he's a bona fide rocker and a founding member of the legendary rock band, The Grass Roots. Since joining "The Office," Bratton has released a trio of solo albums. Although busy with TV and film, he remains active in music. His one man show is a perfect example of Creed's ability to combine his immense musical talents with his unique, one of a kind comedic mind. This show is guaranteed to make you smile! 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$19.** General admission, \$16.



James Garner's Tribute to Johnny Cash Tuesday, January 26, 2016 — 5426-11

James Garner's Tribute to Johnny Cash celebrates the life and music of the legendary "Man in Black" with strong conviction and stunning accuracy. Garner and his band faithfully recreate Cash's biggest hits and present historical accounts and personal anecdotes about America's most beloved singing storyteller in this not-to-be-missed musical event. The show is a fun, toe-tapping trip down memory lane, honoring Johnny Cash's life and music. This is the closest experience to seeing the "Man in Black" in person today. Don't miss it! 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$20.** General admission, \$17.



—Grandkids Event—

Grandkids Santa Adventure Saturday, December 19 — 5319-10

Santa, Mrs. Claus and the Elves are 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 taking photos of the grandkids with Santa. We will be showing the cartoon, "Rudolph the Red-Nose Reindeer" at 11:30 AM. Limited space available so buy early. *Important: Each child must be accompanied by a grandparent for all activities (multiple siblings would require two grandparents or parent present); all children need to be pre-registered; wristbands will be provided during registration and are required for participation.* Lunch will *not* be provided as part of this event. Kilaga Springs Lodge. Doors open at 9:45 AM; activities and games 10:00 AM to 12:00 PM. Toddler to 12 years old. **General admission, \$13.**



Continued on page 49



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Gynecologic Oncologist
and his patient Jacqueline.



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Day Trips

—Casino/Races—

Off to the Races

Thursday, November 19 — 1845-09

Take a break before the holidays and enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$79.



Cache Creek Casino

Wednesday, January 13, 2016 — 1770-11

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, dependant, veteran, retired veteran or retired veteran dependant 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. \$25.



—Festivals—

Second Bus Added!

The Great Dickens Christmas Fair

Saturday, December 5 — 1752-10B

First trip sold out in less than a week! The Great Dickens Christmas Fair at the San Francisco Cow Palace is a one-of-a-kind holiday adventure into Victorian London—an elaborate party with hundreds of costumed players performing and interacting with patrons in over 120,000 square feet of theatrically-lit music halls, pubs, dance floors, and Christmas shops. It's a twilight evening in Charles Dickens' London Town—a city of winding lanes filled with colorful characters from both literature and history. Enticing aromas of roasted chestnuts and hearty foods fill the air. Cries of street vendors hawking their wares ring out above the bustling



crowd. Dozens of lamplit shops are filled to overflowing with Christmas gifts. The Dickens Christmas Fair is a treasured Bay Area tradition since 1970 and a splendid way to celebrate the holidays. Enjoy food and drink on your own at various food stalls inside the venue. Depart OC 9:30 AM, return ~ 8:00 PM. \$58 (includes admission).

Victorian Christmas

Sunday, December 20 — 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 38th 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.



—Museums—

deYoung Museum—San Francisco

Jewel City—Art from the Panama—Pacific International Exposition and Royal Hawaiian Featherwork

Wednesday, January 6, 2016 — 1762-11

Two exhibits in one trip! Get transported back in time and feel how it is to be at the 1915 Pan-Pacific International Exposition and World's Fair! At the heart of the Expo was an ambitious art exhibit, encompassing more than 11,000 pieces of works that celebrated the opening of the Panama Canal and San Francisco's reconstruction following the 1906 earthquake. To mark the centennial, *Jewel City* revisits this vital moment in the inauguration of San Francisco as the West Coast's cultural epicenter. This landmark exhibition reassembles more than 200 works by major American and European artists, most of which were on display at this defining event. Also enjoy "Royal Hawaiian Featherwork" with the first exhibition of Hawaiian featherwork on the U.S. mainland. The exhibition features approximately 75 rare and stunning examples of the finest featherwork of capes, feather leis, and more. For more information on these and other currently running exhibits, please go to <http://deyoung.famsf.org/deyoung/exhibitions>. Lunch on your own at the museum cafe or bring your own. Leave OC at 8:00 AM, return ~ 6:30 PM. \$54.



Continued on page 50

**Gridiron Glory:
The Best of the Pro Football Hall of Fame
Triton Museum of Art—Santa Clara
Saturday, January 23, 2016 — 1850-11**

The Pro Football Hall of Fame, as part of its 50th Anniversary celebration, is bringing the largest traveling exhibition in its history – Gridiron Glory: The Best of the Pro Football Hall of Fame to The Triton Museum in Santa Clara. The 5,000 square-foot exhibit features hundreds of artifacts from the Hall of Fame's collection and captures the essence of the Hall of Fame experience. Many of the artifacts are being exhibited for the first time. This interactive multimedia experience also includes new materials from NFL Films, immersive fan experiences and a specially-designed "Hometown Tribute" section to spotlight the 49ers. There will also be specially-made educational programming, an on-site retail element and Hall of Famers themselves will make special appearances throughout its run. Lunch stop at the new Santa Clara Town Center nearby with many food outlets to choose from prior to visiting the museum and there will be a dinner stop on your way home, both on your own. Price includes donation to museum. Leave OC at 8:00 AM, return ~8:30 PM. \$56.



—Performances—

**Odysseo—The Equestrian Spectacular by Cavalia
Saturday, January 9, 2016 — 1761-10**

This new production, held at a Big Top Tent at AT&T Park in San Francisco, is a celebration of the beauty and harmony of the meeting of two worlds: those of horse and human. As friends, partners and inseparable performers, they will lead you on a journey to another world—a world of dreams. The door to your dream opens as soon as you enter the climate-controlled Big Top—the largest one of its kind in the world. Surrounded by awe-inspiring images and accompanied by live music, horses and artists—acrobats, dancers, musicians and riders—will take you on a journey to a world where dreams and reality intertwine. We'll be enjoying a matinee show in blue level seating rows M-R. View seat map at Activities Desks or online. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM show. For more information on the show: <http://cavalia.net/en/odysseo/videos>. Depart 11:00 AM, return ~ 10:00 PM. \$149. Trip is a go! Don't miss it!



Continued on page 54

**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.

- **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 entrance 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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EVENT CODE: 5309-11
PREMIUM RESERVED SEATING \$19
GENERAL ADMISSION \$16
(TICKETS ON SALE STARTING NOVEMBER 1)

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Jersey Boys at Orpheum Theater—San Francisco Wednesday, February 10, 2016 — 1930-10

How did four blue-collar kids become one of the greatest successes in pop music history? Find out at the runaway smash-hit, “Jersey Boys.” Winner of the Best Musical Award on Broadway, in London and Australia, this blockbuster phenomenon takes you up the charts, across the country and behind the music of Frankie Valli and the Four Seasons. Experience electrifying performances of the golden greats that took these guys all the way to the Rock and Roll Hall of Fame with songs “Sherry,” “Big Girls Don’t Cry,” and many more. Don’t miss the international sensation that’s a Broadway triumph and continues to break records in cities across America bringing countless audiences to their feet. We’ll be enjoying a matinee show in orchestra seating. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM show. Depart 10:45 AM, return ~ 9:45 PM. \$138.



