

COMPASS



Navigate Your Way Through Sun City Lincoln Hills



17 Volunteers Go Back to “SCHOOLS”

19 Never Too Old to Ace the Course



IN STOCK FLOORING - IN STOCK CABINETS

KITCHEN REMODELING - BATHROOM REMODELING - REMEDIATION SERVICES

COUNTERTOPS - BACKSPLASH - FLOORING

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ELK GROVE

(COMING SOON!)

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On the Cover
John Duggan – The Ace
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Photo by David Wright

Calendar of Events

September 18 - October 17

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

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Upcoming Association Meetings: September 15 – October 27

Finance Committee	Thursday, September 15, 9:00 AM
Board of Directors	Thursday, September 22, 9:00 AM
Board of Directors Executive Session	Thursday, September 22, 11:30 AM
ARC/Architectural Review Committee	Monday, September 26, 9:00 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, October 4, 9:30 AM
Compliance Committee	Wednesday, October 5, 9:00 AM
Accessibility Committee	Wednesday, October 5, 9:00 AM
Properties Committee	Thursday, October 6, 9:00 AM
Elections Committee	Friday, October 7, 10:00 AM
ARC/Architectural Review Committee	Monday, October 10, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, October 11, 10:00 AM
Board of Directors Workshop	Thursday, October 13, 9:00 AM
Board of Directors Executive Session	Thursday, October 13, 1:00 PM
Finance Committee	Thursday, October 20, 9:00 AM
ARC/Architectural Review Committee	Monday, October 24, 9:00 AM
Board of Directors	Thursday, October 27, 9:00 AM
Board of Directors Executive Session	Thursday, October 27, 11:30 AM

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

VOLUNTEER OPPORTUNITIES

Committee Openings

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

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

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



Board of Directors' Report 2023 Budget

Chuck Cunningham, Director

This year there has been a major effort by our staff to prepare a 2023 budget, given the high rate of inflation in our economy, which is impacting Lincoln Hills. Our budget is comprised of three elements – Operations, Reserves, and Carryforwards. Lincoln Hills operations consists of seven departments which budget revenue and expenses, Administration, Communications and IT, WellFit, Food and Beverage, Lifestyle, Facilities and Maintenance, and the Spa at Kilaga Springs.

To initiate the 2023 budget process, in early May, the Finance Department provided each of the above departments' management a copy of the current year's budget along with actuals from the previous four years. In addition, they were provided with the current year's actual-to-date along with the department's forecast for the remainder of the present year. This data was provided to the departments with a scheduled period to prepare a draft 2023 budget, including projected revenue and expenses for each of the department's accounts.

To maintain our quality of life, our department management needs to determine what revenue will be projected for each department along with all departments' expenses. This analysis includes department heads reviewing historical data and projecting the upcoming 2023 functions and activities.

In 2022, our monthly operations expense assessment totaled \$112.21. Our reserves expense added \$27.00, making the total expense assessment \$139.21. Fortunately, a "carryforward" from 2020 of a positive value of \$6.21 has allowed the Association to establish the dues for this year to be \$133.00. This data,



Board recognizes the Architectural Review Committee for their volunteer service to the community. Pictured left to right back row George Beshak, Louis Bobrowsky, Ed Kiburis, Richard Bostdorff (Co-Chair), Gary Shamber. Front row Mary Merlock, Helen MacLaren, Beth Marschel, Carole Dummett (Chair) Jeanine D'Anneo-Belli, not pictured Judith Wechter.

along with the previous four years, is illustrated in the table below. It is noticeable that the total assessments have remained unchanged for three years. This was due to the pandemic shutting a portion of our operations, resulting in reduced costs.

For 2023 we will have a planned carryforward of \$3.28, which is \$2.93 less than the 2022 \$6.21, resulting in our need to address significant expense increases.

Since late July, the Board of Directors, and the Finance Committee, have conducted periodic meetings with department heads to review and assess their draft budget progress for financial goals and objectives.

At the open Budget Presentation Meetings, the homeowners were able to see the preliminary budget numbers for each department and were able to ask questions and make comments as to the direction being considered.

Following the open budget review meetings, the staff, Board, and Finance Committee will analyze open meeting questions and comments as part of the continued budget preparation. A draft budget is expected to be presented to the Board at the September 22, meeting. Once a budget is approved, it will be distributed to homeowners in November.

Operating Departments	2018	2019	2020	2021	2022
Administration	21.82	22.51	24.59	25.57	29.69
IT & Communications		4.34	4.52	5.7	5.13
Lifestyle	6.26	3.68	3.21	4.51	3.68
KS Spa	-0.19	-0.24	-0.55	0.15	-0.06
WellFit	5.89	6.18	6.86	7.69	7.25
F&B	0.44	-0.02	0.15	1.26	0.87
Facilities	65.12	68.58	70.25	62.67	65.65
Total Operations	99.34	105.03	109.03	107.55	112.21
Reserves	20.97	21.97	23.97	26	27
Assessments before Carryforward	120.31	127	133	133.55	139.21
Carryforward/Adjustment	0.69	0	0	-0.54	-6.21
Monthly Assessment	121.00	127.00	133.00	133.01	133.00



A Note from the Executive Director

Kyle Bodyfelt, Executive Director

"Be just a little bit kinder than necessary, including to yourself."

– Tim Ferriss

Homeowners' Associations are built to create community, including all of the physical amenities and human relationship benefits that are often included. Lincoln Hills has all of the hallmarks of a 'community,' from the simplicity of villages to the complexity of a large-scale community that includes two expansive lodges, a Sports Plaza, over 70 clubs, major events, wide ranging open space and landscaping, and a significant governance structure.

