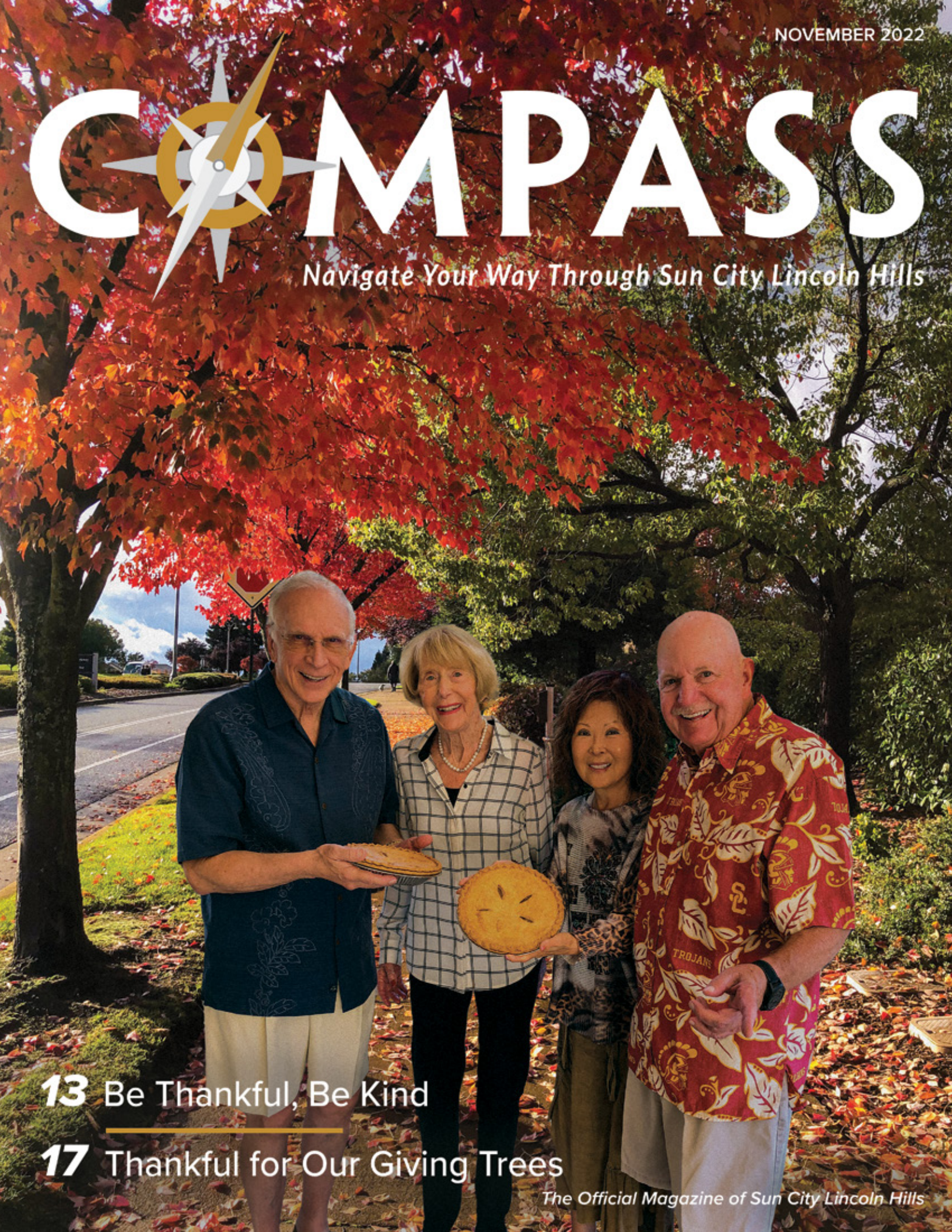


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13 Be Thankful, Be Kind

17 Thankful for Our Giving Trees



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On the Cover

Bob & Ingrid Morton and Ginny & Richard Stewart:
Grateful neighbors enjoying a slice of autumn.
Photo by David Wright. See article page 17.

Calendar of Events

November 15 - December 18

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

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

Upcoming Association Meetings: November 15 – December 15

Finance Committee	Wednesday, November 16, 9:00 AM
Board of Directors	Thursday, November 17, 9:00 AM
Board of Directors Executive Session	Thursday, November 17, 11:30 AM
Accessibility Committee	Tuesday, November 22, 9:00 AM
ARC/Architectural Review Committee	Monday, November 28, 9:00 AM
Properties Committee	Thursday, December 1, 9:00 AM
Elections Committee	Friday, December 2, 10:00 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, December 6, 9:30 AM
Compliance Committee	Wednesday, December 7, 9:00 AM
Board of Directors Workshop	Thursday, December 8, 9:00 AM
Board of Directors Executive Session	Thursday, December 8, 1:00 PM
ARC/Architectural Review Committee	Monday, December 12, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, December 13, 10:00 AM
Accessibility Committee	Wednesday, December 14, 9:00 AM
Finance Committee	Wednesday, December 14, 9:00 AM
Board of Directors	Thursday, December 15, 9:00 AM
Board of Directors Executive Session	Thursday, December 15, 11:30 AM

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

Holiday Hours

THANKSGIVING DAY - THURSDAY, NOVEMBER 24

Lifestyle Desk OC/KS	Closed
Administration & Membership	Closed
WellFit OC/KS.....	5:30 – 11:00 AM
The Spa at Kilaga Springs.....	Closed
Kilaga Springs Café.....	Closed
Meridians Restaurant & Bar.....	10:00 AM – 3:00 PM

DAY AFTER THANKSGIVING - FRIDAY, NOVEMBER 25

Lifestyle Desk OC/KS	10:00 AM – 3:00 PM
Administration & Membership	Closed
WellFit OC/KS.....	7:00 AM – 2:00 PM
The Spa at Kilaga Springs.....	9:00 AM – 6:00 PM
Kilaga Springs Café.....	Closed
Meridians Restaurant & Bar.....	Closed



Board of Directors' Report 2023 Dues

Laura Thiele, Treasurer

Last month the government announced that the 2023 Social Security cost-of-living adjustment (COLA) would be 8.7%. This is the highest increase since 1981 – over 40 years ago. This significant increase is one more reminder that we are living in a period of high inflation. Anyone who has gone to a grocery store or purchased gas did not need this reminder, we already knew. Inflation impacts not just us individually but also the Association. This inflation has resulted in the highest dues increase in our 22-year history. To truly understand this increase, we must look at our dues before applying unspent assessments resulting from the pandemic shutdowns.

Our dues, before the carryforwards, are going up from \$139 to \$149 or 7%. While these dues are still much less than surrounding Associations with similar amenities, we did not take this decision

lightly. I will not go into the specific reasons here as these have been discussed in the August budget workshops, the September Finance Committee meeting, and the September Board meeting, all of which were recorded and posted on our website. Information has also been sent in eNews.

To help curb future increases, the Board has formed a committee to investigate ways to save money on landscaping, one of our most significant expenses. Please watch for information in the coming months.

	2022	2023
Dues without carryforwards	139.21	149.28
Carryforward credits	-6.21	-3.28
Net dues	133.00	146.66



A Note from the Executive Director

Kyle Bodyfelt, Executive Director

At their September 29 meeting the Board approved expenditures to increase the OC/KS Parking Lot repair/reseal contract not to exceed \$70,000 along with a one-year contract with Fruitridge for *Compass* printing November 2022 through October 2023 for \$240,163. They also approved two liens of \$1,885.11 for two properties for delinquent payments.

Motions approved by the Board were the appointing of new or continuing Committee Members:

Gary Shamber, two-year extension, ARC Committee; Lynn White, CCOC Committee; Peggy Scott, Properties Committee; Faye August, Finance Committee; Paula Horsley, Ranny Eckstrom, and Elise Homer, Landscape Cost Reduction Committee. Robert Copp was appointed as Chair of the Landscape Cost Reduction Committee.

The Finance Committee requested and received Board approval of the 2023 Operating Budget of \$11,883,816, including Net Revenue carryover from

2020 of \$267,223. This results in a total monthly dues assessment of \$146, effective January 1, 2023.

Major cost increases over the 2022 budget were: COLA wage increase average of 6%; insurance premiums anticipated increase of \$148,000 or 15%; landscape contract increase of \$413,000 or 28% and an anticipated utility increase of \$233,000. A detailed Budget mailer will be sent to all member owners in November.

Also approved by the Board was the Finance Committee recommendation for targets for the Reserve Study which includes the annual percentage funded to be between 60% and 70% with a Reserve Funding minimum of \$10 million.

New Design Guidelines were approved, posted on the website, and are now in effect. The Community Review Program (CRP) resumed on September 1, 2022, with the next round beginning in February 2023.

We look forward to seeing you at future Board meetings and gaining your input and ideas related to Lincoln Hills' business and life!



Finance Committee September Financials *Fred Raach, Chair*

September was a challenging month for the Association's operating departments' finances. Revenue was slightly, \$18,000, more than expected. Expenses, on the other hand, were \$207,000 higher than planned, producing a net operating expense of \$935,000, \$189,000 larger than expected. Ongoing overages in the cost of Human Resource services from ADP, the Association's liability insurance, and the Bianco landscape contract were augmented by a \$47,000 charge to increase the Allowance for Doubtful Accounts (Unpaid Dues), \$22,000 of repairs to irrigation equipment, and \$88,000 for additional landscape maintenance projects.

For the year-to-date, operating revenue was \$28,000 over planned, but expenses were \$224,000 higher than planned. Net operating expense was \$7,068,000 for the first nine months of 2022, \$196,000 more than anticipated in the budget. The budgeted amount of net operating expense plus the contribution to the reserve

fund is covered by our dues. Should net operating expense exceed the budgeted amount at year-end, it will be charged to Operations cash and not affect dues.

Looking at the over-budget amounts for the month and year-to-date by operating department, shows WellFit \$7,000 favorable to budget for the month and \$35,000 favorable for the year-to-date. Administration, \$18,000 over budget in September, is \$62,000 better than budget for the year so far. Food & Beverage was \$4,000 over budget in September and \$27,000 over budget for the nine months. Communications & IT, Lifestyle, and the Spa were each \$11,000 over budget for the month and a combined \$43,000 over for the year. Facilities & Landscaping was \$141,000 over budget for the month and \$223,000 over for the nine months.

More detailed information on financials is available on the Resident Website in the Library section under Financials and in the videos of Finance Committee meetings.



Accessibility Committee Offers Information and New Meeting Dates *Judie Panneton, Chair*

Please join the Accessibility Committee when it meets November 22 at 9:00 AM in P-Hall (KS) and on Zoom, as we tackle the important work of improving inclusiveness within our community.

Valuable information is shared at each meeting to make life easier and to assist residents as they continue to be active, with a few adjustments if needed. Some of that information is now at your fingertips on the resident website under "Accessibility Committee." Examples include how to get your mail delivered to your door and how to obtain curbside assistance with your garbage and garden recycling cans if you have a medical necessity, plus so much more. If you do not have a computer, there are some in the libraries at both lodges.

As always, a call to Neighbors InDeed is another "fingertips" free resource for a variety of information,

including service providers, medical equipment loans, handyman services, etc. The phone number is 916-223-2763.

It is easy to see that our neighbors are adjusting as they age by using devices like walkers, walking sticks, and canes to assist them in being active and enjoying the lifestyle our community offers. If you have not seen it with your own eyes, head to the bocce courts and you will notice how creative people are in accommodating their own needs so they can play and enjoy some beautiful weather. It truly is inspiring!

Beginning in 2023, the Accessibility Committee will be meeting on the fourth Wednesday of the month in P-Hall (KS) and on Zoom at 9:00 AM. There is one opening on the committee panel of 9 members. We did not meet in October for lack of a quorum. Hope you will join us.



Architectural Review Committee Design Guidelines

Carole Dummett, Chair

Great news! The new Design Guidelines were approved by the Board of Directors on September 29. They are available online or at Community Standards in Orchard Creek Lodge, along with the updated checklists.

The most important revision concerns our front yard landscape requirements, which will be easier to follow, including eliminating the dreaded calculation sheet. Hopefully, this will be beneficial to the homeowners and committee members.

We introduced Checklist 20-A, which is designed for only planting tree(s). It is a simple form attached to the application that addresses trees only.

Those submitting a full landscape plan will continue to use Checklist 20.

With so many requests for hardscape staining and stamping, we introduced additions to the Hardscape criteria. It covers colors, material (non-toxic and matt finish), and overall appearance and must be installed by a hardscape licensed contractor.

Our current paint requirements are the same,

with additional information, including fence colors and an allowable percentage of maintenance on trim and body with the approved existing colors. We have updated the Paint Application with a new format.

We finally received sample paint books with every palette now having four trim color selections, five new palettes, and four new optional shutter/front door colors. Please follow eNews for additional updated information on the status and timeframe for implementation.

We have received a few inquiries regarding garage windows and heat. Research indicates it is not the windows creating the excessive heat but rather the metal in the garage door. All suggestions received were either to buy a new insulated door or insulate the existing door.

Do you want to get involved? Join the ARC; it is very rewarding and provides an opportunity to meet many wonderful homeowners. We look forward to new fresh ideas, so please send us your application.



Compliance Committee Community Landscape Review

David Mateer, Chair

In September, we conducted our latest review of villages for the Community Review Program (CRP). The review covered a third of the homes in the community. I would like to take this opportunity to share what we found. We limited the number of cases created so that our members and Association staff could keep up.

Not surprisingly, the number one landscape problem found was the lack of bark / chipped wood. Over half of the cases created were noted for not having sufficient bark to cover the dirt areas and main irrigation lines. The second most frequent problem was a bit of a surprise. Over one-third of the cases were for properties that did not have the required front yard tree. Some people have removed their front tree because it was getting too large for

the area it was planted in or redid their front yard and forgot to include a replacement tree in their new landscaping. The number of properties missing trees was substantially higher than we have seen in the past. Although ARC approval is not needed to remove a tree, it is required to plant the new replacement tree. The third most common problem was not having the required 40% plant coverage. Perhaps, plants died and have been removed over time, and now there are just not enough of them left. This accounted for almost 20% of the cases.

These problems are a typical part of routine landscape maintenance, so no big surprise. They can be easily addressed by the owner in a timely manner.

The next CRP cycle will be conducted in February 2023 with a focus primarily on house and fence paint. More information to come in January 2023.

Election News

The Board of Directors Annual meeting and Elections will be held in May 2023. In this election cycle, four Board of Directors will be elected. All community members in good standing are eligible to run. Now is the time to consider filling one of these positions by becoming a candidate.

The Elections Committee will provide the following services for candidates:

- Candidate Information Session to help candidates know what to expect
- Free photo opportunity to use for publication materials
- Free videotaping of Candidate Ballot Statements
- Free *Compass* publication of Candidate Ballot Statements
- Sample Forum questions available at the Candidate Briefing Session
- Potential room availability at no cost to candidates

DATE	DAY	EVENT
January 5	Thursday	Candidate Information Session, 1:00 PM, P-Hall (KS)
January 6	Friday	Candidate Filing Opens
February 6	Monday	Candidate Filing Closes at 4:00 PM
February 8	Wednesday	Candidate Briefing Session
February 13	Monday	Candidate Ballot Statements Due at 4:00 PM
February 13	Monday	Member Issue Statements Due at 4:00 PM
March 7	Tuesday	Articles from Candidates Due
March 17	Friday	Candidate Yard Signs Go Up
April 4 & 8	Tuesday & Saturday	Candidate Forums
April 10 - 14	Monday - Friday	Election Ballots Mailing Window
May 17	Wednesday	All Ballots Due no later than 3:00 PM
May 18	Thursday	Ballots Counted, New Board Seated

For more information contact Elections.Committee@sclhca.com.



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Lifestyle News & Happenings

A Thanksgiving Community

Allison Sertic, Lifestyle Manager

This month's theme, "Gratitude," is apropos, as Thanksgiving is about giving thanks and being grateful. Many extend the intention to the entire month of November, and many more of us extend it to our daily practices. When I became a mother, I made a conscious decision to teach what I always have, for as long as I remember, practiced daily. It was important to my husband and me to "grow" gracious and grateful humans, as we believe it leads to kindness and happiness. We adopted a practice of sharing "Highs and Lows" each night. This daily ritual taught our children to understand and value gratitude, but more importantly, we found it built the foundation for communication around feelings or mental health to us grown-ups. I am so grateful

for this, as our children have had the trust in us and the language needed to talk about the lows in their young teen lives these past few years. It undoubtedly helped us all get through. Thank goodness we are back to more highs again.

It is literally my job to help give Lincoln Hills residents the highs in their daily lives. I see, feel and hear the gratitude daily. I cannot help but think about the many people that feel more lows during the holidays, missing their loved ones. I personally know this feeling. The holidays are not easy for everyone. I do hope folks are staying connected and reaching out to each other, whether that is to offer friendship or support or to ask for it. I know the staff is here for you and each other, and I am confident I have met several hundred residents that are, as well.

Spend a Weekend with **JARED FREIBURG**
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Jared Freiburg & The Vagabonds: Back to The 50s
Saturday, December 17
7:00 PM in the Ballroom

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Jared Freiburg: Rockin' Holiday Revue
Sunday, December 18
2:00 PM Matinee in the Ballroom

A perfect holiday show to celebrate the season! From the Broadway show "Million Dollar Quartet," and The Original Cast of "Million Dollar Quartet Christmas," holiday-themed classics will delight your entire family. Bring the grandchildren --Santa, and his elves, will be in the lobby after the show for photos!

 Reserved Seating: \$24
Standard Reserved Seating: 21

Online at www.SCLHResidents.com or at the Lifestyle Desk (OC/KS)





The Spa at Kilaga Springs Thankful, Grateful, Blessed

KarriLynn Keith, Spa Manager

Fall has always been my absolute favorite season. Autumn leaves reveal the beauty and mastery of bursting with vibrant colors. Fall transports us from our fabulous summer adventures to the holidays' beauty and coziness. The graceful change from one season to the next ushers in the hope and excitement of new possibilities!