Band of the Royal Marines Featuring the Pipes & Drums of the Scots Guards Harris Center — Folsom

Tuesday, February 23, 2016 — 1701-11

Pipes skirl and kilts swirl as the Band of the Royal Marines, featuring the Pipes, Drums and Highland Dancers of the Scots Guards take the stage of Harris Center in a grand display of pageantry and ancient military traditions. Hear popular classics, Big Band, stimulating contemporary works and entertaining solo features. Thrill to the distinctive sounds of bagpipes, brass, and stirring anthems combined with the spectacle of regimental marches and spirited Scottish Highland dancing. In their distinguishing white helmets, Royal Marines Bands and the Corps of Drums bring movement, color and the tradition of the ceremonial occasions and are celebrated for the quality of their music, visual grandeur and precision drill of pageantry and ancient military traditions. Leave OC at 6:00 PM, return ~ 11:15 PM. \$84.



Sacramento Philharmonic Cirque de la Symphonie Sacramento Community Center Theater Saturday, February 27, 2016 — 1786-10

Cirque de la Symphonie brings the magic of cirque to the music hall. Each gravity-defying feat is choreographed to live music performed by the Sacramento Philharmonic Orchestra. The aerial acrobatics will leave you breathless as the acrobats literally “drop” into the hall! Artists include aerial flyers, acrobats, contortionists, dancers, jugglers, balancers, and strongmen. All these and more performing to music above and around the orchestra,



dazzling eyes and ears! Reserved seats in mid-orchestra section. Leave OC at 6:45 PM, return 11:15 PM \$62.

Chicago The Musical, Harris Center—Folsom Friday, March 4, 2016 — 1732-11

This sensational tale of sin, corruption and all that jazz has everything that makes Broadway great: knockout dancing, a ripped-from-the-headlines story about fame and scandal and one show-stopping song after another. No wonder Chicago has been honored with six Tony Awards®, two Olivier Awards, a Grammy® and thousands of standing ovations. And now, Chicago is the longest-running American musical in Broadway history! Whether you’ve seen the Academy Award®-winning film and want to experience the show live on stage or whether you’ve seen it before and want to recapture the magic, Chicago always delivers. Matinee show. Leave OC at 12:30 PM, return ~ 6:00 PM. \$116.



Wicked at Orpheum Theater—San Francisco Wednesday, March 23, 2016 — 1999-10

Wicked is the untold story of the witches of Oz. Long before Dorothy drops in, two other girls meet in the land of Oz. One, born with emerald-green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. Wicked tells the story of their remarkable odyssey, how these two unlikely friends grow to become the Wicked Witch of the West and Glinda the Good Witch. Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM show. Depart 10:45 AM, return ~ 9:45 PM. \$150.



An Act of God Golden Gate Theater—San Francisco Sunday, April 10, 2016 — 1793-11

After conquering Broadway, the King of the Universe is coming to San Francisco for the first time ever! God takes the form of Emmy Award winner Sean Hayes in *An Act of God*, a 90-minute comedy where the Almighty and His devoted Angels answer some of the deepest questions that have plagued mankind since Creation. He’s finally arrived to set the record straight... and He’s not holding back! An Act of God, straight from Broadway, is based on the critically acclaimed book written by God and transcribed by David Javerbaum. Javerbaum is a 13-time Emmy Award winner for his work as a head writer and executive producer for *The Daily Show with Jon Stewart*. Middle Orchestra seating, 6:30 PM performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square before the 6:30 PM show. Minimum of 35 required by December 4 per vendor deadline. Leave OC at 12:30 PM, Return 11:00 PM. \$125.



Continued on page 59



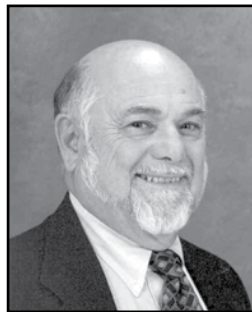
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Pippin

Tuesday, December 29 — 4531-06B

Pippin is Broadway's high-flying, death-defying hit musical! Full of extraordinary acrobatics, wondrous magical feats and soaring songs from the composer of *Wicked*, Pippin will lift you up and leave you smiling. This unforgettable new production is the winner of four 2013 Tony Awards® including Best Musical Revival. Hailed as "an eye-popping, jaw-dropping extravaganza," it's unlike anything Broadway has ever seen! Come experience Pippin, one young man's journey to be extraordinary. This captivating new production features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics. Pippin is noted for many Broadway standards including "Corner of the Sky," "Magic To Do," "Glory," "No Time at All," "Morning Glow," and "Love Song." Join us for a magical, unforgettable new Pippin. \$93.



Now Open to Grandchildren, eight years old & up!

The Little Mermaid

Tuesday, February 2, 2016 — 4561-06C

Disney storytelling at its best! Music by the team from Disney's *Beauty and the Beast*, including "Part of Your World" and "Under the Sea." Unsatisfied with her life at sea, young mermaid Ariel longs to experience the human world above. The classic love story captivates audiences of all ages. \$93.



Book of Mormon — 4561-06D & 4561-08

Both dates sold out!

Newsies

Tuesday, April 12, 2016 — 4561-06E

They delivered the papers, until they made the headlines... Direct from Broadway comes *Newsies*, the smash-hit, crowd-pleasing new musical from Disney. Winner of the 2012 Tony Awards® for Best Score and Best Choreography, *Newsies* has audiences and critics alike calling it "A musical worth singing about!" (*New York Times*). Filled with one heart-pounding number after another, it's a high-energy explosion of song and dance you just don't want to miss. Based on true events,



Newsies tells the captivating story of a band of underdogs who become unlikely heroes when they stand up to the most powerful men in New York. It's a rousing tale about fighting for what's right... and staying true to who you are. \$93.

Motown the Musical

Tuesday, May 24, 2016 — Sold Out — 4561-06F

—Tours/Leisure—

San Francisco Holiday Shopping

Saturday, December 12 — 1823-10

Or Tuesday, December 15 — 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 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. \$37.



—Overnight & Extended Travel—

Four days, three nights! Hooray for Hollywood!

Sunday, March 6-Wednesday, March 9, 2016 — 1973-11

Join Katrina, your Trip Coordinator, on an unabashedly L.A. tourist trip. You'll have the opportunity to attend a game show taping and possibly be a contestant, tour Warner Brothers movie studio, visit downtown Hollywood and more! Be aware there will be lots of walking and standing on this trip. **Trip Includes:**

- Stay at Farmers Daughter Hotel (across the street from CBS Television City) and 100% smoke free!
- Two lunches at Harris Ranch
- \$10 gift certificate and tote bag for the famous L.A. Farmers Market (also across from hotel)
- Personalized group movie and TV studio tour on the multi-passenger golf carts at the iconic Warner Brothers Studios
- Hot buffet lunch at Warner Brothers Studio Café
- Free time on your own at the Hollywood and Highland Center with time to take any of the two-hour small-bus tours of the stars homes, Hollywood, TMZ Tour, etc. Or visit the Dolby Theater, check the Hollywood Walk-of-Fame or visit the Hollywood Museum.