When one considers the enormity of the Lincoln Hills operation, it truly is an amazing community shared by the collaboration of homeowner volunteers, homeowner staff, and a diverse, versatile professional staff. Most days in the seven-day, 52-week operational endeavor go smoothly and involve residents enjoying the benefits of incredible amenities and activities. Amid great experiences and satisfying social activities, we all see the occasional outbreaks of mistakes or accidents that can lead to people being upset. While 'stuff happens' in an operation of this magnitude, we strive to work with residents and guests to resolve any issues that arise.

Is it just me, or have you noticed a significant decrease in civility over the past couple of years? Whether in person or online, instances of humans behaving badly seem to be more common now. Internet-based social media is an especially ugly vehicle for mean discourse. Unfortunately, we all see instances of this happening in our own backyard.

Whether at the Sports Plaza, a Lincoln Hills Lifestyle event, the swimming pool, the Sports Bar, on your street, or online, we are sadly becoming accustomed to unfavorable and ugly interactions.

This community cannot tolerate inappropriate behavior towards residents, staff, and the vendors who entertain the community. Please take a pledge with me to be part of the solution in creating the cooperative community that Lincoln Hills aspires to be. As I stated above, most days in Lincoln Hills are filled with positive resident experiences. Regrettably, the negative experiences are often most impactful on how one feels about their community.

"The greatness of a community is most accurately measured by the compassionate action of its members."

– Coretta Scott King

As stated previously and is representative of the mission of this community, a compassionate group of residents contributes immensely to the well-being of their fellow residents. It is done out of the desire to create community and care for each other. This translates not only to how residents treat each other but also to how we interact with guests, vendors, entertainers, and staff.

Thank you for being a part of the solution, or at least not adding fuel to the fire that may have started. While we do not have control of everything in our environment or issues that impact us, we do have control of how we react. In the day-to-day trenches, we can choose to respond in anger, or we can choose kindness. Please choose kindness, not only for others but for yourself.





Finance Committee

Looking to 2023

Fred Raach, Chair

This month’s article provides a short summary of the Association’s financial position at the end of July. It describes the Finance Committee’s role in the process of developing the budget and proposed dues for 2023.

At the end of July, Association expenses net of revenues were \$40,000 less than expected in the budget plan, a \$44,000 improvement over the end of June results.

In July, gross revenue, including both dues and income from operations, was expected to increase from \$1.5 million to \$10.1 million. Actual revenue was \$30,000 better than plan. Expenses, i.e., operational costs and the reserve contribution, were projected to increase from \$1.6 million to \$10.5 million. Actual expenses were \$14,000 less than planned for July. Through July, expenses exceeded revenue by \$324,000, compared to the budgeted figure of \$364,000.

The chart in this article illustrates year-to-date performance by department and, as shown, all departments except Lifestyle and Facilities and Landscaping are doing better than planned. However, both of those departments had better than planned results in July, reducing their deficits for the year.

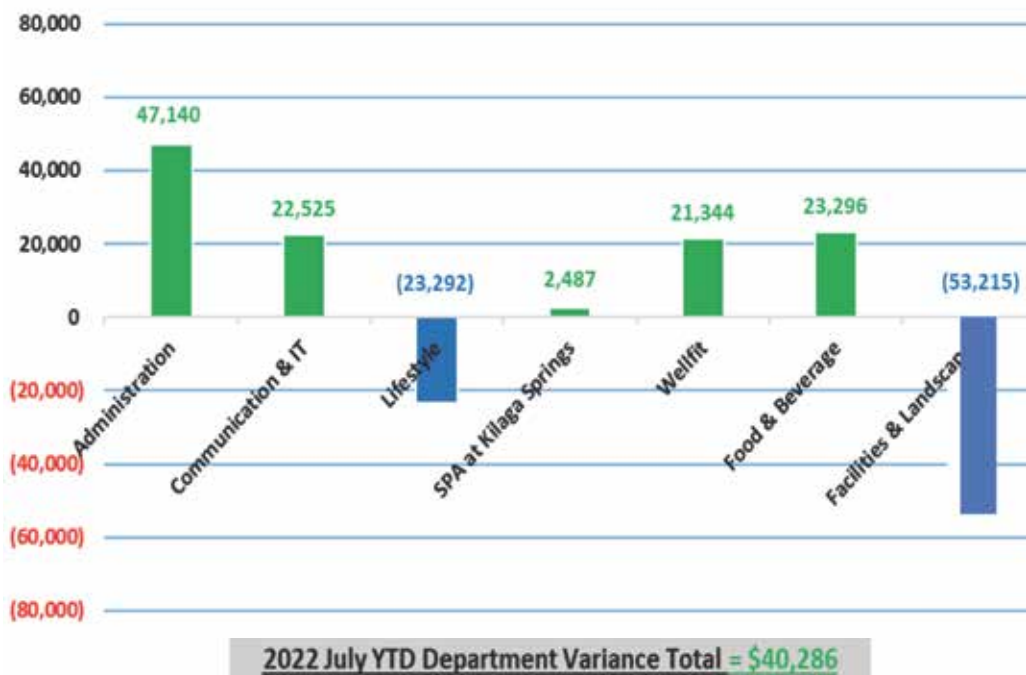
The process of determining the dues for next year begins with the operating departments estimating

what level of expenditures they must make and what amount of revenue they will generate in the coming year. Finance Committee liaisons work extensively with their assigned department management to understand and perhaps challenge and suggest alternatives to the plans and assumptions underlying the estimates. This process began in May and continues with numerous meetings and discussions still ongoing. Proposed budgets are examined line by line and compared to prior budgets and actual recent experience. Board members are also involved in the process to provide guidance and insight and to give them a full understanding of the bases for the estimated expenditures and revenues.