I am so very thankful for the beauty of this season. It reminds me of warmth, happiness, and true connection. Here at Lincoln Hills, I am constantly reminded of the beauty of fellowship through the eyes of our residents, members, and guests with each visit to The Spa at Kilaga Springs. I am surrounded by phenomenally talented men and women who truly bless me every day with their kindness, generosity, and caring toward one another.

I am incredibly excited to announce and welcome

our newest team members to the Spa. I am truly thankful for these beautiful souls who have come on board to share their gifts and talents and bring you even more opportunities to book your favorite appointments.

Join me in welcoming our newest Nail Technician, Andrea Hemingway, who specializes in Podiatry foot care. We also have two new amazing Massage Therapists who are completing their training and will be open to schedule appointments very soon. Stay tuned for their debut here in the next few weeks!

Please join us as we usher in the holidays in style with our new Spa Treatment Menu, New Memberships, and exclusive Holiday Specials. Come celebrate our Fall into Beauty event on November 16 as we pave the way to our upcoming 2022 Holiday season. We wish you an amazing Thanksgiving!



DO YOU SPA?

The Spa at Kilaga Springs invites you to kick off the holiday season in style! Join us for an afternoon filled with soothing spa treatments that rejuvenate your mind, body and soul. Indulge in one of our luxurious Mini Spa Treatments from our new Spa Menu, delicious Refreshments and Hors d'oeuvres, and exclusive Spa Deals!

FALL INTO BEAUTY EVENT

Wednesday, November 16

1:00 pm - 6:00 pm

\$40 Admission

Reservations Required

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WellFit News

Expressions of Gratitude

Deborah McIlvain, Lifestyle, WellFit & Spa Director

"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts." – Henri Frederic Amiel

- **Gratitude helps with your social well-being.** Reflecting on positive daily events or keeping a gratitude journal can help with your social well-being. A study back in 2016 found that keeping a diary increases a sense of belonging they also found that expression of gratitude by leaders motivated their staff to be more productive in their daily work.

- **Gratitude enhances emotional well-being.** Studies show a positive association between expressions of gratitude and positive emotional states such as happiness, life satisfaction, and flourishing.

- **Gratitude benefits physical health.** The relationship between gratitude and physical health markers such as cardiovascular health, stress and

inflammation, pain perception, and sleep. Keeping a journal and focusing on things to be grateful for has been shown to improve diastolic blood pressure and sleep.

Be grateful every day for something in your life. Express gratitude towards others. You never know how it could change their day. I am especially grateful to be able to work with wonderful colleagues and residents. Enjoy your life and choose to be happy!

Holidays are close, and I'm sure you are starting to think about what to get those special people in your life. Choose experiences over things. WellFit can mix and match services together to make it easy for you. The Spa at Kilaga Springs also has some great gift ideas.

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Neighborhood Watch gives back



Be Thankful, Be Kind

Linda Lucchetti, Roving Reporter



Thank you card of kindness

Thanksgiving – the holiday when after eating turkey, you may feel stuffed like a turkey.

But, it's less about turkey and more about 'thanks' and 'giving.'

It's easy to demonstrate the 'thanks' part. We say it all the time – thanks for opening the door, thanks for dinner. Then there's the 'giving' part. Many people give

back to those in the community who are in need or who've suffered great loss. There is no shortage of organizations where our generosity is sorely needed and deeply appreciated.

The words thankful and grateful are often interchangeable but different. While being thankful is a feeling, being grateful is not only a feeling but implies an action. Maybe we should change the name from Thanksgiving to *Grateful-giving*.

Whether we are thankful or grateful, there's a third leg of the stool – kindness. Here are a few ways to infuse gratitude into actions by being kind. They're easy, cost little, and provide gratification to both the receiver *and* the giver.

The drive to be kind – What does driving have to do with showing kindness? Example: If you're the first to arrive at an intersection, although you may have the right of way, yield to another driver. When given the choice between being right or being kind, choose kind.

Just a note – How many gifts have you sent over the years and never heard if they were received or enjoyed? Promote the thank you note. Emails and texts are okay, but you can't beat personal notes written on paper with a pen. Send thank-you cards too.

It's a family affair – Rekindle a strained family relationship. Invite that long lost uncle to your holiday dinner while you can. Who cares if he spills his drinks and tells bad jokes. Life is short. Reach out.

Words matter – "A tongue has no bones, but it is strong enough to break a heart. Be careful with your words." Remember, compliments are free. Don't just sprinkle them like pepper, pour them like sugar.

If you haven't already, start a Gratitude Journal. Every day, list things that you are grateful for. Gratitude Journals help track our blessings.

Kindness has a way of making us feel good. Like throwing a stone into a pool of water, it has a ripple effect. This season, in the lyrics of Glen Campbell, "You got to try a little kindness, yes show a little kindness."



Keep a Gratitude Journal

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Gratitude Is an Attitude

Shirley Schultz, Roving Reporter



If you want to know something about your own attitudes, look into a mirror and listen to what you tell yourself. *"A mirror is just a piece of glass. What I see is up to me."* These lines from the movie, *"Romance in Style,"* point to the reality that we ourselves are in charge of how we interpret what we see and think. By definition, an attitude is a way of thinking or feeling that is reflected in our behavior. Positive attitudes help lead to positive behavior

choices, and, on the other side of the coin, negative attitudes trend us towards negative behavior choices. As we enter the season of giving thanks, it is timely to consider one important attitude: that of gratitude.

A lot has been written about the scientifically-validated benefits of practicing gratitude. In a nutshell, expressing gratitude causes brain changes, reduces stress, and increases optimism. In 2018, a white paper titled "The Science of Gratitude" outlined several benefits for individuals who practice gratitude, including some as follows:

- Increased happiness and positive mood
- More life satisfaction
- Better physical health
- Better sleep

- Less fatigue
- Improved self-esteem.

Much scientific study about gratitude has been based on gratitude journaling or expressing gratitude in letter writing. Expressing gratitude shifts our attention away from toxic, negative emotions and ruminating about such. Even if we do not share it with someone, expressing gratitude makes us feel happier and more satisfied with life. Gratitude writing in a journal or a letter on a regular basis slowly trains the brain to be more in tune with experiencing gratitude and that which is positive.

Robert Emmons is a prominent scholar in the study of gratitude, and he points out what happens when an attitude of gratitude fails and goes toward ingratitude. Ingratitude leads people to display arrogance, vanity, an excessive sense of self-importance, a sense of entitlement, and an unquenchable need for approval and admiration. Each of us has the ability to cultivate gratitude. Start by just saying, "Thank you." Amy Morin, a psychotherapist, says that developing an "attitude of gratitude" is one of the simplest ways to improve life satisfaction.



This holiday season presents a good opportunity to develop an attitude of gratitude by making it a point to write several letters expressing gratitude to family and friends.



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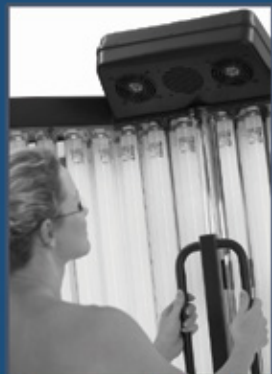
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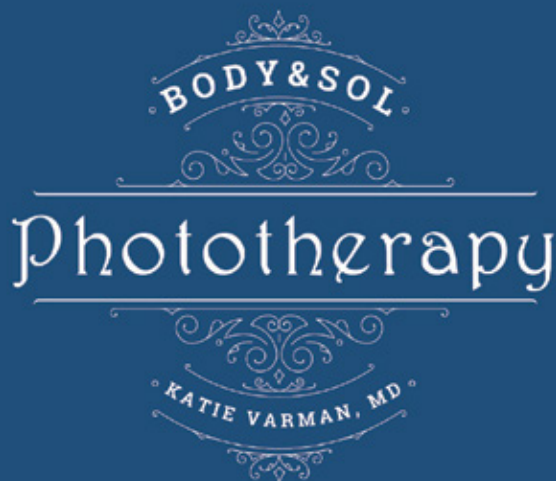
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Crunching along Del Webb Boulevard



Thankful for our Giving Trees

David Wright, Roving Reporter

We could book a flight to New England. We could travel to the Colorado Rockies. We could take a drive through the Eastern Sierra. Or we could just put on our walking shoes and hoof it through the streets of our own community. Fall foliage may be closer than we think—like right outside our own front door. Lincoln Hills, with its tens of thousands of trees, gives us a color barrage sure to inspire leaf peepers to get out of bed and breathe in the seasonal splendor with that crisp morning air.

How grateful we are for our 18 scenic trails and 44 villages formally dressed in all their autumn attire. We enjoy a vivid array of Maples, Pistache, Liquid Ambers, and Red Oaks, seemingly challenging each other for the title of “most photogenic.”

During our daily stroll, we pass the vibrant crimson mini-groves branching out along the softball

field, Sports Plaza, and Orchard Creek Lodge parking lots. Stalking the Del Webb Boulevard trunk line, we venture under a kaleidoscopic canopy creating a golden carpet irresistible to a well-wrinkled “seven-year-old.” Shuffling through the crunchy piles’ sprouts fond memories of second-grade leaf collections permanently pressed in wax paper.

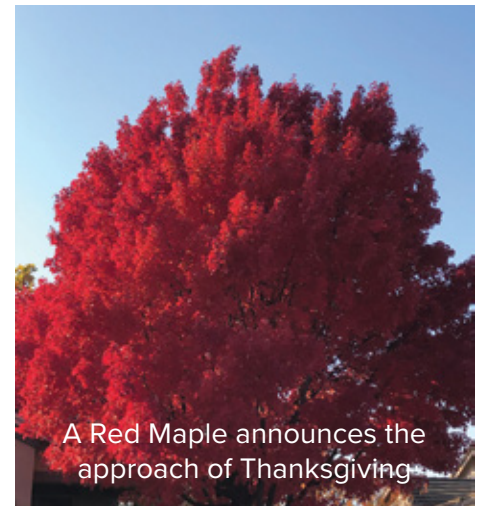


Our trees giving back

Not to be outdone, Stoneridge Boulevard stars a glowing Ginkgo

spotlighted by the rising sun. The red and yellow sidewalk sentries accent the fiery orange Chinese Pistache trees emblazoning the median. Usually the first to turn in September, the Pistache is a reliable barometer of the start of the season.

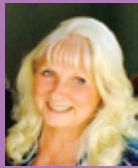
The Orchard Creek Trail flaunts the twiggy Cottonwoods, Willows, and Dogwoods, providing their own contrast to the emerald scrub stemming a trickling stream. We exchange greetings with a local artist—limberly brushing through a scarlet, amber, and orange-filled pallet as he adjusts his firmly-rooted easel.



A Red Maple announces the approach of Thanksgiving

The neighborhoods get in on the act, too. Leavell Park Circle showcases a majestic Red Maple—its ruby wardrobe brilliantly peaking around mid-November. Fallen Leaf Lane residents ironically embark on their own rite of fall—raking leaves. It is called fall for a reason. There is something cerebral about trying to make all those leaves fit into that suddenly undersized yard waste bin.

We may not have the Trix cereal bowl appearance of a misty-morning Vermont valley, but we are thankful to live in such a tree-friendly community. It is autumn in Lincoln Hills, and the path to good peeping begins at the end of our driveway.



Lincoln Hills' National Night Out—A Special Time For Giving!

Teresa Tanin, Neighborhood Watch

Thank you to all who celebrated National Night Out! Residents gathered together in their own neighborhoods, and many attended the first community-wide event at the Sports Pavilion. It was a great time to recognize and give thanks to our First Responders and Placer County Probation. Residents enjoyed the Question/Answer session. For those residents who donated to *The Salt Mine*—thank you for giving! A few photos of the events are highlighted here; please see the website sclhWatch.org for more NNO event photos.



Village 38 D, MS 3, 4, & 5



Village 41 A



Village 3 B



Village 10 A MS 8



Village 16 A



Village 3 A, MS 1



Let's get this party started



Visit from Lincoln Police & Fire for NNO Q & A

In Memoriam



Edward Groshak

Eddie was born in Manitoba, Canada. He is best known for being an iconic doorman at the Fairmont Hotel in San Francisco for 35 years, where he met many celebrities and dignitaries. He was a man of Faith and helped build the Cedar Ave Baptist Church in San Bruno. Eddie enjoyed gardening, remodeling, and building on his homes when he had time. He and his wife of 65 years, Shirley, also enjoyed traveling and adventures. He especially enjoyed meeting friends for golfing, billiards, bocce, and his weekly coffee klatch. His was a life well lived, and he will be especially missed by his wife, four daughters, and extended family.



Phyllis Hunter (Turrini)

A native Californian, Phyllis was born in San Rafael, California. She is well known here for her love of dogs, and she had a dog-sitting business for many years. As a younger woman, she provided excellent customer service at the Emporium in San Rafael. Her professional career was as a Radiological Technician in many Bay Area hospitals. Besides dog sitting, she spent her best years here playing cards, crafting, outdoor concerts, gardening, cooking, Giants games, playing piano, and traveling to Tahoe with her friend Charlet. Besides her fur babies, she is survived by two sisters, four nieces, one nephew, and many wonderful friends.



Merton Dale Lyon

A veteran of the US Army and Active Reserves, Dale was born in Madera, California. He graduated from the University of Santa Clara with a degree in Commerce. He met and married his late wife, Donna in Seattle when he was stationed there. Dale worked for Pacific Telephone, then owned grocery stores in Modesto. Later he joined the Bank of California, where he became Vice President and Controller. His banking career took him to many places in the United States. He loved his retirement years here. Dale was a talented tennis player, and he developed a love of walking every day, about five miles. He was a supporter of veterans organizations, and museums and was politically active. He visited all States except Alaska. He will be missed by his three children and their families.



Sue Breakenridge Olin

Born in Oakland, California, Sue was a lifelong football fan as her Dad was a quarterback for the Cal Bears in his day. Her husband proposed by having a plane fly over the Cal /Stanford Big Game. Sue was a creative lady who started her own business designing and sewing quilts and drapes and also designed offices with live plants. Here she started the Lions Club and held prominent positions in the organization. She leaves her husband, Bob, two children and two stepchildren, six grandchildren, and 10 great grandchildren. She will be missed by all who knew her as a kind, generous woman.

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



presents:

BINGO IN THE BALLROOM

The Lincoln Hills Foundation offers Bingo in the Ballroom Tuesday, November 29. This is the last Bingo for 2022. The cost is \$25 for 12 games. Winners get \$100 per game and \$250 for the blackout. Door prizes will be awarded. Daubers and pop-ups are for sale. Bring your own water. No alcoholic beverages are allowed during the games. Doors open at 12:30 PM, and games begin at 1:00 PM. To reserve a table for 8, send an e-mail to lincolnhillsfoundation@gmail.com.



Volunteer Opportunities

Committee Openings

Below are Committees that need your volunteer time and expertise. Committees with openings include:

- Accessibility Committee
- Clubs & Community Organizations Committee
- Communications and Community Relations Committee
- Compliance Committee
- Finance Committee
- Properties Committee

Committee applications are available at the Lifestyle desks (OC/KS) and online (sclhresidents.com>Library>Forms>Resident Forms).

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Amateur Radio

We welcomed new member Bob, KN6CWC. Bob recently received his Technicians license, and the club is happy to be his "Elmer," offering help when needed. We participated in the California QSO Party, making 76 contacts with 18 States and 22 Counties. Our Hams & Coffee get-togethers held at KS Café are fun, covering a variety of topics (including Ham radio). Consider coming on down to rag chew. Meetings are held at the South Tower every Monday at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.

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



Hams & Coffee



Ballroom Dance

There are plenty of keys to happiness, and dancing is definitely one of them! The art of ballroom dancing has been alive since the 16th Century—peaking in the 19th and 20th Century after the incorporation of the two-step, tango and waltz. Ballroom dancing is a wonderful way for people from all walks of life to get in shape while also releasing their creative juices. This goes beyond merely benefiting your body but also benefiting your state of mind and social connections. Dancing is a great social activity, and it has been proven that socializing regularly can have vast health benefits on self-esteem, stress, and even your Body Mass Index (healthfitnessrevolution.com). The November lessons provide instruction for the rumba.



Richard and Donna Lange

Contact: Ruth Algeri 916-408-4752



Big History

Our upcoming programs are: The History of Cannibal Pedophiles (yep, you read that right) on November 21; a look at a book, *The WEIRDest*



People in the World: How the West Became Psychologically Peculiar and Particularly Prosperous by Joseph Henrich, on November 28; and a revisit to the popular warrior, Alexander The Great and his Impact on Eurasian Cultures on December 5. We complete the year with a discussion on the Chinese in Yosemite History on December 12. Where else can you enjoy peer-to-peer learning and camaraderie with other folks interested in history? Join us on Monday mornings from 10:00 to 11:30 AM on Zoom to explore these provocative subjects. Club dues are only \$15 a year.

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



Billiards

Our club polo shirts are available by filling out the forms that are located at both lodges. Simply read the instructions, select your options and fill out the form. Please visit our website for everything there is to know about the Billiards Group. Casual play is always available at OC. Casual play is available at KS when there are no tournaments or the Mentoring

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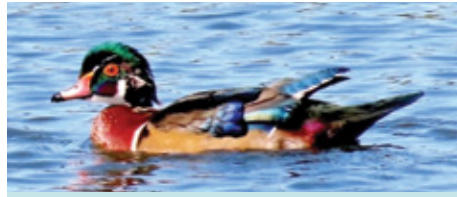
Couples Tournament

Workshop. We are offering free lessons at KS on Tuesdays at 9:00 AM for the first session and 10:15 AM for the second session. Pictured are the winners of the Couples Tournament: first- Doug and Carol Porter; and second- Barbara Conger and Jack Ryder. **Contact: Tony Felice 916-955-0501, atfelice3@gmail.com**
Website: www.lhbilliards.com



Bird

Member Suzanne Hutchinson was playing golf with the Ladies 18-hole group, and on the Orchard Course 18th tee box, she noticed a smaller bird among the many Canada Geese. Sure enough, it was a beautiful male Wood Duck. He was swimming around with the geese, who he used for protection. The wonders of bird migration start in August, and it pays to be on the lookout for migrants, even playing golf. Mother nature is sure to surprise you. The group meets on the second Monday at 1:30 PM at P-Hall (KS). All are welcome. The next outing will be a trip to



Wood Duck on the Golf Course
by Suzanne Hutchinson

Sacramento NWR/Colusa NWR on December 16.