Continued on page 61



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- Free time to visit The Grove Entertainment Center or nearby museums like the Petersen Auto Museum, L.A. Museum of Art, and more!
- Be an audience member for *The Price is Right* or *Jeopardy!* Members of the *Price is Right* audience have the possibility of becoming a contestant. Choose between 8:00 AM or 11:30 AM taping. Group limit is 20 for each taping. Note that the process including taping of shows takes about six hours and involves interviews, paperwork and contestant prep with lots of waiting around. *Jeopardy* taping requires less time commitment. You must indicate which game show you are interested in attending, if any, at time of registration.
- Possible additional show options may become available when spring schedules come out.

Detailed trip itinerary, menus and US State Department trip insurance providers list available at the Activities Desk or view online. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM, March 6, return March 9 ~ 6:00 PM. \$798 per person double occupancy. \$1215, single.

Sold Out Trips thru December 20

Trip • Date • Departure Time

- **The Great Dickens Christmas Fair**
Saturday, December 5 — 9:30 AM
- **Beach Blanket Babylon**
Wednesday, December 9 — 1:45 PM
- **Beach Blanket Babylon**
Wednesday, December 16 — 1:45 PM

Activities Department Classes



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

Art

—Drawing—

Beginner Drawing

Thursdays, December 3-17 — 132215-11

10:00 AM-12:00 PM (OC). \$39 (three sessions). Instructor: Michael Mikolon. The artistic journey starts with the basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at the 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 first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He is a full-time artist with a focus on landscape and figures. Supply list available at the Activities Desks and online.



—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, December 2-30

9:00-11:30 AM Class — 113115-11

Or 1:30-4:00 PM Class — 113215-11

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions; no class December 23). 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 students' 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. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online.



Painting Pastels and Oils with Barry

Mondays, December 7-28 — 105115-11

9:00-11:30 AM (OC). \$52 (four 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 has 45 years painting explorations in various media and has studied nationally with a number of pastel and oil painters. He has over a decade's experience teaching and encouraging artistic expression to many ages, and owns a studio in Folsom. Supply list available at Activities Desks, online, or on instructor's website. www.pastelpainter.com.



—Watercolor—

Beginning Watercolor Painting

Thursdays, December 3-17 — 132115-11

1:00-4:00 PM (OC). \$45 (three sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This

Continued on page 62

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 teacher 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.



Lobby, Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.

Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, December 2-16 — 206115-11

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

A beginning & 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.



Lladro Workshop

Wednesdays — Ladd3

1:00-4:00 PM (KS). \$12 per session. Moderator: Barbara Bartling. Drop-in sessions for Lladro hobbyists who can work independently. Held in conjunction with the ongoing Lladro class, workshop is not for beginners and does not provide moderator instruction. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Fee includes firing and use of moderator’s supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop.

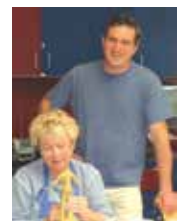
—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, December 1-22 — 212115-11

1:00-4:00 PM (OC). \$54 (four 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 techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided at first meeting for future classes.



Advanced Ceramics

Tuesdays, December 1-22 — 212215-11

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. This class is for the 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.



New Workshop!

Sip and Paint—Art in a Day

Tuesday, January 12, 2016 — 122116-11

5:00-8:00 PM (OC) \$55. Instructor: Unni Stevens. Here’s a fun twist to painting!

Relax and enjoy cheese and wine while painting, an activity that’s becoming popular everywhere. Paint a finished acrylic painting in one day, with step by step instruction from a professional artist, who will teach you how to mix the colors, use media, brush strokes and use of pallet knife. Instructor will also give each student help and advice. All supplies are included, and will be set up and ready to go when you arrive. The canvas will be under-painted and have a wire on the back ready to hang. The fact that we paint quickly and don’t have time for too many small details gives the painting a looser more energetic feeling. Class fee includes a glass of wine, a selection of cheese, crackers and fruits, plus all art supplies needed to complete your artwork. Extra wine will be available on a pay-as-you-order basis. *About the Instructor:* Artist Unni Stevens has studied art in Norway, Japan and at the Laguna Collage 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. For more info:www.unniart.com.



Mixed Media

New Class! Art Journaling

Tuesdays, January 12 & 26, 2016 — 143116-11

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



Ceramics — All Levels

Thursdays, December 3-17 — 221115-11

1:00-4:00 PM (OC). \$42 (three 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 are given introducing 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.



Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for drop-in students but there will be a locker for all "work in progress." Moderator is responsible for ensuring everyone follows guidelines and safety procedures. Class space is first-come, first-served. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registration at the Activities Desks. Registration for drop-in sessions is only available within the hour prior to class start.

Bridge

Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM or 1:00-4:00 PM; Thursdays 1:00-4:00 PM (OC). \$17 per session. Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. For pottery students who can work on their own but are unable to attend class full-time. **Prerequisite:** Previous enrollment in Advanced or Beginning/Intermediate Ceramics class with Jim or All Ceramics class with Terry for at least three months in the past.

Bridge Plus with Laurie

Thursdays, January 7- February 25, 2016 — 164116-11

10:00 AM-12:00 PM (KS). Instructor: Laurie Vath. \$75 (eight sessions). This class is for players who want to improve their knowledge, ability and enjoyment of Bridge. This eight-week course covers basics of modern Standard American Bridge, including conventions with emphasis on partnership communication, and as much play as time permits. Learn more and enjoy the wonderful, challenging game of bridge.



Continued on page 64



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Crafts

—Card Making—

Dottie's card making classes will be on hiatus December 2015 and January 2016 returning in February

—Craft Corner—

Craft-of-the-Month

Framed Paper & Buttons Christmas Tree

Tuesday, December 15 — 302015 -11

9:30-11:30 AM (KS). \$25 plus \$8 supply fee paid to instructor. Instructor: Craft hobbyist Judi Masters. Looking for a wonderful holiday project? Wanting to create a unique gift for that friend who almost has everything? Join us in this easy and fun class! Class will teach you how to create this cute and colorful Christmas tree made up of colorful paper and buttons. Written directions will be provided so you can easily duplicate it at home. Project is easy enough to do it with your grandkids! Finished product will be 8"x10" framed (red or green) and ready for display. Feel free to bring your buttons to add your personality. This is a great class for those who enjoy Mixed Media art.



—Floral Design—

Christmas Floral Centerpiece Workshop

Monday, December 14 — 301015-11

9:30-11:30 AM (KS) \$40. Instructors: Jen Steele and Sally Hernandez. We invite you to explore your creative side while learning tips, tricks, and floral techniques. Create an elegant arrangement sure to dazzle any table. Learn basic skills using a festive collection of fresh flowers, greenery, and holiday accessories to create your one-of-a-kind centerpiece. Jen and Sally are a Mother and Daughter team who have been working in the floral and nursery industry for many years. Floral design is a passion that we enjoy sharing with others and we hope you will join us for a fun-filled workshop. All floral materials included. Please provide your own shears or floral knife. Space is limited.