In addition to the operating budget, the recommended dues contribution to the reserve fund is developed and analyzed by staff and the Committee to ensure adequate monies will be available to fund necessary replacements throughout the 30 years in the Reserve Study.

The Finance Committee will, in its September 15 meeting, pass a motion recommending the Board approve the operating budget, the reserve contribution, and the dues structure for 2023. Residents can be comfortable that these items have been thoroughly reviewed and evaluated by the Finance Committee for achievability and effective use of our resources.

2022 JULY YTD DEPARTMENT ACTUALS vs BUDGET VARIANCE





Architectural Review Committee Revised Design Guidelines

Richard Bostdorff, Co-Chair

After more than a year of input and discussion, we are finalizing revised Design Guidelines. We update the guidelines as required and with input from residents, ARC committee members, Community Standards staff, and other sources. These updates were designed to clarify some language, simplify the landscaping application, and address some confusion on paint applications. Highlights of some of the changes are outlined below but be sure to use the most current Design Guidelines and checklists, in completing any application.

There are three major changes to landscape applications:

1) We eliminate all the calculations concerning the number of plants per 100 square feet, and revise the requirement to 50% coverage of a landscape area within three years. This change eliminates the calculation worksheet, which has always been cumbersome for the applicants, the staff, and the ARC members. However, we still need a list of plants (types, sizes, and size at three years) using the application plant list. We do require a detailed landscape plan drawn to scale, but it does not have to be prepared by a professional landscaper. It must show the dimensions of the changes, hardscape, plant placement, and type (color coding plants by plant type is very useful), and if trees are included, appropriate setbacks, including distance from the property line, etc. The other landscape requirements remain mostly the same, including bark, rock placement, etc.

2) For stamped and colored concrete, we still

require color samples that are consistent with the guidelines. We now require sealing of the concrete as recommended by the installer, and the sealing must be of matte (not gloss) finish and regularly maintained to prevent deterioration.

3) Street trees are required in all front yards by the City of Lincoln and the General Development Plan. Appendix A now highlights acceptable street trees.



If you have a corner lot, two street trees are required on the side of the lot. A street tree is a minimum of fifteen gallons with a minimum planting height of six feet from adjacent ground level. Street trees must be a single trunk, topped by foliage canopy, able to reach a twelve feet height at full maturity and maintained at twelve feet minimum height. One caution, Crepe Myrtles are a popular street tree, but make sure you plant a single trunk type. See the pictures below of an acceptable tree and a multi-trunk version of the same tree. We have eliminated the requirement for a street tree in the

rear of open space and golf course lots.

Last, we are in the process of simplifying the paint application, adding some additional palettes, and expanding the trim colors. More on that in the future. As a reminder, you must put in an application to repaint your home. You can use your original colors if Community Standards has them recorded, or you can get them from Pulte if they do not have them. If not, you must choose from the existing color palettes when submitting your application.

Your ARC is always at work for the betterment of the Community.



Compliance Committee

Stay Out of Trouble

David Mateer, Chair

Sometimes it is easy to stay out of trouble, sometimes, that is not the case. It may be something you do or something you forgot to do that can cause a problem. Today, we will review some items to help you and your yard avoid trouble.

First, some tips on things to avoid doing. Landscaping and decorating your yard can be a subjective thing. However, there are some things that will likely bring you undesired attention. From time to time, someone wants to bring some added pop or color to their yard. There are many ways to do this

with your selection of plants for your yard. Please do not do this by using red chipped wood/bark. It is prohibited and generally noticed within three to four weeks. Similarly, large or colorful yard art items should not be in the front yard. If there is an item you like, find a great spot in the backyard to enjoy it. Yes, the pink flamingo pictures were found in our community. All yard decorations, if visible from neighboring property, do require ARC approval and will be evaluated in terms of their size, location, and harmony with the character of the community. All visible yard decorations will require screening upon installation.

Changing the areas of rock and turf does require ARC review and approval. Adding or increasing the amount of rock in your front yard may seem like a way to reduce maintenance. It can be if done correctly and with approvals. Unfortunately, if done without approval, it may cause some problems and be expensive to correct. With all conversation about saving

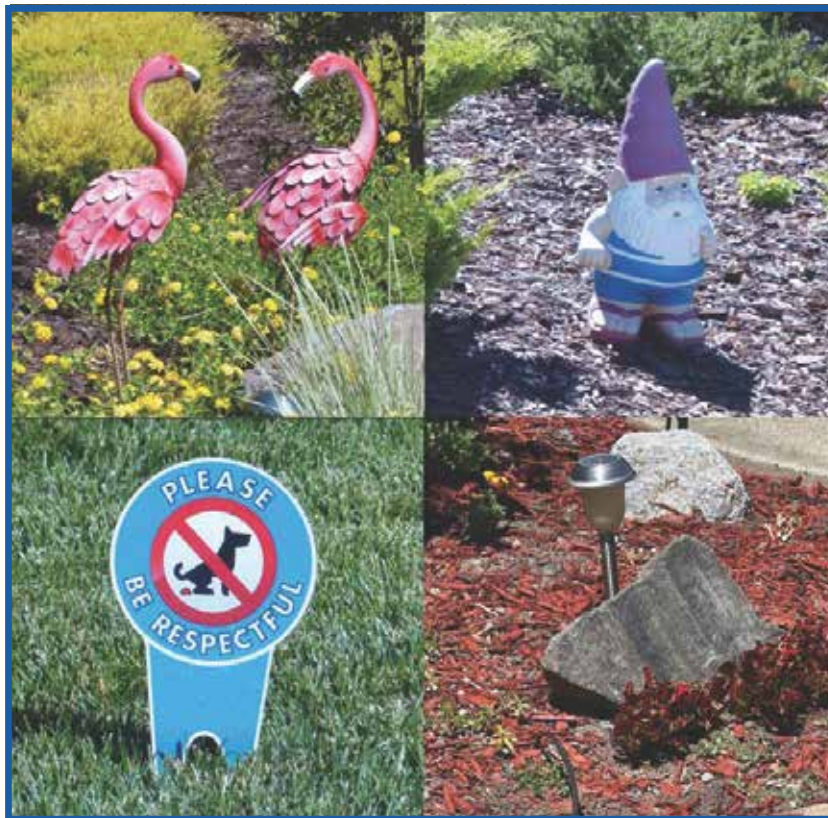
water, some owners wish to reduce or eliminate their front yard lawns. This can be done provided ARC review and approvals are obtained first. This is primarily to ensure that the revised landscape has the appropriate addition of plants to be attractive and provide the required plant coverage. Surprisingly, some have just covered the area with wood chips, and I guess waiting to see if anyone will notice.