Contact: Sal Acosta 843-991-5188, suncitybirders@sclhbirders.org
Website: www.sclhbirders.org



Bocce Ball, Mad Hatters

Thursday morning bocce games now begin at 10:00 AM. We'll be sticking with this starting time until next May when temperatures heat up again. National Mad Hatters Day happened to fall on a Thursday this year, and we managed to get a picture of our very own quadruplets. Although these particular players were born in different years, they each claim an October 6 birthday. Our Potluck Christmas Party will be at KS from Noon to 2:00 PM on Thursday, December 15,



The Mad Hatter Quadruplets

following morning bocce. There will be a sign-up sheet available at the bocce courts on Thursday mornings, and we'll also send out email notices. Grab your ugly sweaters because there will be prizes.

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



Book, OC

We're enjoying much cooler days, thankfully. It's a perfect setting to cozy up with a good read. This month's book, *The Doctors Blackwell* by Janice Nimura, is just the book. Enjoy incredible storytelling of two remarkable sisters pushing the boundaries of the medical landscape in the 1800s and so much more. It's also time to cast your votes for the 2023 book-reading list. Watch for the email with the proposed book descriptions and consider when you'd like to facilitate a book discussion. December is our holiday get-together. Monthly meetings are held in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. To get on the monthly email distribution list, email your request to ocbookgroup@gmail.com.

Contact: Maureen Deal, modeal2010@gmail.com

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Bridge, Duplicate

As the holidays approach, we can take a pause and review our club's accomplishments for the past year. With the leadership of Pat Lewis, we are back to playing in person, we have added more educational opportunities, and our membership is slowly growing again. All great accomplishments! In November, the Board for 2023 will be elected by acclimation. We have the right number of candidates for the open positions. Remember to mark December 16 on your calendar for our annual Holiday celebration. Huge Thank You to all of our volunteers this year. It really does take a village to keep our club running! Remember, if you would like to play at one of our regularly scheduled games, please request reservations by email to elisehomer@gmail.com.

Contact: Susan Brenden
530-320-9137,
momrnsf@hotmail.com
Website: www.Bridgewebs.com



Bridge, Partners

Call to sign-up or come to the Sierra Room (KS) by 5:30 PM Thursdays. November hosts are Carla & Mark Green 916-844-5888. Winners September 15: first- Nancy Rice/Carol Mayeur (high

1830); second- Geri/Park Miller; third- Byron Hansen/Frank Kamienski; fourth- Nancy/Bob Gager. September 22: first- Harry Collings/Ray Henry (high 1840); second- Patty/Tom Mack; third- Frank Kamienski/Byron Hansen; fourth- Nancy Turrini/Lydia King. September 29: first- Carol Mayeur/Nancy Rice; second- Didi Martin/Janet Pinnell; third- Kay/Ben Newton (high 1530); fourth- Dee Cole/Ed Hartnett tied John Butler/Byron Hansen. October 6: first- Bev/Allan Blaine; second- Patty/Tom Mack; third- Byron Hansen/John Butler (high 1790); fourth- Patty/Frank Kamienski. October 13: first- Kelly/Neal O'Boyle via grand slam; second- Byron Hansen/John Butler; third- Kurt Wolff/Ralph Madsen; fourth- Dolores Marchand/John Woodbury. Lydia King/Nancy Turrini scored high 1930.

Contact: December hosts: Joanna/ Alan Haselwood, 916-209-3392



Bridge, Social

Free weekly bridge lessons have resumed on Wednesdays in the Card Room (OC). John Woodbury instructs Beginning Bridge from 8:30 to 10:00 AM. Alan Haselwood instructs Intermediate Bridge from 10:00 AM to Noon. You can sign up for these lessons by contacting John

at johnnymike700@gmail.com or 760-522-8758 (for Beginning) or Alan at ajhaselwood@yahoo.com or 916-209-3392 (for Intermediate). Friday play starts at 12:30 PM. Players are urged to come at 12:15 PM. Previously unpublished winners are: July 1- Patty Mack, first; Maureen Scarpetti, second; Bob Wehner, third; Eleanor Amar, fourth; July 8- Jay Southard, first, Jyoti Sitwala, second; Geri Miller, third; George Hubbard, fourth. To sign up for this Friday, call Patty Mack, mackp559@gmail.com or 714-504-4612; or Tom Mack, temack2050@gmail.com or 714-504-1881.

Contact: Linda McDermott
408-390-4311,
lindamcdermott1@mac.com



Bunco

In September, the Bunco group welcomed two new players, Barbara and Jill. Bunco was called several times, the traveling bear was all over the room, and there were a couple of rolls off. The bunco group has been discussing their holiday luncheon this December and a nice place to go. It is sad many options are no longer available since the pandemic. Bunco play is on the third Thursday of the month in the Card Room (OC). Play starts promptly at 9:00 AM. Bunco is a non-membership group with a

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\$5 'pay to play' fee. September Winners: Buncos - Tracey Weyer, Wins - Anita Santos, Losses - Diane Marten, 50/50 - Dixie Edwards, Traveler - Lorri Song. The next Thursday Bunco Date is November 17.

Contact: Kathy Sasabuchi, ksasabu@icloud.com



Ceramic Arts

Did you attend any of the artists' studios last weekend for the Placer Artists Tour? We were proud to be included in the program for the first time showing as a school. November 18-20 is the last weekend. Pick up a tour packet in the Ceramics room and hit the road for an incredible experience. Mark your calendar for the CAG Holiday Gathering to be held Thursday, December 8, from 4:30 to 6:30 PM at the Multipurpose Room (KS). This will be an appetizer potluck with a no-host bar. Plan to be there and enjoy some social time with your fellow potters and their guests. Have you considered learning to load and fire the kilns? Come by the Ceramics room Tuesday or Thursday to talk to Jim Alves.

Website: www.cagsclh.net



Chorus

The holidays are just around the corner, and one can almost taste the mouth-watering



flavors of the Thanksgiving feast and hear the jingle of Santa's sleigh bells approaching from afar. As your calendar fills with dates to gather with friends and family, one festivity you shouldn't miss is the Chorus' holiday concert - "Swing Into The Season." We'll fill the ballroom with holiday harmonies as we perform traditional songs including "Santa Claus is Coming to Town" and "The Christmas Waltz;" novelty tunes such as "Text Me Merry Christmas" and "You're a Mean One Mr. Grinch;" and stirringly beautiful songs including "Peace, Peace (Silent Night)." All seats are reserved seating for our performances on December 8, 9, and 10. Get your tickets today, and let's make it a date!

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

Computers

Apple Users



We recently celebrated our club's 20th anniversary with a



Past presidents and a few founders

dinner party and prizes. We continue to help members expand their technical knowledge with Apple products through seminars, telephone support, open labs, and more. Thank you to our founders, and thank you to the current board members and volunteers who provide us with up-to-date information and assistance. On Monday, November 28, at 10:30 AM in P-Hall (KS) in person only, Andy Petro will discuss "iOS 16 New Features and Other Good Stuff." For information on our club, calendar of events, and more, check our websites.

Contact: Vicki White 916-913-6833, LHAUGinfo@icloud.org
Website: www.lhaug.org



Country Couples

We had so much fun dancing at three Structured Dances held in the OC Ballroom. We got to enjoy dancing many dances we've been taught. The evenings included ballroom

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Rosanne and Ron Bogue

dancers—so fun to watch! Cold water is offered, and a bar is in the room. Many of our members also met twice for dinner—first at Lucille’s Smokehouse BBQ and then at Oliver’s Brew House. Wonderful company, food, and drinks! Country Couples Western Dancing is a very fun class where you’ll learn partner dancing as you meet many nice couples in a relaxed atmosphere. The teachers are kind and patient, which makes the class very enjoyable! Dancing is a healthy, fun exercise to enjoy with your partner, and it’s a fantastic exercise for the brain!

Contact: April Cederburg
916-390-3931
Website: www.sclhcc.com



Cribbage

You bought the turkey and all the fixings. Suddenly, you remember it’s Tuesday morning, and it’s Cribbage in the Card Room (OC) at 9:00 AM. You’re ready to deal yourself a plate full of double runs and

flushes. For the gravy—the matching Jack, and for dessert—a five-card straight? A 131 skunk would smell so sweet. “Today is the day. I’m going to slice up the competition.” If Brian Burns, Lynn Bell, Mel Switzer, and Cyril Kalbach can do it, I can too! On November 24, prepare the stuffing and set up the chairs. I can practice a little cribbage during halftime. I think Uncle Tom knows how to play. A turkey sandwich with cranberries inside for the winner! Cribbage is addictive and habit forming.

Contact: Mel Switzer
510-589-7658, Melectrics@aol.com



Cyclists

The 20th annual Tour de Lincoln, sponsored by the Lincoln Rotary Club, benefiting Rotary’s local service projects, took place on October 15. There were three rides: Metric Century (62 miles), Metric Half Century (32 miles), and a Metric Quarter Century (16 miles). We had approximately 300 cyclists participating in the Tour with three well-stocked Rest Stops along the Routes. The weather was as good as it gets for the middle



Lincoln Hills Cyclists preparing to ride the Tour de Lincoln

of October and the BBQ Lunch at the end of the ride was worth the challenging hills. Lincoln Hills Cyclists’ own Tom Frady designed the 20th Anniversary Jersey and t-shirt. May I say, well done, Tom! Also, let’s give thanks to the many volunteers that supported the Tour. Without them, no TdL. So, thanks!

Contact: Dave Sausen 916-300-5395, dave.sausen@yahoo.com

Website: www.lincolnhillscyclists.com



Euchre

If you like to play trick-taking card games, you will love Euchre. It’s simple to learn, yet there is some strategy to it! If you are new to the game or need to brush up, check out <https://www.trickstercards.com/home/euchre/>. Look for the option “play to 10, 9-Ace.” We meet on the second and fourth Thursdays of the month from 6:00 to 8:00 PM in the Card Room (OC). Please email us to be put on the member list. A reminder email will be sent earlier in the week for Thursday’s play. All are welcome. Please wear your name tag.

Contact: SCLHEuchreClub@gmail.com



Food Adventures

Autumn is a busy time for our club. Our entire region begins the annual

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Club Cornucopia

harvest of the many foods we grow here and the celebrations of the various harvests. September was busy, October even busier with a bread-baking workshop and a Soup Extravaganza by our members just for our membership. In November, we have a trip planned to Colwell Thundering Herd Mandarin Orchard in Penryn, where we will get a tour, shop for unique local holiday gifts, learn about the history of fruit growing in Placer County, and enjoy a pleasant lunch. Our biggest event of the year is planned for Monday, December 5: our long-awaited and notorious Paella Party.

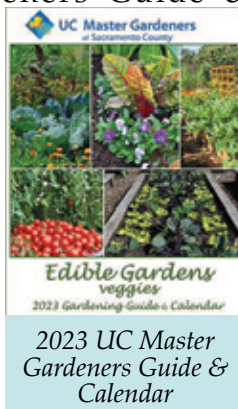
Contact: Don R. Rickgauer
916-847-8791,
sclhFoodAdventuresClub@gmail.com



Garden

Happy Thanksgiving to you all! There is no General Meeting in November due to Thanksgiving on that date, nor any meetings for the rest of this year. They will resume in January.

But there will be a “Winter Woodland Luncheon” as a festive social to cover a Merry Christmas, Happy Hanukkah, and Joyful Holiday for all! The 2023 UC Master Gardeners Guide & Calendar is all about vegetables. Each month includes advice along with science-based tips for planting, irrigation, fertilizing, pruning, and pest management for the entire garden. All this at the amazing price of only \$12 (including tax). Proceeds from sales help support Master Gardener community projects. These make great gifts! Contact member Pam Effa at 916-408-1227.



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



Genealogy

Have you ever played with the Activities section of FamilySearch.org? If not, try it, you'll like it! Some of my ancestors include famous actors and favorite authors. You can find out the origin of your name and how many people share that name. If you have photos in your account,

you can compare a face to see which ancestor you resemble. For our November 21 General Meeting at P-Hall (KS), starting at 6:30 PM, we will have Laurie Markham presenting: “Updates on FamilySearch.org.” Laurie is a great speaker. To make the evening even better, it is our Fall Social, which means Pumpkin Pie and Ice Cream! There are no Help Sessions in November due to a lack of Coaches and no meetings in December.

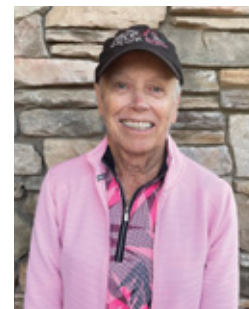
Contact: Maureen Sausen
916-543-8594, sclhgen@gmail.com
Website: www.suncitylhgc.com



Golf

Ladies XVIII

After nine years of providing our publications, Candice Koropp is leaving Lincoln Hills. We thank her for the many years of service and will miss her entertaining articles! On October 8, 36 ladies played in our monthly Net Chix tournament on the Hills course.



October Net Chix Winner, Donna Sanderson

Our Captain, Donna Sanderson, took the honor with a 69 net score. Other net winners in each

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flight were: Flight One- Eileen Boore-72, Patti Tilton-72, and Kathi McCoy-73; Flight Two- Judy Emge-70, Vivian Lim-73, and Lynn Lopera-74; Flight Three- Nancy Jenkins-71, Edda Ashe-72, and Sandy Tamanti-72; Flight Four- Diana Lilenthal-75, Carol Lopez-75 and Sandy Perrin-76. Donna McDonald's drive secured CTP on hole 12. All monthly Net Chix will compete this month to determine our 2022 Net Chix golfer. Good luck, ladies!

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

Lincsters

Supported by the Brandenburg Family Foundation, dozens of donor groups ranging from \$1,000 to \$100, and underwriters Sue Pharis and the Lincsters Parking Lot Sale, the October 12 Breast Cancer Foundation Golf Tournament was splendid! All proceeds went to the Placer County Breast Cancer Foundation, which fights breast cancer and promotes education and outreach throughout the Placer/Sacramento County area. Special thanks to tournament chairs Ingela Butters, Kim Hall, and XVIII Liaison Linda Mann, as well as Ambience Floral, RMF, Leatherby's, Starbucks,

Safeway, and Walgreens Print Discount. Not to mention the organizational skills of the Cart Guys and Husband Helpers and the generosity of dozens of residents and local business donors who contributed to the awesome gift baskets auctioned off at the post-tournament lunch.

Contact: Nancy Hastings,
Membership Chair 925-337-9391,
nhast38@yahoo.com
Website: www.lincsters.com

Men's

Only one more tournament remaining for 2022. It's the Holiday Challenge, a two-man Pinehurst on December 13. Make sure to get your name and teams in fast. These will fill up quickly. It's been a great year. Many thanks to Jim McGeough and Jack Dillon for stepping in and taking over the challenging function of Tournament Directors. Great Job, Guys, for keeping the tournaments up and running! The MGCLH is now accepting 2023 Membership



Great Job Jim and Jack!

Renewal payments online. You must be a current member to participate in MGCLH tournaments and to be eligible to sign-up for CVS. To renew your membership online today, simply click here: <https://MGCLH.memberplanet.com/app/#/register>.

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



Hiking & Walking

We have had a Wednesday walking group for quite a few years. However, over time, many individuals who have walked with the group have aged and are no longer able to keep up. Therefore, the board is looking for a volunteer to head up a "slower walkers' group." The Wednesday walking group currently walks two to three miles in 45 to 60 minutes, but that may be too fast for many of our residents. If you think you might be interested in leading a slower walkers' group, contact Debbie Schryver at dshumhaven@



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earthlink.net, or any of the LHH officers for further information. Check the website for updates. Cooler weather, more activity!
 Contact: lhikers@gmail.com
 Website: www.lincolnhillshikers.org



Investors' Study

There is no December meeting. The next meeting is Thursday, January 5. There will be more on the January meeting in a future *Compass*.

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



Lavender Friends

Club members headed to Sun City Roseville recently to check out Timbers at the Lodge as part of our "Adventures in Dining" outings — and to ponder that ongoing debate over which is better: our Meridians or their Timbers. After an evening of a variety of entrees, topped off with a cake to celebrate a member's birthday, the verdict depended on who you asked. But one unanimous hit was the waiving of corkage fees that night (a weekly special we thought would be popular here, too). Next month, we're looking forward to another hit: our annual holiday dinner dance, set for December 10 (see your emails for details). Lavender Friends is a club for LGBTQ

residents and supporters.

Contact: **Marilyn Kupcho**
 408-828-2778,
mkupcho@gmail.com
 Website: www.lavenderfriends.com



Line Dance

Welcome our new Steering Committee: Christina Noble, Carol Rotramel, Donna Pola, Helen MacLaren, Marilyn Railsback, and Yvonne Krause. November 5-13 had several of our line dancers and instructors attend the largest line dance event in the country called Las Vegas Dance Explosion. Choreographers and instructors from all over the world attended. One of our own instructors, Yvonne Krause, entered a national choreography contest with three of her dances. There are only a few weeks left to buy your ticket to our Line Dance Holiday Party Monday, December 5, in P-Hall (KS) from 5:00 to 8:30 PM. The committee decided to make this a "Cookie Event." In addition to a \$5 per person charge, we are asking everyone to bring a dozen cookies.