Dance

All dance classes will be on a hiatus the month of December and will return January 2016.

Glass Art

Fusing Glass and Stained Glass Workshop

Monday, December 7— GLASS

4:30-6:30 PM, Sierra Room (KS). \$15. Moderator: Jordan Gorell. **Prerequisite:** For experienced students only. A moderator

is present to supervise safe use of equipment but will not teach new methods. 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 7-28 — 494115-11

1:00-4:00 PM (KS). \$58 (four sessions). Supply fee: \$10 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 & soldering along with safety and the proper use of equipment. Create a beautiful 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 been working with stained glass for 25 years including 14 years working and teaching at Citrus Heights Stained Glass in Roseville.



Jewelry

—Beading—

"Spiralin' in Control" Necklaces

Flat Spiral Tuesday, January 5, 2016 — 513416-11A

Spiral Rope Tuesday, January 12, 2016 — 513416-11B

Loop Spiral Tuesday, January 19, 2016 — 513416-11C

Bonus Free Workshop!

Tuesday, January 26, 2016 — 513416-11D

9:00 AM-12:00 PM (KS). \$10 per session (three sessions plus bonus sessions). Instructor: Cathie Szabo. Spirals are pleasing to the eye we'll explore three different ways of using spirals in jewelry. Projects can be bracelets, necklaces or, a strip of each spiral used as a sampler for future projects. First is the "Flat Spiral" built around large-ish beads. It's easy and a great way for beginners to get their feet wet in beading! Next up, the "Spiral Rope," a fast way to achieve a sinuous look. A step up in difficulty, but still simple enough for beginners. Lastly the "Loop Spiral," is a bit more difficult and great for beaders used to working with smaller beads. And for all students, a free special bonus session on January 26 for finishing projects and/or making matching earrings! Sign up early, get the material lists, and join us in "spiralin' in control."



—Silverware Jewelry—

Spoon Jewelry

Discover the art of spoon jewelry! Create beautiful pieces

Continued on page 66

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of jewelry made from a spoon or fork. Spoon Jewelry has been around for many years and was a cultural thing in the 60's and 70's. Learn to identify the manufacturer, style and period, maker's mark, metal used, and some very interesting facts about silverware. Learn to use tools to cut, file, and polish. All supplies will be provided on the first session including silverware for making one ring or pendant (plated), books and tools needed. For the second part of the workshop, students will supply their own spoon, perhaps something that has been handed down from mom or grandma or something you cherish and want to give to a loved one. Please bring a few silverware pieces and we will discuss them in class. Students will take home one free spoon jewelry piece. *About the Instructor:* Charles Kampf has been making Spoon Jewelry since 1990 and has taught and sold all around the country.



Bracelets

Mondays, December 7 & 14 — 542115-11
9:00 AM-12:00 PM (KS). \$52 (two sessions).

Money Matters

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

Is Anything Guaranteed in the World of Investments?

Tuesday, December 1 — 871000-1N

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. We all love the word "Guaranteed" when it comes to life, let alone our investments. In the world of risk and volatility, bear markets and corrections, is there anything truly guaranteed? And if there is what are the caveats or potential catches. Come learn how to determine what is really "Guaranteed" and if it makes sense for you.



Movie

Movies with Ray Ashton: Holiday Movies

Wednesdays, November 25- December 23 — 521415-10

1:00-4:00 PM (KS) \$30 (four sessions; no class December 9). 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:

- November 25—*Christmas Vacation*: The hilarious Chevy Chase 1989 movie about the modern American family as they try to cope with traditional family holiday celebrations.
- December 2—*A Christmas Carol*: We look at Dickens' own book and watch scenes from five different movies to tell this great story.



- December 16—*A Christmas Story*: Based on students' request, we will 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.
- December 23—*It's a Wonderful Life*: 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.

Music

—Guitar—

Guitar classes offered below are not accepting new students without instructor approval. Instructor moves the students to the next level based on skills evaluation. Beginning Level (1A) class will be offered in January.

Guitar 1B—Continuing Beginner Level

Mondays, December 7-28 — 535715-11

8:00-10:00 AM (OC). \$35 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. New students will be accepted for the January class. **Prerequisite:** Completion of Guitar 1A (offered each January), or instructor approval: Bill, 899-8383. 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.



Guitar 2A—Continuing Beginner Level

Wednesdays, December 2-30 — 535115-11

8:00-10:00 AM (KS). \$44 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1B or Instructor's approval. Class will cover more advanced note reading, chords, strumming, finger picking, rhythms and more advanced music theory providing a good foundation to move on to higher classes.

Guitar 2B—Continuing Beginner Level

Wednesdays, December 2-30 — 535215-11

10:15 AM-12:15 PM (KS). \$44 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 2A or Instructor's approval. Class expands on lessons of Guitar 2A.

Guitar 3—Intermediate

Thursdays, December 3-17 — 535315-11

8:00-10:00 AM (OC). \$36 (three sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students.

Continued on page 68

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Prerequisite: Completion of Guitar 2B or Instructor's approval. Studies include reading music in the second, fifth, and seventh positions, learning moveable chords and chord patterns, strumming and advanced finger-picking and use of guitar pick.



Guitar 4—Advanced

Thursdays, December 3-17 — 535415-11

10:00 AM-12:00 PM (OC). \$36 (three 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.

New Class! Folk Guitar for Fun Folks

Tuesday, January 5-26, 2016 — 536216-11

1:00-2:00 PM (KS). \$35 (four sessions). Instructor: Darrell Effinger. No prior music knowledge is necessary for these classes and a good singing voice is *not* a prerequisite! Emphasis will be 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 and 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 on how to choose and purchase a guitar for your personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at the first meeting. Come Learn, Sing, Enjoy, Have Fun and Join the Hootenanny! 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 at numerous venues. Questions: Call Darrell at 989-8532.

—Voice—

Singer Vocal Boot Camp Continuation

Fridays, December 4-11 — 536215-11

10:30 AM-12:30 PM (KS). \$26 (two sessions). Instructor: Bill Sveglini. Learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs.



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January 23-April 2, 2016 — 823500-A1 (resident)

January 23-April 2, 2016 — 823500-GU (support person)

January 23, 2016 — 823500-JA (separate session support person)

9:00 AM-12:00 PM. P-Hall (KS). Resident \$135 (six sessions); support person \$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@sclhca.com or call 625-4032. Dates include: January 23, February 6, February 13, March 5, March 12, April 2. Residents Register: Fitness/Activities Desks or online.

Continued on page 72

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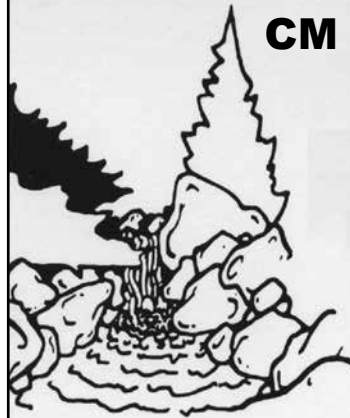
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The Sudoku Series

Tuesday, December 1 — 870000-11

9:00-10:30 AM P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series runs from August to December, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each class will be valuable to both the beginner as well as the seasoned. The instructor will teach his own personal "Box Rule of Two" system that will help you do any puzzle much faster than you thought. Each class starts with a basic review and subject matter advances as the months pass.