For many owners, it is the deferred maintenance that can be a problem. Some aspects of maintaining our property are never ending, unfortunately. Keeping bark/chipped wood in the planter areas is

one of those continual efforts. It is likely one of the most common items in our community. I just cannot figure out where it all goes. There should not be areas where the dirt or main irrigation lines are showing. If you have bushes in your front yard along your side property line, they should be maintained so as not to be over four feet tall or going over the property line. Regular painting of the wood fences and wood areas on the home keeps your

property looking great and also avoids the effects of weather on the wood areas. An investment in painting can pay off greatly in avoiding costly wood repairs.

Should you notice a property that needs some attention, please get in touch with Community Standards. Also, complaint forms are on the Resident Website. They reach out to the owner to get things taken care of. The vast majority of our community does an excellent job of attending to problem areas once they are aware of them.





Accessibility Committee Ideas Spawn Action

Judie Fertig Panneton, Chair

The Accessibility Committee is making progress, thanks to ideas that have resulted from the recent resident survey, suggestions from committee members and residents, and input from our Executive Director.

With 36.55% of the 2088 survey respondents reporting vision impairments, recommendations were made for the Association, committees, and clubs to ensure that written communication with residents is more accessible. Committee member Joan Brant-Love shared ideas such as a strong contrast, like black lettering on a white background, to make it easier to read words than red, blue, or green typeface. Font style font matters, too, she explained, with fancy-looking fonts being difficult, if not impossible, to read by those with vision impairments. Preferred are fonts like Arial and a minimum of 14 size. What to avoid includes like-colored backgrounds and letters and patterns.

Also suggested were ideas for forms like bold signature lines and ample space between text lines. If check boxes are included, she said, they should be large.

Regarding slide presentations, one graph per page and space between columns would be more accessible, according to Brant-Love.

Kyle Bodyfelt, the Association's Executive Director, commented that he will work with staff and the committees to help standardize communications. He also indicated that an accessibility checkbox on some forms could be added for when items, such as furniture, are purchased. Several comments from the survey centered on uncomfortable chairs in common areas. Bodyfelt informed the committee that some pool and hot tub chair lifts had been installed in both gyms, as well as a sliding door from the lobby to the locker room at the Orchard Creek gym. Curb accessibility and improved lighting changes are also being made.

The Accessibility Committee is working with the Communications, and Community Relations Committee on some possible Community Forums addressing information about such topics as planning ahead when people cannot independently live here, assisted living facilities, taking care of aging parents, in-home caregivers, etc.

Committee member Denny Valentine suggested that a large sign be erected in the Kilaga Springs



Library where written resources are available on those topics and more so that people can be alerted to their availability.

The topic of a resource connector, someone who could refer residents to similar information, came up again at the latest committee meeting. Committee members Denny Valentine and Marcia VanWagner, reported that the Lincoln Hills Foundation is looking into possible funding for such a resource, similar to a Sun City Roseville employee in the Community Standards Office.

Committee member Don Nelson provided information for preparedness concerning emergencies such as possible power outages, unexpected road closures, fires, evacuations, weather emergencies, missing persons, etc. Residents can be notified by the Placer County Alert System. To learn more, visit: placer.ca.gov/2426/Placer-Alert.

Each Accessibility Committee Meeting on the first Wednesday of the month at 9:00 AM, P-Hall (KS) and on Zoom, is filled with valuable information and ideas. The committee can be reached at AC@sclhca.com.

For example, a resident recommended that *Compass* have a section devoted to Placer County information regarding emergency preparation. Committee member Nelson suggested a possible evening trial transportation program with Dial-A-Ride, which only operates during the day. (The recent survey showed that several people asked for more transportation options.)



Lifestyle News & Happenings

Lifelong Learning Fuels Creativity and Innovation

Allison Sertic, Lifestyle Manager

I first stepped foot in the doors of Lincoln Hills on March 14, 2022, for my first interview for the Lifestyle Manager position. After the interview, which obviously went well, Deborah McIlvain gave me a tour of Orchard Creek Lodge. I was energized when I started walking through the hallway and saw classrooms full of people learning and creating. I was already excited about the potential opportunity, but the knowledge that I could be a huge part of the culture and progress of offering residents experiences and occasions for exploration and learning fed my soul.

"I have no special talent. I am only passionately curious."
– Albert Einstein

I have always been drawn to environments and people that inspire creativity and innovation. Open hearts, open minds, and open doors keep us connected and working together to improve and grow in our personal lives

as well as our professional ones. Education – learning – is the bedrock from which this openness comes. With openness comes understanding and acceptance, which will eventually lead to the motivation for growth and change, as long as we keep the anxiety, uneasiness, and fear of failure at bay. I understand the ease of this varies from person to person, though. I strive always to provide reasoning, information, and support whenever it is sought.