Contact: **Yvonne Krause**
 916-408-2040, ykrause@yahoo.com



Mah Jongg, Chinese

Got the Monday morning blues? Then why not join us for Chinese Mah Jongg? For those unfamiliar with the game, it's similar to gin

rummy but played with tiles. The game is easy to learn, and we are happy to teach. The ideal number of players per table is four, but a table of three also works and allows us to accommodate all attendees. So, if you're a resident and are interested in an informal and fun way to start the week, please drop into the Card Room (OC) a few minutes before 9:00 AM on Monday during the setup period. We have everything needed to play so just come on by. Official play begins at 9:00 AM and continues until Noon. See you soon!

Contact: **Randy Fong 916-295-9489**,
randy888@pacbell.net



Mah Jongg, National

Greetings everyone. We would like to wish everyone a Happy Thanksgiving and remind you that we play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. So, if the hustle and bustle of the season begins to weigh on you, come join us and let the clacking tiles soothe your mind. All are welcome. If you're a player just bring your 2022 card, a little luck, and join a table. If you want to see what this game we love is all about you're welcome to join a table to observe. Penny Grmolyes at 509-939-3882, gives free lessons in her home. Hope to see you on

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a Tuesday afternoon, and may the jokers be with you.

Contact: Gerry Bell 916-253-7860, Natmahjclub.sclh@gmail.com



Mixed Media

In October, our member, Rudi Franke, guided our group in making some fun art tags. All members get a monthly email with details about what is happening in the club. The yearly dues for the club are \$20. November seems like a good time to take a break from our art challenges. We will start again in 2023. A common question we get is, what is mixed media? Mixed media art, simply put, is when a couple of different mediums are used on your canvas or surface to create a single artwork. For more information about the Mixed Media club, contact our President, Chris Fetter. The club meets on the third Wednesday of the month at 1:00 PM in the Fine Arts Room (OC).

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



Music

Our October meeting was "spooktacular!" Our group song was "The Addams Family." We closed with "People Are Strange." Some performers



Come Jam with Us

came in costumes, very festive. Our Club Presidents' son, Jason, all the way from NYC, played guitar on stage. What a treat! Our meetings are on the second Wednesday of the month, from 2:00 to 4:00 PM in P-Hall (KS). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays from 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com



Needle Arts

At our November 8 meeting, we voted on the slate of new NA officers for 2023. There was also a PowerPoint Presentation prepared by Debby

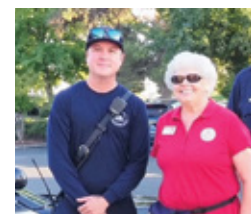
Bainbridge and Jean Storms that covered many issues and techniques of machine quilting on a domestic sewing machine with several small videos. Mark your calendars for the winter luncheon, "Hats Off to Winter," which is scheduled for Wednesday, December 14, in the OC Ballroom. It is also time to renew your NA membership. Membership forms for 2023 are available on our website. The fee remains unchanged at \$20 for the year.

Contact: Jeanne Helland 916-409-5512, needleartspres@gmail.com Website: www.sclhna.com



Neighborhood Watch

Although we should be thankful all year for our first responders, November is the month we highlight the importance of the men and women who are on standby to help us in emergencies. Unexpected accidents happen more often in a senior community, and we are fortunate that our Lincoln Fire and Police Departments are quick to answer when



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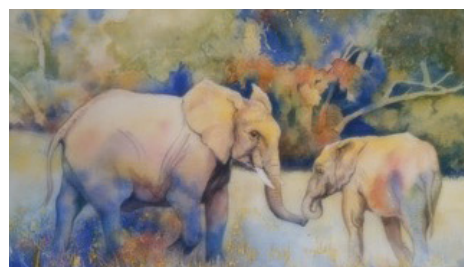
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Painters



We strive to encourage all levels and all styles of painters. Visit Simple Pleasures in downtown Lincoln to view our work through February 6. Our OC Lobby show in September was very popular. The Artisans at the Lodge was also well attended, with many sales. Our October meeting was an interesting show and tell session sharing our paintings,



Alice Horst's watercolor "Elephants"

our struggles and triumphs. November painting challenge is umbrellas. Bring a recent work depicting any sort of umbrella to our meeting on November 15. Artist Spotlight: Alice Horst's luminous watercolors tell stories that bring us closer to nature and the lives of animals. General meetings are on the third Tuesday of every month at 1:30 PM in the Fine Arts Room (OC). Dues are \$15 a year.

Contact: Linda Shields 916-488-7220, linda_c_s@yahoo.com

Paper Arts



Make table decorations. Make centerpieces. Prepare for our Holiday luncheon on December 15. These were among the activities on our "To Do" list that we checked off during our November meeting. Throughout the year, club members generously donated to our "school paper fund." Carolyn Sanfilippo and Mary Emmet recently presented



October's window display screams, "Happy Halloween!"

\$200 to Coppin Elementary School staff on behalf of our club. Thank you to all who contributed. Reminders: No Open Lab in November. Also, because of the luncheon on December 15, there will be no general meeting on December 1. We meet on the first and third Thursdays of the month in the Terra Cotta Room (KS) at 9:00 AM for general meetings and Open Lab. Check the monthly newsletters (email) for updates.

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

Pedro



Pedro is a slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. We meet in the Card Room (OC) on the first and third Fridays from 9:00 AM to Noon. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317

Photography



Our October presentation was by Dennis Morgan. An accomplished scuba diver, Dennis shared his experiences of photographing underwater scenes of stunning marine life, underwater landscapes, and wreck and cave diving.

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Photo by Dennis Berry

During October, members trekked up to Lake Tahoe and the Eastern Sierras on a Fall Colors Field Trip. We're looking forward to seeing these images when we close the Fall Colors Challenge in December! Upcoming Club events include the Show and Tell Extravaganza and Potluck in November and our annual Holiday Breakfast in December. These events provide members with some long-overdue social experiences. A new Photographic exhibit in the KS Library features images of views and life in Provence, France. Other ongoing exhibits include Buonarroti's Restaurant and the Spa (KS).

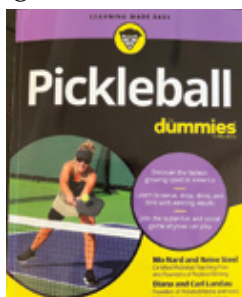
Contact: Diane Margetts
916-955-1809, dmargett@yahoo.com
Website: www.lhphotoclub.com



Pickleball

There are "Dummies" books for everything from Musical Theatre to Medicare.

Now, there is a new "Dummies" book: *Pickleball for Dummies!* *Pickleball for Dummies* covers a variety of topics for the beginner player up to the advanced player, not only covering the fundamentals but covering topics like strategy and tournament play. *Pickleball for Dummies* was written by local Certified Pickleball Teaching Pros Mo Nard and Reine Steel.



Pickleball for Dummies
by Mo Nard & Reine Steel

They are the founders of Positive Dinking. The book was also written by Carl and Diana Landau, founders of Pickleball Media and hosts of the I Used to be Somebody podcast. Copies are available on Amazon. We have more information about pickleball, including teaching videos, on our website. No excuses now...come join our 780-plus members!

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



Players

Death by Chocolate opens on Thursday. As the curtain opens, you're in a dark, gloomy mansion,

now the Meadowbrook Health Resort, deep in the woods of upstate New York. After a complete remodeling, everyone's preparing for tomorrow's grand reopening. But owner Lady Riverdale (Jane Patton) is fretting about last night's torrential downpour that threatens to dampen spirits of resort staff and guests. Manager John Stone (Richard Fitzmaurice) tries to remain rock-solid in his hopes for a festive gala. But wait! Some disquieting occurrences are making matters worse, as everyone in the health resort becomes a suspect in some baffling deaths! How will Lady Riverdale's famous chocolates fit into solving the mystery? Don't miss this one. See page 63 for ticket purchases for all reserved seats.

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



Will Alfred (Joe Nichols) eat Lady Riverdale's (Jane Patton) chocolate?

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Poker

We play a variety of poker games every Monday from 1:00 to 4:30 PM, Tuesday from 2:00 to 5:30 PM, and Friday from 1:00 to 4:30 PM in Multipurpose Room (OC). Tables are available to play a variety of five, and seven-card poker games, including Omaha, Texas Hold'em, Stud, and Draw. Players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 1:45 PM on Tuesday. The seating arrangement will eliminate people not being able to play because tables are full. If you have questions, please contact Paul.

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



RV

Twelve rigs just returned home from the Oregon/Washington rally. Gone approximately three weeks, we all enjoyed our own Steve Beede with his guitar, singing his favorite songs. The four-hour Rogue River



Playing corn hole on the Oregon coast

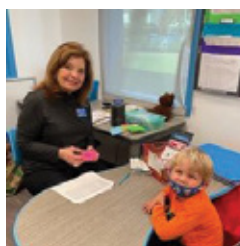
Jet boat, the 2022 Cape Kiwanda Longboard Surf Classic, "Ride the Rails" tour, Tillimook Creamery, golfing, whale watching, High Tea at the Empress Hotel on Victoria Island, Olympic National Park, potlucks, BBQs, cocktail hours and more entertained us all. The next event is the Holiday Party on December 4 at OC. Our meetings are every second Thursday at 4:30 PM in the Placer Room (KS). We welcome all who are interested. Please stop by. We are all about fun, friends, and travel. Contact Sharon Skar, Membership Director at 916-434-7799 or marlowensharon@gmail.com.

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



SCHOOLS

Enthusiastic volunteers are heading to their classrooms for the 2022-2023 school year. Volunteers are needed for grades K-5 and for Phoenix Continuing High School. One such volunteer is Sloane Henderson, starting her eighth year with Mrs. Ruiz in her K-1 classroom. As schools got ready to open,



Sloane Henderson in Mrs. Ruiz's K-1 classroom.

Sloane became excited in anticipation, knowing she would hear from Mrs. Ruiz. Sloane says it's a joy to get down to business and start teaching those young ones their sight words and encouraging them to learn. She says helping the children get off to a good start in school is a most rewarding experience. To volunteer to tutor in English, Math or History at Phoenix High, contact Irma at jmeidm@aol.com. To find out about volunteering in elementary schools K-5 contact Cyndi.

Contact: Cyndi Colloton,
colloton@yahoo.com



Scrabble

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

Contact: Anne McMaster



Shanghai

November is the perfect time for a card game. Shanghai is an easy to learn rummy style card game. We play every Friday night in the Card Room. (OC) We welcome beginners as well as experienced



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players. Play begins at 5:00 PM. We arrive a few minutes early to divide into tables of three to four players. Come to the Card Room (OC) and join us any Friday night. *Contact: Mary Ales 916-434-8017, emilybaba@hotmail.com*



Shuffleboard

Kids and grand-kids show up on the courts, surprised at how quickly they catch on and enjoy the competition. Players of all ages and fitness levels compete on equal footing, so make it a family outing. Join us indoors at the Fitness Center (KS) for one of our sessions: Fridays from 3:00 to 4:25 PM and 4:25 to 5:50 PM, and Sundays from 2:00 to 3:25 PM and 3:25 to 4:50 PM. We offer orientation and instruction for new players. If you arrive after a session has started, we will work you into a game in progress. Everybody plays! All equipment is provided, and there is no fee required to participate.

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

Singles



Our Annual Beldon Bocce Ball Tournament and Dinner-Dance in September was a huge success. We appreciate Dennis Beldon working so hard to plan and



Tourney Winners!

implement this event for the Singles. Please see attached picture, which showcases the lucky winners! At 4:00 PM on Sunday, December 4, please join us in the Sports Bar (OC) for a monthly Birthday Celebration. If December is your birthday month, we will treat you to a complimentary drink. December 10 at 9:00 AM is the second Saturday Breakfast in the Sports Bar (OC). Dennis Reid will welcome you to this fun and casual event. Save the date of Monday, December 12, for our festive Holiday Cocktail Party. Check our Saturday eBlast for more info. Happy Holidays to all!

Contact: Susan Platt 916-397-0850, foster.p.susan@outlook.com



Ski

Here's hoping some snow has arrived by the time you read this, and no doubt the local resorts are in full swing getting ready for the season. To build excitement for the coming months, in October, the Club



Pre-Season Partygoers

enjoyed its annual pre-season party at the lovely home of Karen and David Escobar. What a great time on a perfect evening! Many thanks to the volunteers who made the party go so smoothly, and especially to Audrey Morse and Sylvie Roberts, who worked so hard to prep and dispense dinner. And this reminds us. Mark your calendar for the Club's annual Holiday Party to be held on December 15 at the Turkey Creek Golf Club. Details will soon be provided to members.

Contact: Ken Spencer 916-258-2150, LHSkiClub@gmail.com Website: www.LHSkiClub.com



Softball

The League's summer season is over, but softball games continue with Co-ed Fun Ball. Fun Ball is like playing with the kids from your old neighborhood, except we don't play in the street. It's a great way to stay connected with softball friends, meet new

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friends, and stay in playing shape. But most of all, it's just fun. Two games are played each Wednesday and Saturday. Start times are 9:00 and 10:45 AM both days. Club members can sign up to play the week prior to game day by responding to the weekly email. As always, please check the website for any updates and additional information.

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



Sports Car

October saw two events for the Sports Car Group: participation in the city of Lincoln's Airport Open House and a lunch ride to Yuba City. The Airport Open House on October 8 saw approximately 5,000 individuals and families walking among 60-plus unique aircraft, sports cars, exotic cars, and classic cars. Our club had 15 cars on the tarmac.



Corvettes on the tarmac

We were well represented, but it was hard to compete with the exotics (the winner was a red 2022 Ferrari). October 6 saw 20 cars making the journey to the Dancing Tomato Caffe in Yuba City. The Tomato is known by the locals as Yuba-Sutter's favorite homegrown and locally owned family restaurant and has been in business since 2004. Everything is freshly sourced and prepared.

Contact: Richard Pearl
916-715-9666, pennyrich@aol.com
Website: www.lhsportscars.org



Sun City Squares

Congratulations to our Beginning square dancers, that started last January and graduated to Plus Level in October. Learning to square dance requires months of patience and commitment, and is why our club only starts one class per year. We are a Beginners, Plus, and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays, 1:15 to 3:00 PM, for Class and Plus Level dancing. Advanced Level dancers meet at KS on Thursdays from 1:00 to 3:00 PM. We are pleased to announce a new Beginning class, SSD Level (Social Square Dance), will be forming in January. Singles are

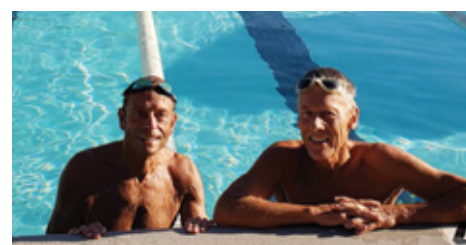
welcome to join. Interested? Contact us, and we will add you to the list of new dancers.

Contact: Jackie Carlson
925-207-9415,
jackiec3po@icloud.com



Swimmers & Water Walkers

Club members John Dopp and David Lumadue are partners in the water and out. They believe water exercise is "the best way to tone muscles without putting pressure on the joints." They were former swimmers and took to the water again when they moved to Lincoln Hills in 2014. They first swam a few lengths, then longer distances. Today they swim 1,200 yards (48 lengths) four times a week and do a mixture of all four strokes. They also use kickboards and other swimming aids. Dopp says to try water exercise slowly. "Seek advice from club members and try water exercise classes, which are a wonderful start." Dopp and Lumadue also serve on the club Sierra Splash



John and David, doing what they do best.

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2023 committee. Stay tuned for details. Club membership is over 230 people!

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



Table Tennis

Our table tennis sister club, Sun City Roseville, invited us to their place for a fun event and BBQ afterward. The TT and BBQ were great! Table Tennis is enjoyed by many residents! We are a friendly, recreational, active sports group. We play women's, men's, mixed, and singles table tennis with seven tables—beginner to advanced. We play on a drop-in basis. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available. Play times are Sundays, 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 AM to Noon. We occasionally set up a table tennis ball machine on Fridays to use for



SCLH vs. SCR TT & BBQ Event

intensive training and practice.

Contact: Carl Lynch 916-316-0796,
pingpongscslh2@gmail.com
Website: <https://sclhresidents.com/group/pages/table-tennis-club>



Tap Company

Get Ready! Here we come with our new Spring production, "Let's Dance Again." Our dance show, produced by the Tap Company, will take place on March 30, 31, and April 1. Auditions have taken place, and the Directors and Producers are hard at work creating the lineup for the show. All forms of dance routines are being choreographed, and lots of dance practice is taking place. Volunteers are needed for the Tech Crew, Back Stage Crew, and other areas of production. If you have skills that can help with our production, please contact Kathy Fernandez at 916-434-7195, kathyfern50@gmail.com, or Carol Rose at 916-543-8854, liebroco@aol.com. It's going to be a great show!

Contact: Alison Wolfe 925-487-6902,
awolfe@tt-valve.com



Tennis

Club volunteers report maintenance needs, work with the Association to advocate for players, organize tournaments and social events,



Fall Men's and Women's Doubles Tournament

captain teams, run player groups and handle a multitude of issues to keep our courts available to all players. If you use our courts, join our club. We value your support. Men's annual holiday luncheon is December 9 at Old Town Pizza, and the women's luncheon is December 14 at Catta Verdera. Spaces fill fast, so watch for sign-ups. Free tennis instruction is offered by contacting Steve at stevebringman@yahoo.com, and Club orientation is offered by Val at vlaugtug@gmail.com. See you on the courts!

Contact: Pam Flaherty
916-434-6184,
pamflaherty@gmail.com



Veterans

William Pickard, Director of the Sacramento Valley National Cemetery in Dixon, will be the featured speaker at the Thursday, November 17 meeting at 1:00 PM in the P-Hall (KS). All Lincoln Hills residents with a military connection are invited to attend. Mr. Pickard has

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specifically invited Vietnam veterans to attend this meeting. He will distribute "Welcome Home" pins to Vietnam veterans, many of whom were not given appropriate recognition in the past. Members should plan now to attend the group's Holiday Luncheon on Tuesday, December 13, at Noon in the Ballroom (OC). Three entrees – turkey, salmon, and pasta – will be available. The price is \$35 per person. The deadline for reservations is December 7. Contact Shirley Schultz at 916-645-7539 or Claire Luke at 916-253-3711 for details.