Brain Gain® Core

Coming February 2016

Instructor: Dr. Alice Jacobs. Based on the latest research on the importance of keeping the brain active as we age. The course provides memory enhancement techniques and interactive activities that exercise both hemispheres of the brain. Meet new friends, learn about a brain wellness lifestyle and enhance memory while doing engaging and fun exercises. Repeaters welcome.

Conscious Aging

Returns in 2016

Instructor: Dr. Alice Jacobs. Using a workbook developed by the nonprofit Institute of Noetic Sciences, exploring the third phase of life as an opportunity for spiritual, emotional and psychological growth. Each session, participants engage in interactive discussions and exercises that explore the self-limiting beliefs about aging, stereotypes, fears, worries and anxieties about growing older. Workbook provided to each participant.

Sewing

—Certification—

Bernina Serger Certification

Monday, December 14 — 591115-11

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided. Class limit three.

Bernina Sewing Machine Certification

Monday, December 14 — 592115-11

2:30-3:30 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 14 — 593115-11

3:30-4:30 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

Monday & Tuesday, January 25 & 26, 2016 — 295116-11

9:30-12:00 AM (OC). \$45 (two sessions). \$5 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 7 or 8.1 device with you if you have one.* Handout reinforces class work. Questions? Call Rita at 543-6962.



—SmartPhones and Tablets—

iPad Basic

Saturday, November 21 — 264215-08

9:00 AM-12:00 PM (KS). \$30. Supply fee: \$5 payable to instructor. Instructor: Ken Silverman. Get more out of—and into—your iPad2 or greater iPad or Mini than you ever thought possible. Learn all about the latest iOS9, like Air Play and Internet. How to get your photos off your device and saved. This class will demonstrate the many settings and applications on the large screen in the P-Hall (KS). Both PC and Mac users can benefit from learning system settings and Syncing your information; how to get all that 'stuff' into the unit and discover additional tools and reference areas. Learn how to make folders on your device. **Bring your iPad**—we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate.



Introduction to Android SmartPhones

Monday, November 16 — 256215-10

Or Wednesday, December 16 — 256215-11

9:00 AM-12:00 PM (December 16 1:00-4:00 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, T-Mobile, 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.



Continued on page 75

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Beyond SmartPhones

Monday January 25, 2016 — 256116-11

1:00-4:00 PM (OC). \$40. Instructor: Len Carniato. Today's Android SmartPhones like Samsung and LG, are powerful tools that go beyond simply placing phone calls. It's like carrying a PC and entertainment system in your pocket. To take advantage of these capabilities, you have to know they exist, and how to make them work. Many features are self-explanatory,

but many are not, especially for "technology-challenged" people. We'll focus on common, useful tasks like sending Text Messages, watching Video on YouTube, Surfing the Web, managing Photos, loading Music and more. Smart-Phone users who are ready to learn more, this class is for you. Note: Class is not intended for iPhones.



WellFit Classes

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Register for these classes online or at the Fitness Centers starting November 17 at 8:00 AM.

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- **Tuesday, November 24 — 700100-O5**
10:00-11:00 AM, Fitness Floor (OC)
- **Thursday, December 10 — 700100-O1**
10:00-11:00 AM, Fitness Floor (OC)
- **Wednesday, December 16 — 700100-O2**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, November 18 — 700100-KC**
3:00-4:00 PM, Fitness Floor (KS)
- **Thursday, December 3 — 700100-KA**
4:00-5:00 PM, Fitness Floor (KS)
- **Wednesday, December 16 — 700100-KB**
2:00-3:00 PM, Fitness Floor (KS)

Dance Classes

All dance classes will be on a hiatus the month of December and will return January 2016.

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

Wednesdays, December 2-16 — 801100-12

Fridays, December 4-18 — 801100-1D

Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). \$26.25 Wednesday (three sessions) \$26.25 Friday (three sessions). Instructor: Linda Hunter. This class is designed for

those with chronic symptoms of Osteoarthritis, Rheumatoid arthritis, and Fibromyalgia. This session involves chair exercises using a gentle range of motion from head to toe. We use slower moves to increase flexibility, endurance, and mobility. We work on strengthening muscles gently with light or no weights and improving balance. Come join your friends for the fun, socialization and increased feeling of well being. The class will conclude with a guided relaxation. Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.



Arthritis Class L2

Tuesdays, December 1-15 — 801200-12

Thursdays, December 3-17 — 801200-1D

Tuesdays & Thursdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$26.25 Tuesday (three sessions) \$26.25 Thursday (three sessions). Instructor: Linda Hunter. This class progresses from Arthritis L1 class. We continue to increase the intensity to include a combination of standing and marching exercise as well as chair exercise. This class will boost your stamina and strengthen muscles around the joints. We use a variety of weights, bars, balls, gliders, and sticks for added variety of exercise. We work on balance and functionality to help us prepare for our daily tasks and lessen our chance of injury. Come join the fun and socialize with your friends. All classes will conclude with a guided relaxation. Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.

Spotlight On

Healthy Living with Exercise

Monday, December 7 — Free

3:00-4:00 PM, Aerobics Room (OC). Instructor Annamarie Estevez. This one-hour session class is designed for those with Cardiac Pulmonary Disease, Diabetes and Nervous system disorders (ALS, Parkinson's). 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

Continued on page 79



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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—Disease Prevention Exercise L2. **Note:** Class requires pre-assessment assessment prior to class.

Pre-Enrollment Assessment— Healthy Living with Exercise Continuous Dates — 881000-12

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

Events

Activities happening around Sun City Lincoln Hills designed to keep you in touch with the Fitness Centers and the larger community outside our Fitness Centers.

Healthy Holidays from the WellFit Team

December 14-18 The WellFit Team would like to thank the residents of Sun City Lincoln Hills by offering free punch pass, water, and SGT classes during the week of December 14-18. The modified class schedule will be posted at Orchard Creek and Kilaga Springs Fitness Centers. Come early to get a spot.

Monday, and Wednesday, December 14, 16

Free Punch Pass and SGT at KS.

Tuesday, and Thursday, December 15, 17

Free Punch Pass and SGT at OC.

Friday, December 18

Free Water Classes at OC.



Lessons

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

Coming Back In January Nordixx Pole Walking

Instructor: Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a “Full Body Aerobic Exercise” by simply adding poles to your walking routine. Come and learn the latest exercise trend of Nordic Pole Walking in two 90-minute sessions. Incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; result in 25% less impact on hips-knees-and feet; and develop upright body posture with less risk of falling. Walking poles are available for each class at no charge with option to purchase at final session.



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.

Healing with Chi (“chee-gong”)

Thursday, December 3-17 — 820706-12

1:00-2:00 PM, Aerobics Room (KS). \$26.25 (three sessions). Instructor: Sherry Remez. You are invited to join this all-levels class in which you will experience and acquire simple, self-empowering techniques and tools to relieve Holiday or anytime stress, alter un-beneficial mind-sets, release physical and emotional pain, disease and discomfort, to fully enjoy the season. Innovative methods that work for you. Acknowledged by Harvard Medical School, Stanford School of Medicine, Mayo Clinic, the V A and Kaiser Permanente. Sherry is a Wellness Life-style Facilitator, Integrative Energy Medicine Practitioner, Inspirational author and speaker, Certified QiGong (“chee-gong”) Instructor with over 30 years’ experience motivating wellness through conscious re-awakening.