"Education is not the filling of a pail, but the lighting of a fire." – William Butler Yeats

I will stay on my (hopefully upbeat) soapbox a little longer and give you "the why." I believe we are in several periods and spaces of transition; globally, locally, and personally. What has happened in

the past three to five years has forced change, in one way or another. Personally and/or professionally, some have experienced a bit of change, but many others have literally been flipped on their heads. The landscape has changed – it is still changing, and now it is up to us to embrace that momentum as a springboard for creativity and innovation. I am fired up, and I am working to bring as many as I can with me into the fold of this tremendous opportunity. Many residents are looking for some change, and our Lifestyle team is exploring and learning more each day. We are ready to roll out new additions and experiences to our long-standing favorite activities and offerings. Some of the changes we have already made

might feel very subtle to residents, but with the size of Lincoln Hills and the many different systems, departments, and staff that changes need to go through, many have proved to be substantial in our "back of the house."

But, the more

we do, the more we learn and the easier they will become. We know changes in processes, systems, formats, and promotion might feel like work to some. But, honestly, change is work. It pushes us out of our "comfort zones" and requires us to pay attention, read more, and learn.

We are launching our Lifestyle Listening Campaign, but first we need your help. We have learned that many folks forget to contact Membership to update their contact information. If yours has changed since you first moved here, please contact Lisa Hammons, Membership Coordinator. We want you to be included. We want to hear you and learn about your interests and wishes. So, let's keep this momentum going.





The Spa at Kilaga Springs
Life Long Learning
KarriLynn Keith, Spa Manager

Throughout our lives, we are taught valuable lessons that shape us into who we are. From our first moments as infants to our golden years, we are blessed by loving individuals to guide, nurture and teach us how to maneuver through this crazy world and thrive. Even through the craziest of times, my parents and family were always there. Their guidance and encouragement taught me many life lessons that still ring true to this day.

The most beautiful advice I ever learned was from my daddy. He taught me to work hard and give 100% in everything I did, never give up on myself, always be honest, loyal, and a woman of my word. Those sentiments and gentle wisdom have taken me so far in this life. Some of those life lessons were hard knocks, where I learned valuable lessons that gave me strength, courage, and resilience that I never even knew I had.

Some were the greatest adventures of my life. I was able to travel to Sri Lanka to assist in rebuilding tiny communities after the deadly tsunami and 2005. I was forever changed in those moments because I understood what happiness and joy were all about, and material things are not that important. Our truest gift in life is our family and the community.

We each have amazing mentors throughout our lives that encouraged us to be the absolute best that we can be and pushed us through the limits that we perceived as possible. With their belief, guidance, and their encouragement, we are each able to master tasks and conquer fears we perceive to be insurmountable. I am so grateful for all of those lessons because they made me who I am today.

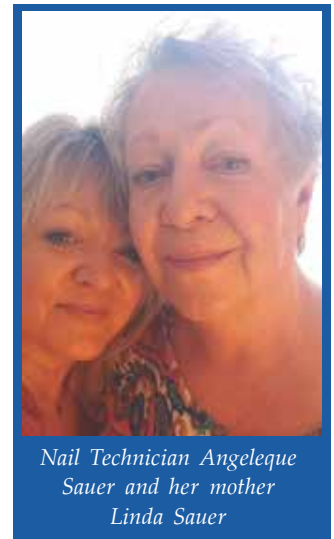
In my career, I have been so very blessed to invest

wisely in my training. It birthed an insatiable hunger for knowledge that would carry me through my entire career and into my future. I look at the beautiful women who surround me here in the spa. Each and every one of our team has found their passion in what they do.

They continue to grow, challenge themselves to master new, innovative treatments, and strive to perfect their craft. Each of our staff has invested in our original core classes and advanced certifications in age-defying skincare classes, new massage techniques, neuromuscular training, and even specialized foot and nail care to ensure they provide the absolute best for each and every service.

We here at The Spa at Kilaga Springs commit to you that we will continue to grow and evolve and bring new exciting treatments and innovative spa services, but we will never forget our roots. Kilaga Springs was originally founded on an amazing idea that two gentlemen created and developed a healing resort featuring healing waters that transformed all types of malaise, disease, and illness. Sadly, the resort came to a tragic end but gave us the foundation for our gorgeous Kilaga Springs Spa. We are so blessed to be able to continue the legacy with our healing treatments and tranquil surroundings.

This fall, we are very excited to introduce our New Treatment Menu that will continue the healing legacy of Kilaga Springs. So, stay tuned for more!



Nail Technician Angeleque Sauer and her mother Linda Sauer

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- Realtor Pre-Staging



WellFit News

Discover and Learning

Deborah McIlvain, Lifestyle, WellFit & Spa Director

"People can often do more, change more, and learn more – often far more than they've ever dreamed possible. Our potential is hidden in plain sight all around us."

– Barbara Oakley PHD.

Keeping our brains active and engaged in new areas also has cognitive benefits down the line. According to one study, people who knit, sew, do carpentry, play games, use computers or read have greater cognitive abilities as they age. Another study found the more cognitively stimulating activity you engage in lowers the risk of Alzheimer's.

Learning could even extend your life. People who read books for more than three and half hours a week are 23% less likely to die over a 12-year period.

Discover and develop a new skill. We are fortunate to live in such a diverse community with all the different classes, events, and sports at your fingertips! To find out what is going on, go to the Resident Website or take a look at our *Compass*. Lincoln Hills is not just about all the activities but is also about being involved. Volunteering will engage your mind as you discover new things. Get involved in a committee, run for the Board, bring your experiences and continue to learn by giving back. But what about discovering a new hobby like sewing, cooking, or craft classes? Learn a new sport like Golf, Tennis, Bocce, Pickleball, Softball, and even Shuffleboard. Did you know that exercise is one of the most surprising and easiest ways to enhance our learning? Physical activity can actually help us grow new brain cells and neurotransmitters;

it has also been shown to improve long-term memory and reverse age-related declines in brain function. Just walking 10 minutes every day has shown to help. We live in a diverse community that gives you all this at your finger's tips, so get up and start discovering today!