Contact: Bill Lewis 916-408-3771, bllewis1977@gmail.com



Water Volleyball

We are proud to honor our Military members and invite any former service members to come on out and drill with a fun group of former military members and civilians. Don't



The Fall Festival on the Pavilion!

know how to play? Join us on Free Play Saturdays at KS from 9:00 to 10:25 AM. It's easy to learn. We provide Training and Mentorship. We welcome all levels of interested players. See our website or call Jerry Grisler at 209-648-9534 for more info. Skills and Drills classes are on the first Tuesday night of the month. Come improve your skills and learn how to be a better player. Ladies Night is the second Tuesday of each month. As the weather cools, the pool is warm with fun play and good times! Thank you to all Vets!

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



Woodcarvers

Working with wood is very satisfying and engaging! We can be carving our project and be so engrossed in our work that the time just flies by! Using our hands, creating, and analyzing are such wonderful distractors in this great hobby. The tools are a pleasure to work with, and the choice of tools is quite varied. If you're carving during our club time, there's the pleasure of chatting with fellow carvers, and seeing their work—while getting advice and support—all of which adds to the pleasure of woodcarving. Last but not least, when the project is done, there's great pride and satisfaction in its completion and accomplishment. Join us—every Wednesday, 1:00 to 4:00 PM in the Sierra Room at (KS).

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

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Alzheimer's-Dementia Caregiver's Support

Our Support Group steering committee includes Mary-Jo Fratessa, Valerie Jordan, and Gail Marculescu. These programs are supported by the Lincoln Hills Foundation. The monthly general meeting is on the fourth Wednesday at 1:00 PM. All are welcome to attend, especially caregivers with recently diagnosed family members. Because of the November and December holidays, our next general meeting will be Wednesday, January 25. The Women's caregiver group meets on the first Wednesday of every month in the Multimedia Room (OC). Contact Mary-Jo Fratessa (916-759-8760). The Men's caregiver group meets on the third Thursday of every month in the Multimedia Room. The next meeting is November 17, from 10:00 AM to Noon. Contact Ernie Drake at 916-543-3482.

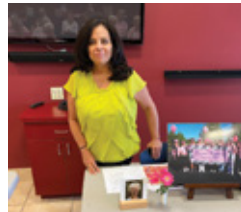
Contact: Valerie B. Jordan
909-625-7443, vjordan46@gmail.com

Bosom Buddies

Our speaker for the October and November meetings was "Nurse Dina, the Lymphatic Whisperer," who talked about lymphedema and its impact on the immune system. Dina, who

has done decongestive therapy for nine years, demonstrated different ways to massage our lymph nodes to optimize the flow of lymphatic fluid from the feet to the neck. She also spoke on the use of compression sleeves. Our next meeting will be the popular holiday party to be held at 11:30 AM in the Multipurpose Room (KS) on December 8. More information will be coming. Sadly, in September, we lost one of our long-time members, Cindy Redhair. She helped with our programs and was our photographer for years. Most of all, we'll remember Cindy for her big smile.

Contact: Judy Stewart
916-408-3597,
ladyj2170@gmail.com



Our fall speaker: "Nurse Dina, the Lymphatic Whisperer."



Gam-Anon

If your life is affected by someone else's gambling, Gam-Anon can help. Our meetings are held on the first and third Friday of every month from 7:00 to 8:30 PM at the First United Methodist Church in Loomis at

6414 Brace Road. There will be signs directing you to the correct room. A Gambler's Anonymous meeting starts at the same time in another room if your gambler wishes to attend a meeting as well. For support between meetings, call the Sacramento Gambler's Anonymous Hotline at 855-222-5542 for a referral to a local Gam-Anon support person or call the Gam-Anon Northern California Hotline at 510-407-3898. If you call or text our club contact, please leave a message, and she will call or text back.

Contact: Kay F. 916-204-1624

Website:

www.gam-anon-loomis.com



Glaucoma Support Group

Happy Holidays and Happy New Year. Our annual luncheon will take place on December 14 at Noon in the Kitchen (KS). This Holiday Party is always great fun. Reservations are required and can be made by contacting Bonnie Dale. Residents with Glaucoma are welcome to join our meetings which will return to the second Wednesday of each month. We are looking forward to meeting you.

Contact: Bonnie Dale 916-543-2133,
Bjdale@aol.com

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Hearing Support Group

We will not have meetings in November and December due to the holidays. We will resume in January. For our October meeting, Ann Thomas, president of the Diablo Chapter of the Hearing Loss Association of America, gave a Zoom presentation on rights and advocacy for those with hearing loss.

Contact: Joanne Mitchell
916-408-0533, pipa1@prodigy.net



Low Vision Support Group

Giving Thanks: Since this is the time of year for giving thanks, the Low Vision Support Group would like to extend a special "Thank You" to the Lincoln Hills Foundation and Neighbors InDeed for their ongoing support. We also thank Association staff, especially room booking and facilities, for their support each month. Your hard work is much appreciated. No monthly meeting in December. Our Holiday Luncheon is scheduled for December 9 in the Solarium (OC). Details have been sent to our members. Please RSVP soon. Our next meeting is Tuesday, January 3, from 2:00 to 4:00 PM, in the Fine Arts Room (OC). Our speaker

will be Pat Togstad, President of Neighbors InDeed. Meetings are open to all residents.

Contact: Joan Marie Brant-Love
916-434-6095,
joan.brant-love@sbcglobal.net



Multiple Sclerosis

It's a Party on December 20. The Location has not been determined yet but will be advertised to members as soon as possible. We plan to have Holiday Bingo, with many prizes from local businesses. Our November meeting featured an excellent speaker from Del Oro Caregiver Resource Center just in time for Holiday Caregiver Respite needs. October featured an excellent speaker, Clare Smith, from Seniors First. If you are new to Lincoln Hills, and/or newly diagnosed with Multiple Sclerosis, or have a family member or friend with MS, you are welcome to join our friendly, relaxed group on the third Tuesday of the month. Email 2020jeridifiore@gmail.com for



details or text 530-401-2135. Happy Holidays!

Contact: Jeri Di Fiore 916-408-7565



Parkinson's Caregivers Support

This support group is for care partners/givers of those who have Parkinson's. We meet the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Hills Community Church- 950 E. Joiner Parkway.

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



Polymyalgia and/or GCA Support

If you have been diagnosed with PMR and/or GCA, you probably have a lot of questions. Our new support group has a lot of the answers for you. If you are interested, please contact Adrian for the date, time, and location of our next meeting. We will not have a meeting in December, but we will meet in January. If you email, please put "PMR/GCA" in the subject line.

Contact: Adrian Felice
916-408-4332,
adrianfelice55@gmail.com

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AARP Foundation Tax-Aide

We are looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2022 income tax returns in Lincoln during the 2023 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 from February 6 through April 15, 2023. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2023 tax season, please email yorke1946@gmail.com with your name, address, phone number, and position (s) you are interested in.

A Course in Miracles

This study group learns a step-by-step process as we are guided to change our thoughts of limitation and fear to thoughts of limitlessness and love. Thoughts of judgment are changed to thoughts of forgiveness. These produce miracles as we learn to open our hearts to new possibilities and embrace the forces of renewal and rebirth which the world desperately needs. Join us in learning how to make this regeneration and rebirth happen. Call 916-409-52534 for information.

Cloggers

What is "clogging," you may ask? Well, be assured it is not a clog in the drain. It is a dance, and we have special taps on our shoes, four taps on each shoe, so we make a lot of noise. Clogging helps relieve the stress we're beginning to feel as holidays approach because we stamp and stomp and kick up a storm. Clogging is a fun aerobic workout *and* a great dance we perform on

stage and at many local facilities. For more information about clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Democratic Club

The election is over, and we are proud of the time and effort we put in for our candidates. Our next meeting is Thursday, November 17, at 6:30 PM at P-Hall (KS). Mike Luken, Director of the Placer County Transportation Planning Agency, will speak. We look forward to hearing about the agency's plans for the future. Also, at this meeting, our members will vote on the new slate of officers for 2023. We also plan a holiday party in December. New members are always welcome. For more information, please see our website, <https://democraticclublincolnca.org>.

Italian Club

Our annual Christmas dinner and dance will close out this year's events. Celebrate the start of the holiday season with us on Sunday, December 4, at Catta Verdera Country Club. In addition to a delicious dinner, we'll be mingling with friends and dancing the night away. We'll also collect unwrapped toys for the Toys for Tots drive. Please see the website. To learn more about our club and its events, check out our website at www.lhitalianclub.org. For membership information, contact Sandi Graham at 916-826-5711.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323.) Membership in the Center is required. We begin play at 8:00 AM and end between

9:30-10:00 AM. Depending on the number of players, we play doubles, cutthroat and/or singles. Ladies are welcome. Contact Armando Mayorga at 916-408-4711 or at bigline38@icloud.com.

Republican Club

Awaiting results from November 8 Mid-Term Election! Republicans were busy passing out information and cheering Candidates right up thru election day! Volunteers worked polls and spent time observing voting and vote counts. October was busy "walking for Candidates" and other volunteer efforts. The Oktoberfest celebration was a hit! We also had an enthusiastic "Red Wave" meeting with members wearing red and waving flags as we greeted Kevin Kiley, our October Guest Speaker. Kevin shared his most pressing agenda for Congress and Q&A after. No meetings or club activities until our 4th Annual "January Kick-Off 2023" mid-January date TBD.

Shalom Social Group

All of our members who attended our picnic last month thoroughly enjoyed it. We had terrific food, great music, and camaraderie. We also had a fun hike to Miners Ravine. We look forward to Game Night on November 16. In honor of our past presidents, we have made a gift to HIAS (the Hebrew International Aid Society) to help a Ukrainian family that has recently moved to our area. Our group focuses on Jewish history, culture, and food, but membership is open to all. For more information, please contact Deanne at Iliff, deeiliff@gmail.com or 530-518-3704 or Margie Gulko at margie.gulko@gmail.com or 916-543-5303.

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Golf Cart Registration

First and third Thursday, 9:00 to 10:00 AM, Orchard Creek Lodge

The City of Lincoln prides itself on being NEV and golf cart friendly. The City of Lincoln Police Department inspects golf carts to make certain safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website lincolnca.gov.



Listening Post

Tuesday, November 15, 9:30 AM, P-Hall (KS)

Zoom available for those unable to attend

Come for a cup of coffee with Kyle Bodyfelt, Executive Director. This is a great opportunity to get to know Mr. Bodyfelt and to share with him your comments or questions. Enjoy a free cup of coffee and join the conversation.



Lincoln Firefighter's 9th Annual Turkey Drive

Thursday, November 17, 2:00 to 8:00 PM, Lincoln Fire Station #34

126 Joiner Parkway

Lincoln Firefighters will be collecting frozen turkeys to help support the Salt Mine Food closet and Placer County Food Bank. If you are able, please help us out by donating a **frozen** turkey. For this location, turn into the Fire station driveway and follow the cones through the fire station. Firefighters and other volunteers will take the **frozen** turkey from your car.



KS At The Movies: Elvis (2022)

Friday, November 25, 1:30 PM, P-Hall (KS)

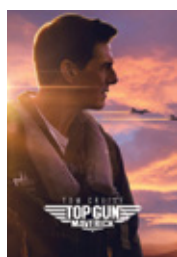
Elvis is a 2022 biographical musical drama film Directed by Baz Luhrmamm, who co-wrote the screenplay with Sam Bromell, Craig Pearce, and Jeremy Doner. The film follows the life of rock and roll icon, singer, and actor Elvis Presley told from the perspective of his manager, Colonel Tim Parker. Rated PG-13. 159 minutes. Biography, Drama, Music.



Meet the Author Lecture Series - Canceled

Wednesday, November 30, Doors open at 2:00 PM for a 2:30 lecture, P-Hall (KS)

Jody Hudson - My Promise to Alex. When eleven-year-old Alex Hudson complained that her leg hurt, her mother, Jody, thought it was just growing pains. Jody fought for ten years to save her daughter from a mysterious chronic illness. Alex forged ahead and focused on her faith while taking the time to serve others. When the physical pain became unbearable, she refused to take medication. Instead, she chose to keep a clear mind and trust God to guide her.



KS At The Movies: Top Gun: Maverick (2022)

Tuesday, December 6, 1:30 PM, P-Hall (KS)

After thirty years, Maverick is still pushing the envelope as a top naval aviator but must confront ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it. Rated PG-13. 130 minutes. Action, Drama.

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Via Francigena – Walk from Luca to Rome

Thursday, December 8, 2:00 PM, P-Hall (KS)

Bruce Quick, a resident, has finished another 325-mile walk in Europe. This time on the Via Francigena in Italy from Lucca to Rome. The Via Francigena is a 1,056-mile road/pilgrimage route running from the cathedral city of Canterbury in England, through France and Switzerland, to Rome, and then to Apulia, Italy, where there are ports of embarkation for the Holy Land. Bruce has been a prior Forum presenter talking about his Camino de Santiago walks across Europe from Hungary to Portugal. He always enjoys sharing his colorful photos of landscapes, buildings, and food while adding his unique dialogue.



Coffee with the Mayor

Tuesday, December 13, 8:30 to 9:30 AM P-Hall (KS)

To find out more about what is happening in the City of Lincoln, Join Mayor Andreatta at this informal coffee. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. She would love to meet you. Coffee with the Mayor is held every second Tuesday of the month at Kilaga Springs Lodge in the Terra Cotta Room and promises to be a positive networking experience for those attending.



KS At The Movies: National Lampoon's Christmas Vacation (1989)

Friday, December 16, 1:30 PM, P-Hall (KS)

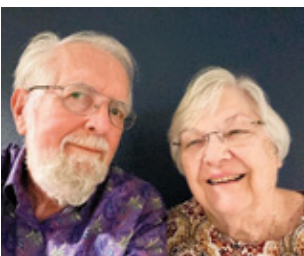
It's Christmas time, and the Griswolds are preparing for a seasonal family celebration, but things never run smoothly for Clark, his wife Ellen, and their two kids. Clark's continual bad luck is worsened by his obnoxious family guests, but he manages to keep going knowing that his Christmas bonus is due soon. Rated PG-13. 97 minutes. Comedy.



Santa and Elves at Lincoln Hills

Sunday, December 18, 3:00 to 5:00 PM, Orchard Creek

Stop by Orchard Creek Lodge to snap photos of the grandkids whispering their wishes into Santa's ear. His Elves will be here to join in the photos, too! Enjoy the memories in the beautifully decorated Orchard Creek Lodge, sip on a nice coffee or hot cocoa, and feel the warmth and cheer of the season with your family and neighbors.



Moving On – Lincoln Hills to Senior Independent Living

Tuesday, January 24, 9:30 to 11:30 AM P-Hall (KS)

Andy and Doris Petro, residents for 15 years, have transitioned to a new residence and lifestyle, an independent senior living facility. Hear about and benefit from their thinking, decisions, and feelings that arose as they selected their new lifestyle and accomplished the move. How did they manage the downsizing and move? How are they coping with their new lifestyle? Do they have any regrets? Come to the Community Forum to find out.

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Spa Manager

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The Spa at Kilaga Springs

This month we have launched our new Kilaga Springs Spa menu pricing. Come by and check out the amazing services which embrace our healing heritage. Here is just a small sampling of the incredible new services we are presenting. Don't forget to sign up for our awesome New Spa Membership program that allows you to customize each spa visit. Give us a call, and we will be happy to assist you in scheduling your own personal Spa experience!

New Massage Services

Aromatherapy Massage

60-minutes \$149

90-minutes \$169

Relax and renew with our beautiful aromatic essence of luxurious botanicals that have a profound healing effect on the mind, body, and emotions. Your adventure begins with our unique blends – Morning Calm, Energy, or Sleep to transport you into a blissful state of relaxation.



CBD Herbal Massage

60-minutes \$149

90-minutes \$169

An herbal massage formulated with a blend of pain and inflammatory herbs that work synergistically with high-potency CBD to bring relief exactly where you need it. The cooling menthol also works to calm the over-active pain signals so that your body can be restored to a place of ease.



Back and Shoulder Rescue

30-minutes \$69

This deeply relaxing neck and shoulder massage targets the prime area of stress and provides



profound relief with warmed massage oils and our muscle-relief cream.

New Body Treatments

Detox & Sculpting Treatment

60-minutes \$129

Sculpting and remineralizing treatment that releases toxins improves muscle tone and restores essential vitamins and minerals.

Deep Renewal Treatment

30-minutes \$99

60-minutes \$149

A soothing and regenerating treatment that restores tone elasticity and hydration to your skin. This treatment is ideal for moisture restoration and revitalizing stretchmarks, leaving your skin feeling soft, silky, and toned.

Tranquility Ritual

60-minutes \$169

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New Facials

Soothing Recovery Facial

45-minutes \$129

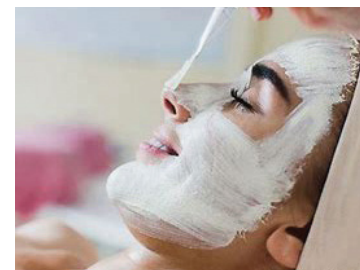
Nurture and heal your skin from sun damage, environmental stressors, and the effects of aging. This replenishing facial combines an incredible antioxidant combination of organic Goji Berry and Macadamia Nut Oil to revive and refresh your skin.