Self-Defense and Martial Arts

Tuesdays, December 1-22 — 815000-12

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. This self defense technique is based on Martial Arts skills designed to prepare you physically and mentally for any self-defense situation. Improve your strength, endurance, flexibility, and mental alertness through skills and drills that will challenge you in both standing and ground situations. You will also learn about legal justifications for the use of force in an altercation. Train your mind and your body to function together, increasing your ability to perform under stressful situations. Learn the physical skills needed for varying levels of confrontation, mental skills like focus, awareness, and boundary setting, and gain knowledge in the areas of avoidance, de-escalation, and legal and appropriate use of force. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons to law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.



Tai Chi L1

Tuesdays, December 1-15 — 730100-12

Saturdays, December 5-19 — 730100-1D

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$26.25 (three sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and Qigong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and Qigong for over

Continued on page 80

15 years and teaches how to combine the mental and physical practices of both arts together.

Tai Chi Intermediate L2

Saturdays, December 5-19 — 730300-12

10:00-11:00 AM, Aerobics Room (OC). \$26.25 (three sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels.



Tai Chi Advanced L3

Tuesdays, December 1-15 — 730400-12

2:45-3:45 PM, Aerobics Room (KS). \$26.25 (three sessions). Instructor: Peli Fong. The progression of the most dedicated intermediate Tai Chi students will continue with advanced cultivation of the 24 and 64 movement forms. Advanced Chi Gong systems known as the Eight Brocades, also known as the Eighth Treasure (The Eight-Section Exercises) and the Yi Jin Jing (Muscle and Tendon Strengthening Exercise) will be taught as well.

Nutrition

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

Coming Back in January:

Re-Start—Your Health in Just Five Weeks

Tuesday, January 5, 2016

Or Thursday, January 7, 2016

Tuesday 1:00-2:30 PM; Thursday 6:00-8:00 PM. Multipurpose Room (OC). \$129 (five sessions). Instructor: Audrey Gould RD, NTP. 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 processing the toxin sugar.

Pilates Reformer

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

Move Better, Feel Better, Live Better. Your body can be more

free, energetic, and powerful with less pain and fewer injuries using the Pilates principles to transform the way you move. We teach Pilates to improve your strength and balance training using the Pilates Principles to make your workouts effective, efficient and safe. 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 the fourth week of the month 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—are required for both member & 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 the month and do not rollover into the next month. To enroll in Reformer Membership, speak with staff at OC or KS Fitness Desks. 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.



Continued on page 83

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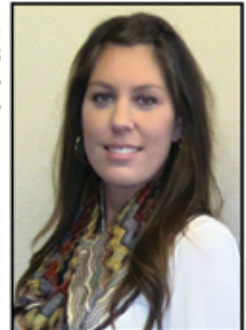


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SGT— Reformer Basics L1

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 +

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 — Reformer Intermediate L2

This class builds on Reformer Basics L1, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basics L1 if appropriate.

SGT — Athletic Reformer L2

Are you looking for an opportunity to strengthen and stretch in between rounds of golf, tennis or softball? This is your class. You will use the reformer to strengthen the core as well as stretch common tight areas that occur from these types of activities.

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 a weak muscle and other 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.

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. Register online or at either Fitness Center.

SGT—TRX Express L1

**Mondays & Wednesdays,
November 30-December 30 — 835210-12**

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class December 14 or 16). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment.



SGT—TRX Express L2

**Tuesday & Thursdays,
November 24-December 22 — 835211-12**

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class November 26). 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.



SGT—TRX Interval Training L3

**Mondays & Wednesdays,
November 30-December 30 — 835800-12**

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class December 14 or 16). 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!

SGT—"Fun"ctional Fitness L3

**Tuesdays & Thursdays,
November 17-December 15 — 835600-11**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class November 26). 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.



Continued on page 85



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SGT— Bootcamp L2**Tuesdays & Thursdays,****December 3- 31 — 835300-12**

6:15-7:15 AM, Aerobics Room (KS). \$135 (eight sessions; no class December 24). Instructor: Mike Yamamoto. Whether you are a bootcamp veteran or new to SGT come and see what working out in a small group can do for you. A variety of equipment will be used to challenge and change you.

**SGT— Morning Burst Group Training L2****Mondays & Wednesdays,****November 30-December 9 — 835300-BD**

7:15-8:15 AM, Aerobics Room (KS). \$70 (four 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!

**SGT— Morning TRX Bootcamp L2****Fridays, December 4-December 11 — 835200-12**

7:15-8:15 AM, Aerobics Room (KS). \$35 (two sessions). Instructor: Kathryn Shambre. Need to add another day to your current routine? This small group training will make use of the TRX to improve power, strength, flexibility, balance, and mobility just for starters! Other pieces of equipment may be used in this total body workout.

SGT— Bootcamp L3**Mondays & Wednesdays,****November 23-December 23 — 835400-12**

5:00-6:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class December 14 or 16). Instructor: Mike Yamamoto. Take your workout to the next level! 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.

SGT— Healthy Back L1**Mondays and Wednesdays, December 7-16 — 835700-12**

11:30-12:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: Kathryn Shambre. 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 re-

garding 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—Healthy Back L2/L3**Mondays and Wednesdays,****December 7-16 — 835701-12**

12:30-1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: Kathryn Shambre. This class will progress from the exercises and principles taught in Healthy Back L1. We will focus on core strength, posture and balance. This class will challenge you by progressing from corrective flexibility and advancing to circuit training workouts that challenge every part of your body. We will use steps, stability balls, hand weights, tubing and TRX straps for workouts. Please bring water and a towel.

**SGT—Balance & Fall Prevention L1/L2****Mondays & Wednesdays, December 7-16 — 835710-12**

2:00-3:00 PM, Aerobics Room (OC). \$70 (four sessions). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

Tennis Pro Services

- **One-on-One Training:**

One client and one trainer. One hour session cost is \$50, half hour session \$30.

- **Buddy Training:**

It is more fun to work out with a friend! \$15 per person. Need four students per session.

Group Clinic**Tuesdays, December 1-29 — 790401-12**

7:30-8:30 AM, Court #11. \$43.75 (five sessions). Instructor: Eldon Wilson. Come join the drills and skills class to practice what you've learned from your lessons in a fun/energizing environment! Taught by an equally fun/energizing National USTPA Pro.

**New! Drop-in Group Clinic Pass****Tuesday, December 1-29****7:30-8:30 AM, Court #11. \$12.00**

Attend one of the group clinic dates as a drop in. Purchase drop-in group clinic pass at Fitness Centers prior to your training or drop-in class. Purchase the initial drop in class at the Fitness Centers, after that you can re-new passes online.