WellFit has some great programs and classes planned for the fall and next year. We have our annual Breast Cancer walk/brunch coming up, along with new wellness classes. See our ad on page 78.

Currently we are having problems staffing and getting substitutes for some of our classes. We

are working diligently to get the classes covered and find qualified instructors to join our team. Apologies ahead of time as we need to cancel more classes than we like due to vacations and sick leave.

We have some equipment needing repair (tread-



mills, Ellipticals, Recumbent bike, and Assisted pull-up) that has been down for some time due to not being able to get the parts in. I will also be looking into replacing some of our old selectorized equipment at Orchard Creek and LifeFitness Ellipticals at Kilaga Springs. Look for eNews and information coming soon, as I would love to hear your feedback and suggestions.

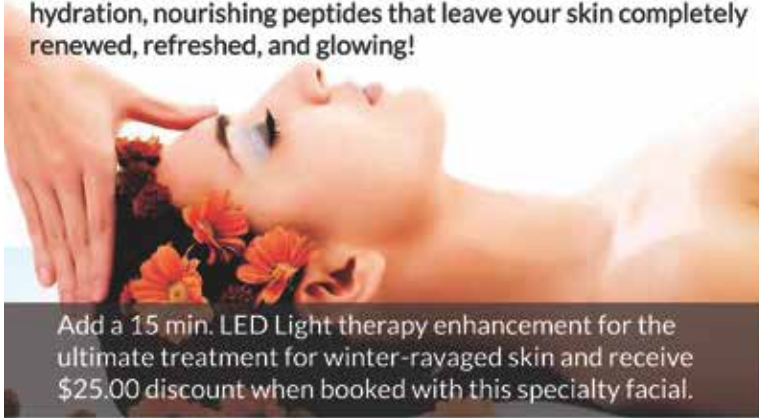
Many of you have been asking about Danielle Merrill, our WellFit Program Manager. She had her second baby, Porter, at the end of July. Mom and son are doing great. We look forward to her return in October. If you have questions regarding classes or Pilates Reformer, you can contact me.



DO YOU SPA?

Winter Apple Harvest Specialty Facial \$150 (Value \$178)

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Learning is Lifelong

Shirley Schultz, Roving Reporter



“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.”
– Henry Ford

Our society tends not to value aging or getting old. The reality is that death is the only cure to prevent getting older. Like it or not, each of us has to deal with aging and the constant changes

that accompany it. Lifelong learning can help us enjoy the ride through these various changes or life stages.

Dictionary.com defines lifelong learning as “the provision or use of both formal and informal learning opportunities throughout people’s lives in order to foster the continuous development and improvement of the knowledge and skills needed for employment and personal fulfillment.” The majority of people reading this are at that stage of life where they are focused on fulfillment and making sure their lives have meaning. Many questions arise regarding how to achieve that.

Brain health is important for lifelong learning. Scientists have shown that the aging brain can develop new synapses with exercises often referred to as

neurobics. They have found that taking on a new mentally challenging hobby or learning a new skill, such as learning to operate a computer or play an instrument, can indeed strengthen brain networks and memory. Look up www.braingain.info, and watch for classes offered by Dr. Alice Jacobs, Ed.D, MS, the next time WellFit offers such. Other WellFit classes, especially under the Personal Improvement section, such as those currently offered by Marcia VanWagner, can be extremely helpful for finding insights and answers to some of those nagging life-stage questions: *What if I am unable to remain in my house for the rest of my life? What is the best way to organize or get rid of my stuff? How do I communicate my last wishes?*

Although the phrase “Knowledge is Power,” predated Thomas Jefferson, he equated knowledge with power, safety, and happiness. Seeking opportunities for lifelong learning has been shown to cause improvement in vital areas such as socializing, brain and body health, and personal empowerment and satisfaction. The key is that one must be fully engaged and challenged in learning. Whoever said, “Aging is not for sissies,” got it right. Lifelong learning gives us the tools we need to reach the fulfillment we are seeking. Undoubtedly, faith and prayer factor in too.



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Patti Kingston



Volunteers Go Back to 'SCHOOLS'

Linda Lucchetti, Roving Reporter



SCHOOLS logo

Enthusiastic volunteers from the award-winning SCHOOLS (Sun City Helping Our Outstanding Lincoln Schools) Club anticipate making a difference again this fall by serving students and teachers in person after several years of COVID restrictions and uncertainties.

Operating since 2003 and founded by Lincoln Hills residents and retired educators Sandy Frame and Cindy Moore, SCHOOLS is unique among the 80 clubs at Lincoln Hills

because it is built on volunteerism.

Guiding SCHOOLS on its successful path is the Steering Committee consisting of long-serving dedicated members Cyndi Colloton, Patti Kingston, Crystal Elledge, and Irma Mendez. Cyndi is also the coordinator for new volunteers in Lincoln elementary schools, while Irma is the coordinator for new volunteers for Phoenix High School. Both are recruiting volunteers for the new school year.

Volunteers are screened and matched according to their skills and interests. "You don't have to have a background in education or experience," Cyndi states. "You must be a resident with a desire to help support a child and a teacher."

Volunteers at both elementary and high school levels complete a variety of tasks for teachers, from tutoring reading and math to copying materials. No job is too big or small for these volunteers!

Angela Morton, First Street Elementary School teacher for the past six years, remarked, "My students and I have been so blessed by the investment of time that the SCHOOLS volunteers provide. Each week my students would look forward to the special time and attention they were given!"