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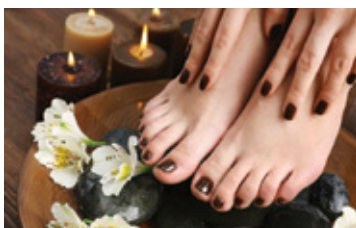


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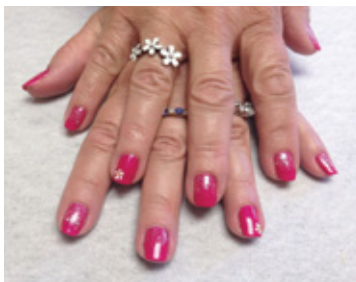


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- **Anti-Aging Mask** – \$25

(Can only be added to facial service)

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- **LED Light Therapy**

15-minutes \$35

30-minutes \$55

(Can only be added to facial service)

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All About The Feet

30-minutes \$69

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2023

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Saturday, December 31

8:00 PM-12:30 AM

OC Ballroom

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Events

Dance Night Free Style

Wednesday
 November 30
 — LSE447
 6:00 to 9:00 PM
 Ballroom (OC)
 \$8 per person/
 per dance night



Dance Night, Free Style, is geared for those dancers that prefer an unstructured, more nightclub dance atmosphere. Dance alone, dance in a group, dance any style. Line, Disco, Cha-Cha, Rumba, Swing, Waltz, Salsa, or Chicken Dance — it's all welcome! DJ Tom will provide music, and a no-host bar will be available from 5:30 to 8:30 PM.

***Swing Dance Workshop**
 – Dance to New Year's
 Eve Performers
Alpha Rhythm Kings
 Tuesday, December 20
 — LSE456

1:30 to 3:00 PM
 Ballroom (OC)
 \$7 per person

Have you ever wanted to learn the Charleston? Here is your chance. Join Ruth and Sal Algeri, along with Danielle Merrill, to learn basic swing dancing moves for our New Year's Eve event. This 90-minute workshop will help get you ready to hop out on that dance floor and even learn a simple routine to one of the band's songs that they will be performing: "Choo Choo Cha Boogie." This class is perfect for beginners. No dance training, or partner, is required. You can take this workshop even if you cannot come to the NYE event. Let's start swinging!



***2023 New Year's Eve
 Celebration –
 Roaring 20s Style!**
 Saturday
 December 31
 — LSE458

8:00 PM to 12:30 AM
 Ballroom (OC)
 \$75 per person

Ring in 2023 at the party of the year with your Lincoln Hills community! Alpha Rhythm Kings, a five-piece band from Los Angeles, will provide a full night of stellar swing dance music. Dress the part or come in your 2023 best duds – just come dressed to enjoy the glitz and glamour of this late-night soiree. Savory and sweet hors d'oeuvres, and the midnight Champagne toast, are included in the ticket price. No-host bars will be serving your favorite libations in the swanky lounge area just outside the Ballroom. Reserve your tables now for your own pre-party dinner at Meridians.



Performances

LH Players Club Presents

"Death by Chocolate"
 Thursday, November 17
 — LSE449
 7:00 PM, Ballroom (OC)
 Friday, November 18
 — LSE450
 7:00 PM, Ballroom (OC)
 Saturday, November 19
 — LSE451

2:00 PM, Ballroom (OC)
 Sunday, November 20 — LSE452
 2:00 PM, Ballroom (OC)
 Premium Reserved Seating \$21
 Standard Reserved Seating \$18

The Players are delighted to be back on the Orchard Creek stage with an ingenious little murder mystery that's full of comedic twists and turns. Members of the newly renovated Meadowbrook Health Resort are dropping like flies, threatening to dampen spirits at the resort's imminent grand re-opening. A plethora of bizarre clues – most of which point to a seemingly innocent box of chocolates – implicates virtually all the outlandish characters working for the resort. Come on out and applaud your very own resident theater group as you enjoy hilarity and suspense!



Mads Tolling & The Mads Men Celebrating his Hit Album, *Playing the 60s*
 Monday
 November 21
 — **LSE437**



7:00 PM, Ballroom (OC)
 Premium Reserved Seating \$24
 General Admission \$20

Mads Tolling is an internationally renowned violinist, violist, and composer originally from Copenhagen, Denmark. He won two Grammy Awards for Best Classical Crossover albums, was nominated for a third Grammy, and was named Winner of the DownBeat Critics Poll Rising Star Award. Mads returns to Lincoln Hills with his Mads Men (for a quartet) to perform his hit album, *Playing The 60s*, which is a fun and exciting show featuring popular TV & Movie Themes and Top 10 recordings from The '60s Mad Men Era, including classics ranging from "Mission Impossible," "Meet The Flintstones" and "What A Wonderful World."



The Presidio Trio
 Monday, December 5 — **LSE439**
 7:00 PM, P-Hall (KS)
 Reserved Seating \$24

The Presidio Trio brings together pianist Ian Scarfe of the Trinity Alps Chamber Music Festival, violinist Kevin Rogers of Friction Quartet, and cellist James Jaffe of the Sierra Quartet. Their concert will feature classical and romantic masterpieces for violin, cello, and piano, including works by Antonin Dvorak, Robert Schumann, and Joseph Haydn. They will also present a new work by American composer Mary Kouyoumdjian. This charismatic trio performs with infectious joy, enthusiasm, and a collaborative spirit that makes these complex masterpieces seem to unfold with effortless teamwork.

LH Chorus Club Presents "Swing into the Season"
 Thursday, December 8
 — **LSE453**
 2:00 PM, Ballroom (OC)
 Friday, December 9
 — **LSE454**
 7:00 PM, Ballroom (OC)
 Saturday, December 10
 — **LSE455**
 2:00 PM, Ballroom (OC)
 Premium Reserved Seating \$21
 Standard Reserved Seating \$18



The Chorus will "swing into the season" with sprightly Holiday melodies that will lift the spirits of all! Bring your family and tap your toes to songs like "Mozart Fa-La-La," "Pat-a-Pan Fantasia," and "Candle in the Night." We will roast Dr. Seuss's mean one, Mr. Grinch; we'll tell you what happened on the twelve days after Christmas, and you will find out how to "Text Me Merry Christmas." And, shhhh, maybe Santa Claus will come to town? Something for everyone.

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**Jared Freiburg & The Vagabonds:
Back to The 50s**

Saturday
December 17
— LSE424

7:00 PM

Ballroom (OC)

Premium Reserved Seating \$24

Standard Reserved Seating \$21

Celebrating the early years of Rock & Roll, featuring songs from Elvis to Sinatra to Jerry Lee Lewis and much more! Jared was exposed to artists and songs of the 50s and 60s, setting him up for a musical dance pallet at a young age while spending hours daily devoting much of his passion to paying tribute to "The Killer."



Jared Freiburg & The Vagabonds: Rockin' Holiday Revue

Sunday, December 18
— LSE425

2:00 PM

Ballroom (OC)

Premium Reserved Seating \$24

Standard Reserved Seating \$21

Bring your whole family, including the grandchildren, to a wonderful holiday presentation. From the Broadway show "Million Dollar Quartet" and The Original Cast of "Million Dollar Quartet Christmas" featuring holiday-themed classics such as: "Blue Christmas," "Run Run Rudolph," "Boogie Woogie Santa Claus," "White Christmas," "Rockin' Around The Christmas Tree" and many more. After the show, join the Lincoln Hills Santa Claus and Elves outside the Ballroom for light refreshments and photos, as well as goodie bags for the grandchildren. What a wonderful Sunday to fill your hearts with seasonal warmth and cheer, as well as ever-lasting memories.



***Rhinestone: A Salute to the Songs & Career of Glen Campbell**

Friday, January 27
— LSE457

7:00 PM, Ballroom (OC)

Premium Reserved Seating \$24

Standard Reserved Seating \$21

The distinctive voice of Nashville Singer/Song-



writer Rising Star Andy Kahrs celebrates The Legacy of Glen Campbell in a Salute to the Songs of this contemporary Music Legend with Hits including "Gentle On My Mind," "Galveston," "By The Time I Get To Phoenix," "Wichita Lineman," "Rhinestone Cowboy"... and many more favorite classics. A show not to be missed.

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Scott Cason
Lifestyle Trips Coordinator
Scott.Cason@sclhca.com



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

*Indicates on sale November 17

Day Trips

**Sacramento Kings vs.
Chicago Bulls**
Sunday, December 4
\$145 — LST423

Cheer on the Kings from your lower bowl seat as they defend their home court against the Chicago Bulls. The trip includes a roundtrip motor coach, lower bowl ticket, and driver gratuity. Wheels roll from OC at 1:15 PM for a 3:00 PM game ~ return 7:00 PM.



**San Francisco
Shopping**
Saturday
December 10
\$60 — LST422

Enjoy a lovely holiday trip to the City by the Bay with no worries about the traffic, the bridge, parking, or driving. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square-Post & Powell) for a day of shopping, lunching, and people-watching. Lunch on your own. Departure from San Francisco back to Lincoln Hills will be 6:00 PM to allow you more dining and shopping time and less traffic on the way home. Wheels roll from OC at 8:30 AM ~ return 8:30 PM.



**Frozen –
The Musical**
SAFE Performing
Arts Center/
Broadway on Tour
Tuesday, January 10
\$135 — LST412



From the producer of The Lion King, and Aladdin, Frozen, the Tony®-nominated Best Musical,

is now on tour across North America, and the critics rave, "It's simply magical!" (*LA Daily News*). Frozen features the songs you love from the original Oscar®-winning film, plus an expanded score with a dozen new numbers. An unforgettable theatrical experience filled with sensational special effects, stunning sets and costumes, and powerhouse performances, Frozen is everything you want in a musical. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return at 11:00 PM.

**Sacramento Kings vs.
Houston Rockets**

Wednesday, January 11
\$145 — LST425



Watch the Kings from your lower bowl seats as they match up against a tough Houston Rockets team. The trip includes a roundtrip motor coach, lower bowl ticket, and driver gratuity. Wheels roll from OC at 5:30 PM for a 7:00 PM game ~ return 10:30 PM.



***PBR: Long Live Cowboys Classic**
Golden 1 Center
Sunday, February 5
\$140 — LST429

Golden 1 Center will be the home of "The Toughest Sport on Dirt," where the Top 35 bull riders in the world compete on the televised PBR Unleash The Beast- Wrangler Long Live Cowboys Classic. The toughest animal athletes on the planet are matched with the world's best bull-riding athletes in an 8-second man versus beast duel. Wheels roll from OC at 12:15 PM for a 1:45 PM show ~ return 6:00 PM.

Jesus Christ Superstar
SAFE Performing Arts Center/
Broadway on Tour
Tuesday, February 7
\$135 — LST413



Celebrating its 50th Anniversary, a new mesmerizing

production of the iconic musical phenomenon returns to the stage. Originally staged by London's Regent's Park Open Air Theatre and helmed by the acclaimed director Timothy Shader (*Crazy For You*, *Into The Woods*) and cutting-edge choreographer Drew McOnie (*King Kong*, *Strictly Ballroom*), this production won the 2017 Olivier Award for Best Musical Revival garnering unprecedented reviews and accolades. This production pays tribute to the historic 1971 Billboard Album of the Year. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return 11:00 PM.



***Comedy of Brian Regan at Hardrock Fire Mountain**
Saturday, March 4
\$120 — LST428

Critics, fans, and fellow comedians agree Brian Regan is one of the most respected comedians in the country, with *Vanity Fair* calling Brian “The funniest stand-up alive” and *Entertainment Weekly* calling him “Your favorite comedian’s favorite comedian.” Having built his 30-plus year career on the strength of his material alone, Brian’s non-stop theater tour continuously fills the most beautiful venues across North America, visiting close to 100 cities each year. Wheels roll from OC at 5:00 PM to give everyone a couple of hours to enjoy the buffet, restaurants, and gaming. Show starts at 8:00 PM ~ return approx. 11:00 PM.

Hairspray
SAFE Performing
Arts Center/
Broadway on Tour
Sunday, March 19
\$135 — LST414



You Can't Stop the Beat! *Hairspray*, Broadway's Tony Award-winning musical comedy phenomenon, is back on tour. Join 16-year-old Tracy Turnblad in

1960s Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world? This all-new touring production reunites Broadway's award-winning creative team led by Director Jack O'Brien and Choreographer Jerry Mitchell to bring *Hairspray* to a new generation of theater audiences. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return 11:00 PM.

Pretty Woman
SAFE Performing
Arts Center/
Broadway
on Tour
Tuesday, May 2
\$135 — LST415



The Musical, based on one of Hollywood's most beloved romantic stories of all time, springs to life with a powerhouse creative team led by two-time Tony Award®-winning director and choreographer Jerry Mitchell (*Hairspray*, *Kinky Boots*, *Legally Blonde*). Brought to the stage by lead producer Paula Wagner, features an original score by Grammy® winner Bryan Adams and Jim Vallance (“Summer of '69”, “Heaven”) and a book by the movie's legendary director Garry Marshall and screenwriter J.F. Lawton. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return 11:00 PM.



***Riverdance 25th Anniversary**
Gallo Center for the Arts, Modesto
Tuesday, May 16
\$135 — LST427

Riverdance as you've never seen or heard it before—a powerful and stirring re-invention of this beloved favorite, celebrated the world over for its Grammy award-winning score and the excitement, energy, and dynamism of its Irish and International

Dance. Twenty-five years on, renowned composer Bill Whelan brings this mesmerizing soundtrack back to life, completely revitalized for the first time since those original orchestral recordings. Price includes coach transportation and tickets in the Parterre section (ground floor). Wheels roll from the OC at 4:00 PM for a 7:00 PM show – return approximately 11:30 PM.

Overnight/Extended Travel



Sierra Mountain Snow Train Overnight

Tuesday, January 24 to Wednesday, January 25

\$345 per person double occupancy

\$395 single occupancy — **LST426**

Enjoy the breathtaking mountain views from your reserved upper coach class seat via Amtrak on a relaxing winter train trip to Reno, escorted by Scott, your Lifestyle Trip Coordinator. We go one way to Reno on Amtrak, spend the night and return to Lincoln Hills on a motorcoach bus. The trip includes overnight accommodation at the Peppermill Hotel, a \$50 dining credit, all transfers to and from the train station, driver gratuity, and luggage handling. Ticket purchases are only available in person at Lifestyle Desks. (Not available online.) Wheels roll from OC at 10:30 AM ~ return 2:30 PM.

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*San Francisco Bay Sweetheart Dinner Cruise and Overnight at Hyatt Regency

Friday, February 10

to Saturday, February 11

\$425 double occupancy

\$575 single occupancy — **LST430**

Enjoy a night on a Hornblower premier dinner cruise on the bay. Relax and enjoy the view and a three-course dinner on the 2½-3-hour cruise. Dance, stargaze, and see amazing views of the city skyline and the magnificent Golden Gate Bridge. After dinner, relax in your deluxe accommodations at the Hyatt Regency San Francisco. Free time in the morning for breakfast on your own. The trip includes motorcoach, dinner, accommodations, and all gratuities. Trip itinerary and Dinner Cruise menu are available at the Lifestyle Desk. In-person registration only (Not available online.) Wheels roll from OC at 11:00 AM ~ return 2:30 PM.



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Beyond Can Gogh

Tuesday, November 29

San Francisco Shopping

Saturday, December 3

Nevada City

Victorian Christmas

Wednesday, December 7

Christmas with

Johnny Mathis

Wednesday, December 21

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Lois Cunningham
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*Indicates on sale November 17

Educational

Holiday Movie Series

Fridays, November 18
& December 2-16
9:00 AM to Noon (KS)
\$40 (four sessions)
— **LSC4204**

Let's get into the holiday spirit with four of our most beloved classic Christmas stories. (Class 1) The Griswolds as they try to cope with a family holiday celebration in the hilarious movie "Christmas Vacation." (Class 2) *A Christmas Carol* — we look at Dickens' own book and watch scenes from five different movies to tell this great story. (Class 3) *A Christmas Story* — look at the back story of Ralphie and his desire for the Red Ryder BB rifle. (Class 4) *It's a Wonderful Life* — learn the story behind the making of Frank Capra's Classic. Instructor: **Ray Ashton**.



Music

*Beginner Folk Guitar Class for Fun Folks

Tuesdays
December 6-27
1:00 to 2:00 PM (KS)
\$40 (four sessions)
— **LSC3685**

Have fun learning the guitar. No prior music knowledge or good singing voice is necessary. Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs from the '50s, '60s and '70s will be taught. Basic music theory will be shown, plus how to choose and purchase a guitar and guitar aides will be discussed. **Darrell Effinger**



is a long-time teacher, musician, storyteller, and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists, and enjoys teaching and sharing his musical expertise with his students.

*Intermediate Folk Guitar Class

Tuesdays
December 6-27
2:00 to 3:00 PM
(KS)
\$40 (four sessions)
— **LSC3625**

This class is an intermediate class with an emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable, they have met this prerequisite, and their fingers can withstand the pain! **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). Instructor: **Darrell Effinger**.



Visual Arts & Crafts

*Watercolors – Continuing Watercolors

Thursdays, December 1-15
9:00 to 11:30 AM (OC)
\$60 (three sessions)
— **LSC4176**

Want to expand your knowledge and skills in watercolor? Through demonstrations, discussions, and self-critiques, this class will allow participants to expand their knowledge and understanding of watercolor while creating their own art pieces. This class is tailored for the instructor to work one-on-one with each participant addressing their specific needs. Previous experience with watercolor is required. This is not a class for people wanting to take watercolor for the first time. This class will be limited in size to allow for individual one-on-one work. Skill Level: Experience with watercolor required. Contact the instructor, **Faye August**, at 916-209-3643, watercolorist55@gmail.com.



***Watercolors – Introduction to Materials**

Thursday, December 1
1:00 to 3:00 PM (OC)
Free — LSC4177
\$5 supply fee paid to Instructor



Interested in taking up watercolor? You will learn basics about choosing watercolor paint, brushes, and paper that will increase your odds of producing a successful painting. The class will provide guidelines on where to shop for your supplies and how to identify and choose the appropriate tools needed to pursue watercolor painting. There will be a handout with detailed reference information as a guide when purchasing materials for the Beginning Watercolor class. This is a class to learn about materials used in watercolor. Class registration is required. For more information, contact the instructor, *Faye August* at 916-209-3643, watercolorist55@gmail.com.

***Ceramics - Advanced Ceramics**

Thursdays, December 1-22
1:00 to 4:00 PM (OC)
\$64 (four sessions)
— LSC3296

OR

Tuesdays, December 6-20
9:00 AM to Noon (OC)
\$48 (three sessions) — LSC3259



This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. Includes demonstrations, assignments, group discussion, and constructive critique. Instructor: *Jim Alvis*.