Beginner Clinic**Thursday, December 3 — 790400-D1**

11:30-12:30 PM, Court #11. \$15 (one session). Instructor:

Continued on page 87

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Eldon Wilson. *Beginner*: Repetition is the key to all life—the more you repeat the proper technique the more automatic it becomes. In our Thursday group, we will be helping you develop the proper patterns for all the strokes or in some cases enhance those strokes along with game play at the end.

Coming Back in January Service Clinic

2.5-3.0 players 11:00 AM-12:00 PM

3.5-4.0 players 12:00-1:00 PM

Court #11. \$15 (one session). Instructor: Eldon Wilson. *Service*: The serve is the most important stroke in the game of tennis, without the serve points can't be started. You will learn upper body techniques, trunk rotation along with what you should do with your legs. Also how to handle the ball toss and how important the toss is.



Training Services

- **One-on-One Training**: One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **Buddy Training**: Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.
- **Small Group Training**: Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people.

For more information regarding personal trainers and/or qualifications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.

WellFit Services

Services available to assist you in furthering your health and wellness.

Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. It's a new concept in natural healthcare that gets results. Bowen addresses core issues, not just symptoms. Bowenwork is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica and knee problems. In essence, the practitioner helps your body heal itself utilizing the original Bowen technique, and it's safe and gentle enough for those with compromised health. Certified Bowen Therapist Natilee Riordan has always been passionate about people and about fitness, however it wasn't until an injury became a roadblock in her own pursuit of wellness that she realized she wanted to help people free themselves of pain and restore quality to their lives. Her goal is to assist others in reaching their fitness and overall wellness goals. *"The reason I exercise is for the quality of life I enjoy."*—Kenneth Cooper. For more information about Bowenwork or



for an appointment, please contact Natilee Riordan at Bowenwork@sclhca.com or 625-4034.

Punch Pass Class Descriptions

Please see the colored grids on the following pages 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 Yoga L1**: Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax.

• **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 Aqua Class L1-L2**: This exercise class

Continued on page 89



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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 and be in or near a chair for exercising. Come prepared to improve your body, balance and to have fun!

• **Athletic Stretch L1-L2:** 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!

• **Barre L2:** Barre is a higher energy workout, set to up-tempo music that fuses the best of Pilates and Ballet, providing a unique and fun experience. The moves include low impact but high intensity intervals of strength training followed by deep stretching. This routine will sculpt and begin to transform the entire body, resulting in a stronger core and better muscle tone.

• **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!

• **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.

• **Classical Mat Pilates L2:** Classical 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.

• **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!

• **Cycle-N-Strength L2:** Do you enjoy the cardio benefits of indoor cycling, but don't enjoy an entire cycle class? Then this class is for you! Join us for 30 minutes of cycling followed by strength exercises using bands, weights, and more! This class will challenge your cardiovascular system as well as give you a total body workout!

• **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!

• **Hatha Yoga L2:** Experience a yoga class where you will feel energized, stretched and relaxed by the end of class. We begin with warm ups then move to standing poses and inversions which challenge balance and strength. The class will end with a guided deep relaxation and meditation. This is a challenging class that is open to all levels.

• **Healthy Living with Exercise L1:** 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.

Continued on page 91

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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 Aerobics L3:** Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

- **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!

- **Low Impact Sculpt L1:** If you are looking for a total body workout with L1 low impact cardio look no further! Enjoy 20 minutes of low impact cardio followed by strength, balance, and flexibility work to sculpt your body.

- **Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on the joints while improving cardiovascular endurance. A great group cycle workout for both the beginner and experienced class member. A fun and effective way to get fit!

- **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen their 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.

- **Relaxing Yoga and Meditation L1:** This early evening yoga class consists of restful and healing yoga postures, done on the floor, that are held a bit longer and use yoga props. This effect is a deeper stretch which releases and relaxes the body. A restorative deep relaxation followed by a brief meditation, rounds out the experience.

- **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!

- **Sticks & More L2:** This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend 30 minutes total for warm up, cardio and cool down. The remainder of the class will be mat work and stretch.

- **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 is exercise that 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 Dun Kun 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-L3:** Includes a variety of exercises to

Continued on page 92

increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is 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 Strength L2:** This is not your ordinary yoga class. This class combines your traditional yoga poses with the strengthening power of weights. Whether you are a hard core yogi or a group fitness junkie, this class has something you will enjoy! Increase your flexibility, balance, and strength in one amazing class.

• **Yoga Stretch L1:** 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. 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/L2:** The easy-to-follow program that lets you move to the beat at your own speed. It's 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, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Jeannette		Water Works L2/3- Jeannette		Water Works L2/3- Annamarie		
8:30	Aqua Fitness L2- Theresa				Aqua Fitness L3 -Kirsti		
9:30		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	AF Aqua L1- Annette		AF Aqua L1- Marilyn		AF Aqua L1- Annette		
12:30	Aqua Yoga L1- Annette		Aqua Pilates L1- Marilyn		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	Water Works L2/3- Annamarie	H2O Bootcamp L3 Annamarie	Aqua Pilates L1 Marilyn			

Wellfit Pilates Reformer Class Schedule December 1-31, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Ref Intermediate L2 - Kirsti				Ref Intermediate L2 - Kirsti		
8:30	Ref Basics L1 - Sarah	Ref Intermediate L2 Janine	Ref Basics+ L1/L2- Marilyn	Ref Basics L1 - Marilyn	Ref Basics L1 - Sarah		
9:30	Ref Intermediate L2 - Sarah	Ref Basics L1 - Janine	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Ref Intermediate L2 - Sarah	Ref Basics L1 - Julie	
10:30	Ref Basics L1 - Valerie		Ref Basics L1 - Valerie	Ref Basics+ L1/L2 Julie			
11:30	Basics+ L1/L2- Valerie	Ref Basics + L1-L2- Julie			Ref Basics + L1/L2- Valerie		
12:30	Bowenworks Sessions - Contact Natilee for Appt. 625-4034						
5:00				Ref Basics+ L1/L2 - Lori			
5:30	Ref Basics+ L1/L2 - Marilyn	Ref Basics+ 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, 2015

	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	Cardio Strength L3- Kim
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Summer	Core & Strength L2-TBA	20/20/20 L3-Gretchen	Yoga Basics L1-Susan	Zumba L3- Carrie
10:00	Yoga Strength L2/3- Sarah	Yoga Flow L2 - Ashley	Sticks & More L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi L2-Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola	Tai Chi L1-Peli	
12:00	Barre L1- Julie	iRest Meditaton and Yoga (12:15 - 1:15) - L1 Iram	Arthritis L1/2 -Linda	Yoga Stretch L1- Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 -Julie	SGT- Fit 101 (1:00-2:00) meet at lobby in fitness center L1- Marilyn	Chair with Flair L1- Julie	SGT- Fit 101 (1:00-2:00) Meet at lobby in fitness center L1- Marilyn	Basic Chair L1-Julie		
2:00	SGT- Balance & Fall Prevention L1- Kathryn	Chair Yoga L1 (1:30-2:30) Ashley	SGT- Balance & Fall Prevention L1- Kathryn				Yoga Flow L2- Ashley
3:00	3:00-4:15pm Healthy Living with your Diagnosis L1 - Annamarie	Healthy Living Exercise Program L1 - Annamarie	3:00-4:15pm Healthy Living with your Diagnosis L1 - Annamarie	Healthy Living Exercise Program L1 - Annamarie	Activities	SCLH Booking	
4:00		Activities		Activities			
5:00	Zumba L3 - Summer		Zumba Gold L2 - Joanie				
6:00	Yoga for Osteo L1- Susan	6:00-7:30 Defense - Paul					
7:00							
		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.