Cyndi, Patti, Crystal, and Irma share their experiences as testaments to volunteerism – opportunities for giving and receiving. Volunteers give their skills and time (hours are flexible) and, in return, gain the rewards of serving the community by helping its younger members.

Patti, who also writes the club's articles, believes she's been a "positive force" with the students. About Phoenix High School, Irma explained how crucial it is that volunteers tutor students who need to complete their graduation requirements. "We want to help Lincoln produce successful high school graduates," she said.

Crystal, also a volunteer at Phoenix, is happy to make a difference in high school students' lives and be "an adult who cares."

Currently, there are some 90 volunteers in SCHOOLS, with a growing need for many more. Do you enjoy giving back, and working with young people? Will you make a difference and create a legacy of helping others? Contact: Cyndi Colloton, ccolloton@yahoo.com.



SCHOOLS Volunteer Cyndi Colloton

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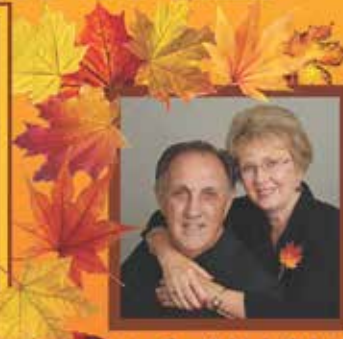
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John Duggan checking in at the “office”



Never Too Old to Ace the Course

David Wright, Roving Reporter

Like many folks do after retirement, John Duggan took a second profession chasing the little white ball. Though the salary does not begin to compare with his prior career, the payoff is priceless.



“The Fab Fore:” James, John, Al, and Bernie

Every week, he hops in his golf cart for the grueling commute to his office on the fairway and dutifully hacks away at his coursework. Then, this spring, John did something most golfers only

dream about. He got a hole-in-one. It was an early birthday present for the World War II Army Veteran—two months shy of turning 94.

Living in Lincoln Hills for 20 years, he considers himself “lucky to play in such beautiful surroundings.” John tees up for 18 holes every Tuesday with his regular foursome. Never having had a lesson, the long-life learner is self-schooled—picking up pointers along the way from his 50-plus years of hitting the links. Unlike the young duffers who kill their drives and then hold their breath awaiting the crash when they slice toward “those houses,” John learned to hit the ball low and straight.

His strategy paid off on the par three, seventh-tee of the Orchard Course, with his first hole-in-one. The green is slanted, and, at first glance, John thought his shot had

rolled off into the rough. He was prepared to take a penalty drop when one of his mates found his ball—in the cup.

Most golfers consider it a good game if they break a hundred. John considers it a good game if he is still able to play. Optimism is his lifeblood—which the 34-gallon blood donor is proud to share. Blessed with a positive attitude and good health, he hopes to keep playing until he turns 95—taking it one more year at a time. John adds, “whenever I begin another round, I look at it as taking off on another adventure.”

John lives his life like he plays—with drive and commitment. He and Suzanne, his wife of 72 years, have seven children, 15 grandchildren, and so many great grandchildren they need a scorecard to keep track of their ever-growing family. His advice for a successful marriage: “Love each other, and everything falls into place.”

The New Hampshire native, attorney, CIA manager, Lockheed supervisor, world traveler, and church minister has held many titles during his ten decades. But now that he has mastered golf’s ultimate conquest, John Duggan can be called “Ace.”



John warming up for another adventure



presents:

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The Lincoln Hills Foundation offers Bingo in the Ballroom Thursday, September 22. The cost is \$25 for 12 games. Winners get \$100 per game and \$250 for blackout. Door prizes will be awarded. Daubers and pop-ups are for sale. No alcoholic beverages are allowed during the games, and bring your own water. The doors open at 12:30, and games begin at 1:00 PM. To reserve a table for 8, send an e-mail to: lincolnhillsfoundation@gmail.com.



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DATE: Tuesday, October 4, 2022
TIME: 4:00 to 7:00 PM
WHERE: Sports Pavilion



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Email RSVP to: NNOCoordinator@sclhwatch.org or call Suzanne Rosevold at 775-790-0835 by Saturday, October 1, 2022.



Volunteers Prepare for October 4 National Night Out!

Teresa Tanin, Neighborhood Watch

September is National Preparedness Month, and Neighborhood Watch volunteers continue to prepare for the October 4 National Night Out. This is a time to thank our first responders and show would-be criminals that our community is prepared to discourage crime! Whether neighbors decide to celebrate in their own

backyards, garage driveways, or close off a street, our volunteers are here to help. Visit NW website sclhwatch.org under *Documents* for NNO Guidelines or email NNOCoordinator@sclhwatch.org for more information. Be sure to take a group photo of your NNO event and email it to NWritersCoordinator@sclhwatch.org, indicating your

Village#/MS#/Visiting officials' names. Only a few "actual size" high-quality photos will be published in the *Compass*, so send them by the October 10 deadline. For those not hosting their own NNO event, Neighborhood Watch is holding a special NNO event on October 4 from 4:00 to 7:00 PM at the Sports Pavilion.



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Amateur Radio

We welcomed two new members to our club, Mark, KM6HDI, and Art, KI6GY. Mark and Art are enthusiastic Hams. The equipment is working well thanks to John, NQ6Q, and LC, N7VQC. Our Ham & Coffee get together will be held at KS Café, on September 21 at 9:00 AM. Come on down to rag chew. We have noticed both the 17 and 20 meter bands have come alive recently. 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



LHARG Loves Ham & Coffee Time

Ballroom Dance



Our club participated in the newly formed Dance Night, Structured Style, on August 2 in the Ballroom

(OC). Dance Night was formed to allow different, structured dance styles to coexist on the dance floor. Ballroom, Country Couples, and Line Dancers all successfully, yet alternately, shared the dance floor on this initial dance night. Congratulations and thanks to Allison Sertic, Lifestyle Manager, for listening to our dance concerns and designing Dance Night, Structured Style. We had another successful night on September 6. On August 20, the club held its Hot August Nights dance.