***Ceramics - Beginning/Intermediate**

Tuesdays, December 6-20
1:00 to 4:00 PM (OC)
\$48 (three sessions)
— LSC3272



This is an introductory class for residents who have never worked with clay and continuing students who want to continue to develop their skills. This course covers basic hand-building and wheel-throwing techniques, demonstrating craft and sculpture projects. First-time students will be provided clay and may use the instructor's tools to create their first art piece. Supply list provided at first class. Instructor: *Jim Alvis*.

***Oil and Acrylic Painting: Intermediate/Advanced**

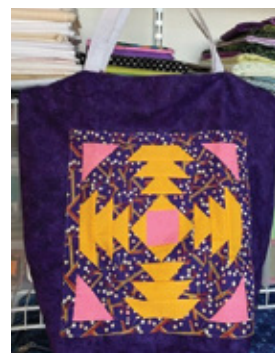
Wednesdays, December 7-28
9:00 to 11:30 AM (OC)
\$80 (four sessions)
— LSC3235



Learn new ways to paint and polish your skills. Emphasis will be on acrylics, but pastel techniques will also be covered. Art demos will be done on a regular basis with group critiques and individual instruction. Optional projects may be offered once or twice per month. Instructor: *Sandy Lindblad*. Visit www.sandyindblad.com. Email Sandy at sandski2@yahoo.com prior to the class regarding supplies.

***Holiday Gift Bags**

Saturday, December 10
9:00 AM to Noon (OC)
\$25 — LSC4235



In this class, you will make a bag that is great for many uses or could be a wonderful holiday gift to a friend. The bag is reversible with very strong handles making it great for shopping. If you want to put an optional design on the front of your bag, bring a printed fabric square, and we will attach it to the bag, making it even more colorful! This bag can be made into a very personable gift. The approximate size is 18" x 21". Instructor: *Betty Kisbey*.



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***Holiday Jewelry Making**

Monday, December 12

1:00 to 3:00 PM (OC)

\$20 — LSC4236

\$20 supply fee paid to Instructor.



Create your own masterpiece. This class will offer a variety of color bead choices for you to make your own pattern and style from long to choker length, matching earrings, and stretch bracelet. Beginners to intermediate welcome! Like Christmas of old, gift giving from the heart and homemade. Give it as a gift or wear it proudly to any holiday get-together. Do not miss this fun class! Instructor: *Nancy Niche of Lincoln Jewelers.*

***Mixed Media Art Journaling**

Tuesday, December 13

9:00 AM to Noon (OC)

\$22.50 — LSC3223

\$5 supply fee paid to Instructor



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

***Sip and Paint: Waterfall**

Friday, December 30

5:00 to 8:00 PM (OC)

\$55 — LSC3247

This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day with step-by-step instructions. Learn how to mix colors, brushstrokes, pallet knife techniques, and oils. All supplies are included. Canvases are underpainted and ready to hang. The fee includes a glass of wine, a selection of cheese, crackers, and fruits. To learn more about artist/instructor *Unni Stevens*, visit www.unniart.com.



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Danielle Merrill
WellFit Program Manager
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WellFit Orientations

Free Orientations: WellFit Staff

Unsure where to start in the Fitness Centers? Sign up to take our free orientation and learn how the Fitness Centers work and how to use a select number of pieces of equipment safely and correctly. Orientations are designed to educate you on all the WellFit Department offers and get you started on your fitness journey. Register at Fitness Desks or online enrollment on the Resident Website.

Fitness Floor (OC)

- **Tuesday, November 15**
2:00 to 3:00 PM
- **Tuesday, December 13**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Wednesday, November 16**
1:00 to 2:00 PM
- **Wednesday, December 14**
1:00 to 2:00 PM

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

Events go on sale on the 17 of each month. Register at Orchard Creek and Kilaga Springs Fitness Desks, or online enrollment on the Resident Website. Classes fill up quickly, please sign up at least seven days prior to class start. No refunds, no make-ups.

All classes, times, and locations are subject to change. See up-to-date information and schedules on the Resident Website in the WellFit section or online enrollment.

Lessons at the Sports Plaza

Intro to Tennis

Thursdays
11:00 AM to Noon
Multicourt #11
Free



This class is a terrific introduction for residents interested in learning the basics of tennis. This class will go over the fundamentals of tennis, focusing on basic stroke development, including forehands, backhands, volleys, and serves. No prior experience is necessary, and racquets will be provided; however, we encourage participants to bring their own. Make sure to bring water and appropriate tennis court shoes. No running shoes, please. Email stevebringman@yahoo.com to register. Class size is limited to three each session.

Intro to Pickleball

Wednesdays
9:30 to 11:00 AM
Pickleball Courts
Free



This class is for any resident interested in learning about pickleball. No equipment is necessary; just wear clothing appropriate for pickleball and court shoes. Bring your own water also. Meet at the upper pickleball courts by court #4. You must pre-register each week for the class. Eight spots are available. We are using two courts to allow for social distancing. Email Carol Judd to register at welcometopickleball@gmail.com or go to www.lhpbclub.com and look for Calendar on the left. Click on Intro to Pickleball class.

Pickleball-Intermediate Clinic

Wednesday
December 7
11:00 AM to 12:30 PM
Multi-Court
\$45 (one session)
Skill Level 3.0-3.75



Minimum/Maximum: eight students

Come improve your "Groundstrokes," which requires early preparation and footwork. Ian will



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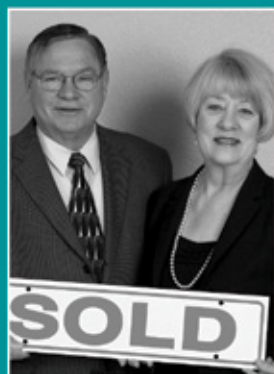
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demonstrate the proper technique and court position for a successful "Overhead Smash." Personalized feedback during game time play portion of the clinic will also be provided. Instructor: *Ian Dickson*, Pickleball Pro.

Mindful Movement

Mindfulness & Meditation

Thursdays
December 1-22
4:30 to 5:30 PM
Aerobics Room (OC)
\$72 (four sessions)

Come and experience the unexpected power of "Clear Mind," "Open Heart," and "Mindfulness Meditation." Mindfulness and meditation are mirror-like reflections of each other; mindfulness supports and enriches meditation, while meditation nurtures and expands mindfulness. Known to release "happy" chemicals (Endorphins, Serotonin, Oxytocin & Dopamine) in the brain, which lowers blood pressure, improves digestion, and relaxes tension around pain. Simple to practice and wonderful in effect. Instructor: *Jennifer Zehnder*.



Introduction to Movement on the Pilates Reformer

Tuesdays
December 6-27
4:00 to 5:00 PM
Fitness Center - Reformer Studio (OC)

\$72 (four sessions)

Sign up for this class if you have not yet tried Pilates Reformer and are interested in learning more about your body and mindful movement on the Reformer. This progressive class starts with the basics of safely introducing your body to the fundamentals of Reformer and slowly builds up to teach you proper body alignment, core strength, posture, gentle strength training, balance, and injury prevention. Learn what it feels like to engage your core muscles properly. Start moving your body in a healthy way. Instructor: *Andee Lund, Reformer Specialist*.



New! Mind-Body Balance

Wednesday
December 7
4:10 to 5:10 PM
Aerobics Room (OC)
\$20

We could use a little more self-care in our lives, so why not indulge yourself in this peaceful hour of rejuvenation. We will start with a gentle, mindful, total body stretch and flow right into a guided meditation. Give yourself this much needed gift of relaxation. This class will be offered on the first Wednesday of every month. Instructor: *Sheri Mandell, HHC*.



New! Tai Chi drop-in passes: \$15. *All passes and sessions are non-refundable and expire one year after the purchase date. Tai Chi drop-ins are allowed in all Tai Chi classes, pending class availability. Please call ahead to check the status.

Tai Chi / Qigong L1

Tuesdays
December 20-27
2:00 to 3:00 PM
Aerobics Room (OC)
\$26 (two sessions)
OR
Fridays
December 23-30
2:00 to 3:00 PM
Aerobics Room (OC)
\$26 (two sessions)

Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complimentary health system. Instructor: *Shifu Anney Siegel-Wamsat*.



Tai Chi / Qigong L3

Tuesdays, December 20-27

3:10 to 4:10 PM

Aerobics Room (KS)

\$26 (two sessions)

OR

Fridays, December 23-30

3:05 to 4:05 PM

Aerobics Room (OC)

\$26 (two sessions)

This class is for Tai Chi and Qigong students who wish to bring higher awareness and understanding of their lifelong complementary health and wellness practice. In addition, you will learn Qigong sets of movements. Qigong, paired with stillness and moving meditation, will improve body mechanics, balance, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and well-being. Instructor: *Shifu Anney Siegel-Wamsat*.

Form 24 Tai Chi / Qigong L2

Thursdays, December 22-29

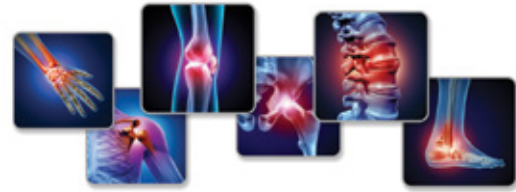
2:00 to 3:00 PM

Aerobics Room (OC)

\$26 (two sessions)

This is not a beginner class. Having some familiarity with the foundation of the Yang 24 form, Level 2 expands the foundations and breaks down the intricacies of the moves. We will take a deeper look at the moves emphasizing posture, breathing techniques, and releasing. The class begins with a warm-up, including Qigong moves, then moves on to form practice. Qigong's mindful movements help move blood and oxygen around the body, nourishing the organs and tissues. Qigong helps improve balance, proprioception, flexibility, and strength. Instructor: *Shifu Anney Siegel-Wamsat*.

Personal Improvement



New! Living with Total Joint Replacements

Wednesday, November 30

1:00 to 2:30 PM, Multimedia Room (OC)

\$25

Learn how to keep your joints strong and safe through physical therapy-style exercises and stretches, especially after having a total knee, hip, or shoulder replacement. Find out which machines are safe and appropriate to do in the gym as well as a home exercise program that you could keep up with to support longevity. Instructor: *Danielle Merrill*, Physical Therapy Assistant.

Traditional Shotokan Karate

Saturdays, December 3-31

(no class December 24)

10:50 AM to 12:50 PM

Aerobics Room (KS)

\$20 (four sessions)

The instructor *Al Trimarchi*

is a member of the International

San Ten Karate Association

and has over 48 years of experience

teaching the JKA

Shotokan style of traditional karate, one of the most

widely practiced martial arts. This training has its

feet firmly rooted in the traditions and skills of

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of modern scientific knowledge. For more information

about the International San Ten Karate

Association, please visit santenkarate.com.



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New! Happy Holidays?

Coping with the Holidays

Tuesday, December 6

11:00 AM to Noon

Multipurpose (OC)

\$17

Feelings of sadness that last throughout the holiday season—especially during the months of



November and December—are often referred to as the holiday blues or seasonal depression. This time of year is usually viewed as a time of happiness and rejoicing, but for some people, it can be a period of painful reflection, sadness, loneliness, and anxiety. Learn tips for making the holidays a happier time this year. Instructor: *Amel Whitaker, MA, LMFT.*

New! Brain Gain™ Holiday Extravaganza

Friday
December 9
9:00 to 11:30 AM
Multipurpose Room (OC)
\$35



Give yourself the gift of promoting brain health with this special holiday-themed workshop. Get out and meet new people, and grow new brain cells by engaging in fun and interactive brain exercises designed to get you thinking in new ways. Caring for your brain by engaging in new experiences is one of the best positive brain lifestyle activities you can do to maintain memory and brain function. Bring a friend and share the gift of good brain health. Handouts, materials, and even a raffle prize drawing are included. Instructor: *Alice Jacobs, Ed.D, MA, MS, MCHES*, Director braingain.info.

Pop Up Classes

Turkey Trot in the Parking Lot

Monday
November 21
1:00 to 2:15 PM
Parking Lot (OC)
\$7



Walk with Danielle on our second annual Turkey Trot and stop for some exercising along the way. Don't worry, she won't work your tail off too hard. We'll just make room for a few extra calories this Thanksgiving. Be sure to stick around after for a hot or cold tea which may or may not be spiked. Help us by signing up in advance so we can plan accordingly. Instructor: *Danielle Merrill, PTA.*

2nd Annual Fitness Festivities

Tuesday
December 20
4:00 to 5:15 PM
Ballroom (OC)
\$10



We'll jingle our way through a holiday workout, then mingle at the hot cocoa bar. Feel free to wear your reindeer ears or those candy cane leggings to add to the spirit of the season. Enjoy three different instructors as we start the class with a Zumba-inspired warm-up, followed by cardio strength, and finish up with a Yoga stretch. Help us by signing up in advance so we can plan accordingly. Instructors: *TBA.*

Nutrition

Healthy Holiday Appetizer Centerpiece

Friday, December 9
1:00 to 2:00 PM
Placer (KS)
\$20 + \$15 supply fee
paid to instructor at the beginning of class.



Entertaining for the holidays is a great way to keep in touch with family and friends. You can make it fancy or keep it simple with a few healthy appetizers and drinks like an Orange Cranberry Mocktail. Join us as we craft a festive "Holiday Tree" centerpiece out of olives. Olives are rich in vitamin E and other antioxidants, which may help reduce the risk of health conditions like diabetes, stroke, and heart disease. This is the perfect way to dress up any charcuterie board or holiday table. Registration deadline: December 2. Instructor: *Sheri Mandell, HHC.*

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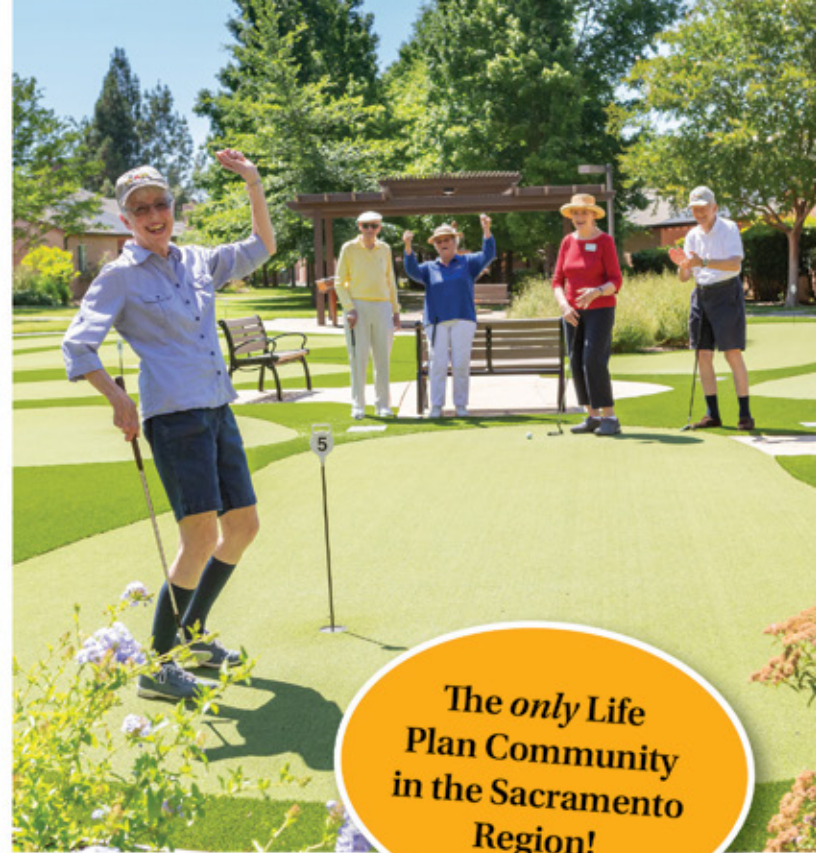


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Pilates Reformers and Towers

Please check the Resident Website for the most current schedule and information regarding the Pilates Reformer Program, including sign-up forms, or contact Danielle.Merrill@sclhca.com.

Prerequisite: If you have not taken Reformer before, all Pilates Reformer classes require completion of the **Introductory Reformer Session (purchase at Fitness Centers) or session-based wellness class: Introduction to Movement on the Pilates Reformer is offered monthly.** Refer to Mindful Movement section.

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

Our Reformer packages are as follows:

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

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

Drop-in classes for non-member \$20 per class.

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

Introductory Reformer Session L1

Continuous Dates
Aerobics Room (OC)
\$40 (one session, one hour long)

This session is a prerequisite for Pilates Reformer classes. You will work with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer classes through MindBody. You can purchase this introduction at the Fitness Centers. **Contact Danielle Merrill to coordinate your introduction with an instructor.**



Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment only. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Hidden muscular weaknesses or skeletal imbalances cause most injuries. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training and scheduling with one of the reformer instructors, please contact Danielle Merrill.

One-on-One Training and Buddy Training: Prices same as Personal Training Rates (See next section).

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

Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab-related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Rex Owens. You can also visit the Resident Website under WellFit/Personal Training/meet the trainers. Please respect a 24-hour cancellation policy.

Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$59, half-hour session \$39.
New Packages: One client and one trainer. One hour session. Package of 3, \$54 each. \$162 total.
- **Clinical Training:** One client and one trainer. One hour session cost is \$69, 3 session package is \$180 (\$60 each). Half-hour session \$45, 3 session package is \$120 (\$40 each).
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend. One hour session \$34 per person. Each billed for shared session.
- **Comprehensive Assessment:** Meet and greet trainer, medical history, talk about and establish goals, measurable strength, health, mobility, and balance scores. Includes ZIBRIO Stability Scale (one month while with trainer). One hour session \$99.
- **Goal Assessment:** Meet and greet trainer, medical history, talk about and establish goals. Trainer assesses general ability level. Half-hour session \$39.

All training is non-refundable and has a 1-year expiration date from time of purchase. 24-hour cancellation policy.