KS WellFit Class Schedule December 1-31, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	KS	KS	KS	KS	KS	KS	KS
7:00	7:15-8:15am SGT - Morning Bootcamp L2 <i>Milly</i>	6:15am SGT - Bootcamp L2 - Mike	7:15-8:15am SGT - Morning Bootcamp L2 - <i>Milly</i>	6:15am SGT - Bootcamp L2 - Mike	7:15-8:15am SGT - TRX Bootcamp L2 - <i>Kathryn</i>		
7:30							
8:00		Mixed Level Cycle L2 - <i>Deanne</i>		Mixed Level Cycle L2 - <i>Deanne</i>		8:00am NRG Cycle L3 - <i>Palige</i> HI	
8:30	Low Impact/Sculpt Interval L2 - <i>Jeannette</i>	Low Impact L3 - <i>Annmarie</i>	Power Vinyasa L3 - <i>Deanne</i>	Low Impact L3 - <i>Annmarie</i>	Zumba Gold L2 - <i>Joanie</i>		
9:30	Cardio Strength L3 - <i>Valerie</i>	Strictly Strength L2 - <i>Linda</i>	Cardio Strength L3 - <i>Annmarie</i>	Strictly Strength L2 - <i>Linda</i>	Cardio Strength L3 - <i>Annmarie</i>	Strictly Strength L2 - <i>Jeri</i>	
10:30	Classical Mat Pilates L2 - <i>Sarah</i>	Piloga Flow L2 - <i>Julie M</i>	Cycle & Strength L2 - <i>Gretchen</i>	Body Trim L3 - <i>Jeannette</i>	Everybody Can L2 - <i>Linda</i>	Yoga L2 - <i>Susan</i>	
11:30	SGT - Healthy Back L1 - <i>Kathryn</i>		SGT - Healthy Back L1 - <i>Kathryn</i>		WaiDan Gong L1 - <i>Joan</i>		
12:30	SGT Healthy Back L2 - <i>Kathryn</i>	12:00pm SGT - Functional Fit L2 - <i>Deanne</i>	SGT Healthy Back L2 - <i>Kathryn</i>	12:00pm SGT - Functional Fit L2 - <i>Deanne</i>			
1:00				1:00pm Qigong L1 - <i>Sherry</i>			
1:30	Yoga Basics L1 - <i>Susan</i>	Tai Chi L1 L1 - <i>Pell</i>		2:00pm Relaxing Yoga & Meditation L1 - <i>Susan</i>			
2:00							
2:30	SGT - TRX Interval L2 - <i>Julia</i>		SGT - TRX Interval L2 - <i>Julia</i>				
3:30	SGT - TRX Express L1 - <i>Julia</i>	(2:45-3:45) Tai Chi L3 - <i>Pell</i>	SGT - TRX Exp. L1 - <i>Julia</i>		SCLH Booking		
4:00		Yoga for Osteo L1 - <i>Susan</i>		Yoga for Osteo L1 - <i>Susan</i>			
5:00							
5:30	SGT - Bootcamp L3 - <i>Mike</i>	SGT - TRX Exp. L2 - <i>Julia</i>	SGT - Bootcamp L3 - <i>Mike</i>	SGT - TRX Exp. L2 - <i>Julia</i>			
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.							



High Speed Rail

Thursday, January 14, 2016 — Free

10:00 AM, Ballroom (OC). The California High Speed Rail Project is the most complex and expensive undertaking ever attempted in the State's history. When completed in 2029 at an estimated \$68 billion, it will connect northern and southern California, with 800 miles of track and 24 stations. The construction obstacles are unprecedented, including 35-45 miles of tunnels through earthquake zones and faults. Join Scott Jarvis, Chief Engineer for the California High-Speed Rail Authority, as he presents an overview of the project with information about engineering challenges and project benefits.



Crafting a Plan to Preserve Memory Function

Wednesday, January 27, 2016 — Free

7:00 PM, Ballroom (OC). The idea of living with memory loss is a scary one. Minor memory loss may be acceptable, but the farther down the spectrum you get, the more debilitating the results. What causes Alzheimer's? What causes dementia? It's all quite confusing and sometimes even contradictory. Dr. John Schafer discusses the latest in research-diet, exercise, social activity-to help craft a purposeful approach to preserving memory function.



Speech Trek: Gender Bias and Inequality

Friday, February 5, 2016 — Free

4:00 PM, Ballroom (OC). Come hear about Gender Bias and Inequality. Our regional high school students will clue you in. Listen to five extraordinary regional high school students who have advanced to the final round of competition in the 10th annual Speech Trek contest sponsored by the local branch of The American Association of University Women (AAUW-RSP). Students have each prepared an original five-to-six minute speech and will be judged on research, organization, and oratorical skills. The winner of the local final round progresses to a competition at the AAUW State Convention in April. Top prize is \$750 at the local level and \$1,500 for the state winner, plus a lot of brownie points for their college applications.



The Mind-Body Connection: Restoring Wholeness in Body, Mind, and Spirit

Wednesday, February 24 — Free

7:00 PM, Ballroom (OC). Come join us as we learn of an alternative approach to chronic care medicine-Functional Medicine. Functional Medicine focuses on the impact of your lifestyle on the development and persistence of chronic illness-including nutrition, stress, sleep, movement, relationships, environment and mind-body-spirit health. It seeks to understand how someone became ill in the first place and looks at what needs to be included in a healing plan so that the body is able to come back into balance and into its own healing rhythm. Join Dr. Maxine Barish-Wreden, Sutter Health, to explore together your own healing map so that you can begin to identify the core issues that are keeping you from living your best life.



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • High Speed Rail Thursday, January 14, 10:00 AM, Ballroom (OC) • Crafting a Plan to Preserve Memory Function Wednesday, January 27, 7:00 PM, Ballroom (OC) • Speech Trek Friday, February 5, 4:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • The Mind-Body Connection: Restoring Wholeness Wednesday, February 24, 7:00 PM, Ballroom (OC) • Surviving the Silence: Love and Impossible Choices Tuesday, March 8, 1:00 PM, Ballroom (OC) • Watch for more Community Forums in upcoming issues of the <i>Compass</i>
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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

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www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

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Kilaga Springs 408-4013

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Kilaga Springs Café 408-1682

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-The Spa at Kilaga Springs-

408-4290

Spa Manager

Kris Holland 408-4071 kris.holland@sclhca.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-4:00 PM

*Starting December 1: Monday-Friday 8:00-5:30 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

Holiday Hours by Department—see 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

Regional Manager, LH Golf Club

Bob Geppert 543-9200, ext. 4

bgeppert@billycaspergolf.com

Lincoln Police & Fire 645-4040

Neighborhood Watch

Ron Wood 434-0378

Pauline Watson 543-8436

Neighbors InDeed 223-2763

Pulte Homes Customer Care

Norcal@delwebb.com

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