Small Group Training (SGT)

Small group training classes run for 55 to 60 minutes and are designed with specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. *Maximum of eight students per class.*



SGT—Therapeutic Water Exercise L1/2

Fridays, December 2-30

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

\$85 (five sessions)

Instructor: **Lisa Fisher**

OR

Wednesdays, December 7-28

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

Indoor Pool (OC)

\$85 (five sessions)

Instructor: **Nina Baldi**

Therapeutic-style exercise program in the pool. The warm water helps increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool and be in the pool with you. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel.

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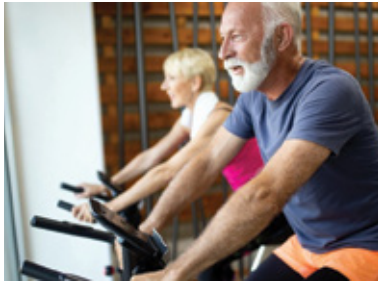
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**SGT—
ParkinsonStrong
Combo**

Mondays
December 5-26
4:10 to 5:10 PM
Aerobics Room (KS)
\$68 (four sessions)



OR

Thursdays, December 8-29
3:05 to 4:05 PM, Aerobics Room (KS)
\$51 (three sessions)

Interested in the Parkinson’s Cycle class, but don’t you think you could do an entire hour of cycling? Try this class to change it up. Valerie will combine content from Parkinson’s Indoor Cycling and Parkinson-Strong classes to create a class that helps improve the quality of life through meaningful exercise. Instructor: *Valerie Cota*.

SGT—Fit 101 L1/2

Mondays & Wednesdays
December 5-28
11:50 AM to 12:50 PM
KS Aerobics Room
(instructor may alternate locations between KS-OC)
\$136 (eight sessions)



Starting a new experience may seem a little overwhelming. That’s why Fit 101 is a perfect place to start. Come try a great class that incorporates new tools, techniques, and exercises. By the end of these sessions, you will have learned new ways to enhance your workout routine, including the appropriate settings and weights. *New!* Instructor: *Gina Turner*.

**SGT—Posture, Core, and
Balance L1/2**

Mondays & Wednesdays
December 5-28
(no class December 26)
12:55 to 1:55 PM
Aerobics Room (KS)
\$119 (seven sessions)
Instructor: *Renae Schmidt*



OR

Tuesdays & Thursdays
December 6-29
10:45 to 11:45 AM
Aerobics Room (KS)
\$136 (eight sessions)

Instructors: *Craig Wasley & MaryAnn DePietro*

Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture, which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

**SGT—Progressive
Bootcamp L2/3**

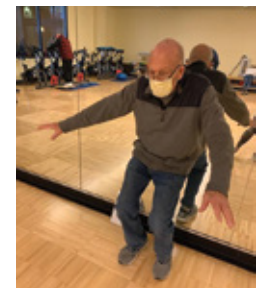
Mondays & Wednesdays
December 5-28
3:05 to 4:05 PM
Aerobics Room (KS)
\$136 (eight sessions)



Are you looking to change things up? Try this Bootcamp class that gives you progressive exercises to accommodate each participant’s fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you’ve never seen before. *This class is eligible for the SGT drop-in if space is available. Instructor: *John Ramos*.

**SGT—Balance & Fall
Prevention L1**

Mondays & Wednesdays
December 5-28
(no class December 26)
2:00 to 3:00 PM
Aerobics Room (KS)
\$119 (seven sessions)



Learn simple stretches, exercises, and techniques

that will help improve balance, core strength, and reflexes to prevent falls. We will use chairs, bars, and the wall for support. Instructor: *Rena Schmidt*.

SGT—Rock Steady Boxing

Tuesdays, December 6-27

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

OR

Thursdays, December 8-29

2:00 to 3:00 PM

Aerobics Room (KS)

\$51 (three sessions)

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



SGT—Urban Poling (Nordic Walking-Indoor)

Tuesdays and Thursdays, December 6-29

12:55 to 1:55 PM

Aerobics Room and Track (OC)

\$136 (eight sessions)

This fitness class is designed to challenge the body in varied and unique ways. Formatted to enhance the workout for those walking for fitness and who are not significantly balance-challenged. Walking 30 minutes at least three times a week gives you full-body aerobic exercise by simply adding poles to your walking routine. Walking poles are available for purchase at Wellfit (OC). Participants must bring their own Activator® Poles. Instructor: *TBA*.

SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays

December 6-29

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$136 (eight sessions)

Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "FUN"ctional Fitness using a variety of equip-



ment, including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, and 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 is encouraged. *This class is eligible for the SGT drop-in if space is available. Instructor: *Deanne Griffin*.

SGT—TRX Circuit L2

Tuesdays & Thursdays

December 6-29

12:55 to 1:55 PM

Aerobics Room (KS)

\$136 (eight sessions)

OR

Wednesdays, December 7-28

4:10 to 5:10 PM

Aerobics Room (KS)

\$68 (four sessions)

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



SGT—Urban Poling (Balance and Fall Prevention)

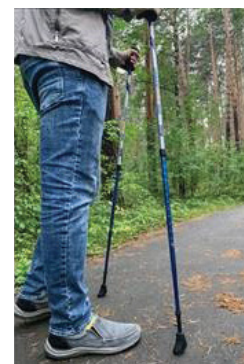
Fridays, December 9-30

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$85 (five sessions)

This class continues our programs for those that have difficulty with balance. Learn simple exercises that will help improve balance, core strength, and reflexes to prevent falls. Walking 30 minutes at least three times a week gives you full-body aerobic exercise by adding poles to your walking routine. You will be able to incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce the impact on hips, knees, and feet by an average of 25%. Walking poles are available for purchase at Wellfit (OC). Class is indoors and outdoors, weather permitting. Instructor: *Rex Owens*.



Punch Pass & Fast Pass Classes

Punch Pass and Fast Pass classes are drop-in, group exercise classes on a first-come, first-served basis in our KS and OC Aerobics Rooms as well as the OC pool. You may arrive and sign in up to one hour before the start time of the class. Punch Pass Classes are \$5.50 each and 55 minutes. Fast Pass Classes are \$3.50 and can only be used in our 30-minute classes. Punch Passes and Fast Passes are not interchangeable. Please see the colored grids on pages 89-93 for days and times. Purchase these passes through online enrollment on the Resident Website or Fitness Center front desks. There are no refunds for Punch Passes or Fast Class Passes, and all passes expire one year after purchase. For a list of class descriptions, please refer to the Resident Website under WellFit. Guests must pay \$7 per Punch Pass and \$4.50 per Fast Pass and check in no more than 10 minutes before the start of the class. Classes are subject to availability.

***All passes and sessions are non-refundable.**

***Punch Passes & Fast Passes expire one year after the purchase date.**

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

Premium Punch Pass Deal. Buy a package of 50 Punch Passes and receive a 10% discount. Normally \$275, with the discount only pay \$247.50. Purchase at the Fitness Center front desks or online enrollment at the Resident Website. *Reminder, these passes expire after one year.*

*** For all class schedules, please refer to the WellFit section of sclhresidents.com/WellFit/ Punch Pass Classes or pick up grid copies at the Fitness Desks, or scan QR code below with your smartphone camera.**



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OC WellFit Class Schedule November/December 2022

OC WellFit Class Schedule November/December 2022							Sports Plaza Class Schedule	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	
OC	OC	OC	OC	OC	OC	OC	Sports Plaza - Lookout (behind playground)	
		NEW! STARTS NOV 30th 8:50 - 9:30 AM Stretch 101 L1/L2 - Cynthia						
8:35 Zumba Toning L2 <i>Jeanie</i>	Step L2/L3 <i>Kim</i>	Core-N-Strength L2/L3 <i>Katie</i>	Step L2/L3 <i>Kim</i>	TBA				
9:40 20/20/20 L2/L3 <i>Gretchen</i>	Core-N-Strength L2/3 <i>Kim</i>	Strictly Strength L2/3 <i>Katie</i>	Core-N-Strength L2/3 <i>Kim</i>	Yoga Basics & Flow L2 <i>Amy</i>			9:30 to 10:25 AM November Only Stretch 101 L1-L3 (Weather Permitting) <i>Lisa</i>	
10:45 Roll, Release & Stretch L2 <i>Gretchen</i>	Yoga Flow L2 <i>Amy</i>	Slow Flow Yoga L2/3 <i>Katie</i>	Restore, Balance & Flow Yoga L1/L2 <i>Jennifer</i>	Roll, Release & Stretch L2 <i>Gretchen</i>			10:20 - 11:15am Low Impact Cardio Aerobics & Stretch L1-L3 - <i>Shirley</i>	
11:50 Zumba Gold Seated L1 <i>Jeanie</i>	Sit & Be Fit L1 <i>Jeanie</i>	Staying Active with Arthritis L1 <i>Jeanie</i>	Sit & Be Fit L1 <i>Lisa</i>	Staying Active with Arthritis L1 - <i>Jeanie</i>				
12:55		SGT - Urban Poling (Nordic Pole Walking) L1 - TBD	SGT - Urban Poling (Nordic Pole Walking) L1 - TBD					
2:00 November Why Your Breath Matters <i>Nina</i>	Tai Chi / Qigong L1 <i>Anney</i>		Tai Chi / Qigong L2 <i>Anney</i>	Tai Chi / Qigong L1 <i>Anney</i>		SCLH Booking 1:00 to 3:00 PM		
3:05 Chair Yoga L1 <i>Amy</i>	Healthy Living Exercise L1 <i>John</i>		Healthy Living Exercise L1 <i>John</i>	Tai Chi / Qigong L3 <i>Anney</i>				
4:10 November Why Meditate? <i>Sheri</i>								
5:30 5:30pm Yin Yoga L1-L3 <i>Nina</i>			4:30 - 5:30pm November Mindfulness & Meditation - <i>Jennifer</i>		SCLH Booking 4:10 to 7:00 pm			
Punch Pass - Group Exercise Classes 55 minute \$5.50			Wellness Classes session based, sign-up ahead each month					
Fast Pass - 30 min Group Exercise Class \$3.50			SGT - Small Group Training (55-60 minutes) session based, sign-up ahead					
L1 - beginner L2 - intermediate L3 - advanced *More information about class descriptions in WellFit section of website: sclhresidents.com								
<p>CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.</p>							<p>SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE</p> 	

KS WellFit Class Schedule November/December 2022


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:30	Intro to Cycle L1 <i>Helena</i>		All Cycle L1-L3 <i>Erin</i>			All Cycle L1-L3 <i>Helena</i>	
8:35	Cardio Strength L2/L3 <i>Helena</i>	Strength & Athletic Stretch L2 - <i>Helena</i>	Yoga Flow L1/L2 <i>Erin</i>	Zumba & Toning L2 <i>Ruby</i>	Low Impact Cardio Aerobics & Stretch L2 <i>Beth</i>	Cardio Strength L2/L3 <i>Helena</i>	
9:40	Strength Barre Fusion L2/L3 - <i>Katie</i>	Zumba Gold L2 <i>Joanie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 - <i>Beth</i>	Yin Yoga L1-3 <i>Helena</i>	
10:45	Yin Yoga L1-L3 <i>Katie</i>	SGT - Posture, Core & Balance L1/L2 - <i>Craig</i>	Zumba Gold L1/L2 <i>Joanie</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 - <i>Nina</i>		
11:50	November Fit 101 - <i>Gina</i>	SGT - 'Fun'ctional Fit L3 - <i>Deanne</i>	November Fit 101 - <i>Gina</i>	SGT - 'Fun'ctional Fit L3 - <i>Deanne</i>	November Urban Poling (Balance & Fall Prevention) - <i>Rex</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
12:55	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>Craig</i>	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>MaryAnn</i>	Wai Dan Gong L1 <i>Joan</i>		SCLH Booking 12:00 to 2:00 PM
2:00	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - TBA		
3:05	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	3:10pm Tai Chi / Qigong L3 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>			Shuffleboard 2:00 to 5:00 PM
4:10	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>		New! November TRX Circuit - <i>John</i>				
4:45		Karate 4:45 to 6:00 PM					
6:00		Water Volleyball 6:00 to 6:30 PM			SCLH Booking 6:00 to 8:00 PM		
	Punch Pass - Group Exercise Classes 55 minute \$5.50		Wellness Classes session based, sign-up ahead each month				
	Fast Pass - 30 min Group Exercise Class \$3.50		SGT - Small Group Training (55-60 minutes) session based, sign-up ahead				
	L1 - beginner L2 - intermediate L3 - advanced *More information about class descriptions in WellFit section of website: sclhresidents.com		SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE				
	CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.						

OC Aqua WellFit Water Walking/Volleyball/Class Schedule November/December 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Water Walking drop-in	OC	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	OC	OC
7:30	Aqua Surge L2/L3 <i>Renee</i>	Water Walking drop-in	Aqua Surge L2/L3 <i>Jennifer/sub</i>	Water Walking drop-in	Aqua Surge L2/L3 <i>Gina</i>		
8:35	Power Waves L3 <i>Jennifer</i>	8:45am Aqua Intervals L2/L3 <i>Jennifer/sub</i>	Power Waves L3 <i>Jennifer/sub</i>	8:45am Aqua Intervals L2/L3 <i>Lisa</i>	Power Waves L3 <i>Gina</i>		
9:40	Splash L2 <i>Jeanie</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Jennifer/sub</i>	Fluid Moves/Splash L1/L2 - <i>Nina</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Lisa</i>	Splash L2 <i>Lisa</i>	Water Walking drop-in	Water Walking drop-in
10:45	Fluid Moves L1 <i>Lisa</i>	Water Walking drop-in	SGT - Therapeutic Water Exercise - <i>Nina</i> Shared with Water Walking Drop-in	SGT - Therapeutic Water Exercise - <i>Lisa</i> Shared with Water Walking Drop-in			
11:50	Water Walking drop-in	Water Walking drop-in	SGT - Therapeutic Water Exercise - <i>Nina</i> Shared with Water Walking Drop-in	Water Walking drop-in	Water Walking drop-in		
2:00	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm
4:00	Power Waves L2/L3 <i>Danielle</i>	Water Walking drop-in until 8:30pm	Aqua Pilates L2 <i>Andee</i>	Water Walking drop-in	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8pm	Water Walking drop-in until 8pm
8:30	Water Volleyball 5:45 to 8:15pm	Water Walking drop-in until 8:30pm	Water Walking drop-in 6:00 to 8:30pm	Water Volleyball 5:20 to 8:15pm			
Group Exercise Classes - 55 minutes (punch pass) \$5.50		Small Group Training - SGT - 60 minutes (session based, sign up ahead)					
L1 - beginner L2 - intermediate L3 - advanced *More information about class descriptions in WellFit section of website: schresidents.com							
CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.		SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE					

Water Volleyball schedule for the Kilaiga Springs pool available on WellFit's online reservation page.

Pilates Reformer WellFit Class Schedule November/December 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - Nina		Reformer L1-L2 <i>Cynthia</i>			
8:30	Reformer + Mixed Equipment L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - Nina	Reformer Basics + L1-L2 - Cynthia	Reformer Therapeutic Stretch L1-L2 - Nina	Reformer Basics + L1-L2 - Valerie		
9:30		Reformer Basics + L1-L2 - Cynthia	Reformer Basics + L1-L2 - Cynthia	Reformer Basics + L1-L2 - Andee	Reformer + Mixed Equipment L1-L2 <i>Valerie</i>	Reformer Basics L1 <i>Sandra</i>	
10:30	Restorative Reformer L1 <i>Nina</i>	Reformer Basics + L1-L2 - Cynthia	Cardio Jump & Core L2 - Gretchen	Reformer Basics + L1-L2 - Andee	Reformer Basics + L1-L2 - Valerie		
11:30	Therapeutic Reformer L1 <i>Nina</i>	Reformer L1-L2 <i>Andee</i>	Cardio Jump & Core L2 - Gretchen	Reformer L1-L2 <i>Cynthia</i>	11:45 Cardio Jump & Core L2 - Gretchen		
12:30					12:45 Cardio Jump & Core L2 - Gretchen		
2:00							
4:15	4:15pm Reformer Basics L1 <i>Andee</i>	4pm Introduction to Movement on the Pilates Reformer <i>Andee</i>		4:15pm Reformer L1-L2 <i>Valerie</i>			
All classes are subject to last minute cancellation for insufficient registration or instructor illness.							
All classes are 55 minutes unless otherwise noted and are subject to change without notice.							
Basic-Beginner L1 -Intermediate L2-Advanced *Class descriptions on MindBody when signing up class							
Wellness Classes - session-based classes, please purchase ahead at Fitness Front Desk or online enrollment: sclhresidents.com							
						SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE	
							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on sclhresidents.com

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

HOURS SUBJECT TO CHANGE

Orchard Creek Lodge & Kilaga Springs Lodge MON–SAT: 8:00 AM–9:00 PM SUNDAY: 8:00 AM–5:00 PM	The Spa at Kilaga Springs MON–FRI: 9:00 AM–6:00 PM SATURDAY: 9:00 AM–5:00 PM
Membership Desk MON–FRI: 9:00 AM–5:00 PM	Meridians Restaurant Meridians / Sports Bar DAILY: 7:00 AM–8:00 PM
Lifestyle Desks (OC/KS) MON–SAT: 8:00 AM–8:00 PM SUNDAY: 8:00–4:00 PM	Curbside Pickup: DAILY: 11:00 AM–7:00 PM
WellFit (OC/KS) MON–FRI: 5:30 AM–8:30 PM SAT–SUN (OC): 7:00 AM–8:00 PM SAT–SUN (KS): 5:30 AM–6:00 PM	SCLH Delivery: DAILY: 4:00 PM–7:00 PM
	Kilaga Cafe MON–SAT: 8:00 AM–3:00 PM

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Linda Minor: 707-235-0778
Neighbors InDeed916-223-2763 neighborsindeed.org
Lincoln Hills Foundation....916-434-0749 . lincolnhillsfoundation.org
Lodge Library Contact..... Sarah Kevin: 408-858-0880

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