Ice cream sundaes and root beer floats were served. There was also a best-dressed contest and some games with prizes. The dance was held in the Multipurpose Room (KS).

Contact: Ruth Algeri 916-408-4752



Cheryl Taylor and Mark Endo

Big History



In collaboration with the Sacramento State Renaissance Society, we kicked off a stimulating 2022-2023 season on September 12, exploring *Paradigm Shifts and Global Expansion*. Following this theme, we bring you *The History of Pandemics*:



A Paradigm Shift on September 19; *The Effect of Communication Technology on Culture: The Beginnings* on September 27; *Emergence of Modern Western Thought During Enlightenment* on October 3; and *Evolution of Evolution: History of the Concept of Organic Evolution* on October 10. Hopefully, these provocative titles will encourage you to join us Mondays on Zoom from 10:00 to 11:30 AM. For just \$15 a year, you can join your peers in learning for the sheer joy of it!

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



Billiards

Please check our website for everything you need to know about our group. The annual dues are \$10. We welcome all residents. You are able to play casual pool at OC during Association open hours. Casual pool is available at KS when there are no tournaments or the Mentoring 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. Lessons are available for all residents, beginners,

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WEDNESDAY, OCTOBER 12

9:30 AM - 1:30 PM

ORCHARD CREEK LODGE



Rack 'N Roll Tournament winners

intermediate, and advanced players. Pictured are the winners of the Rack 'N Roll Tournament: Bob Moze on the left and Scott Artigo on the right. Both tied with 6-0 wins. Scott Artigo won in a playoff.

Contact: Tony Felice 916-955-0501, atfelice3@gmail.com
Website: www.lhbilliards.com



Bird

We are emerging from our summer hiatus and back to our normal schedule of activities. Our guest speaker for the October meeting will be Stephanie Ambrosia of the California Department of Fish and Wildlife. Her topic will be the



Wild Turkeys by Fruitvale Rd.

Nimbus Fish Hatchery, its operation, and its impact on nature and birds. We meet at 1:30 PM on the second Monday of the month in P-Hall (KS).

Contact: Sal Acosta 843-991-5188, Quailrun@wavecable.com
Website: www.sclhbirders.org



Bocce Ball, Mad Hatters

Enjoy fun play with us on Thursday mornings at 8:00 AM. All residents: new, inexperienced, and handicapped players are welcome. Each week random teams are formed for recreational play. Two winners of a round move over a court, and a new 20-minute round begins again. Did you know the name Mad Hatters derives from the Alice-in-Wonderland tea party where the Mad Hatter has everyone "move around the table for a fresh cup of tea?" Thanks to Chuck for making that connection! Look for more level surfaces. Facilities is "rolling" the courts. The Bocce courts will be shared with the Shuffleboard Group. They will lay thin, commercially-made, poly-plastic tiled surfaces between the back courts. There's no glue or fasteners. The Fall/Winter 10:00 AM schedule begins November 3.

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



Book, OC

September's here with more comfortable days and nights. It's the perfect weather to sit outside and enjoy a book. Choose *The Rose Code* by Kate Quinn. Three women united as code breakers in WWII are suddenly enemies by the time of the royal wedding in 1947. Join us at our September meeting to discuss reactions to what happened and why. Didn't read the book? Come and listen. You might be intrigued enough to read the book. Book Club meets regularly on the third Thursday of the month from 1:00 to 2:00 PM in the Multipurpose Room (OC). All are welcome – from long-time book lovers to those who discovered the pleasures of reading during lockdown. Contact ocbookgroup@gmail.com to join.

Contact: Maureen Deal, modeal2010@gmail.com



Bridge, Duplicate

We have had many requests for beginning bridge lessons. Pat Lewis, the club President, has heard the call and taken action. She is in the process of procuring both a teacher and a room for beginning lessons. More information will be provided on the club website as it becomes available. As we head into fall,

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and hopefully, cooler weather, the board is planning a Halloween Spooktacular of cookies and coffee during the October 26 game. We want to thank you for paying for the partnership when checking in to get a table. It has really made a difference. We continue to request that you make reservations to play by email to elisehomer@gmail.com.

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



Bridge, Partners

Call to sign-up or come to the Sierra Room (KS) by 5:30 PM Thursdays. September hosts are Rose Phelan and Kurt Wolff (916-698-6940). Winners for July 21: first-Jay Southard/Harry Collings; second-Kay/Ben Newton, with high round 1950; third-Lydia King/Nancy Turrini tied with John Butler/Byron Hansen. July 28 winners: first-Byron Hansen/John Woodbury; second-Barbara/Bud Hunt; third-Nancy Turrini/Lydia King; and fourth- Frank Kamienski/Ralph Madsen. Nancy Rice/Carol Mayeur had high round 2210. August 4 winners: first - Patty/Frank Kamienski; second - C.C. Bulich/Rich Walliser; third - Bev/Allan Blaine, with high round

1940; and fourth - Dee Cole/Ed Hartnett. August 11 winners: first-Kay/Ben Newton; second- Jay Southard/Bob Calmes; third- Sue Dumas/C.C. Bulich; and fourth-Ralph Madsen/Frank Kamienski with grand slam aided high round 2190. Get ready to pick your month to host Thursday bridge.

Contact: The hosts for October are Bev & Allan Blaine 916-409-0260



Bunco

In July and August, we welcomed a couple of new players, Elnar and Dixie. As luck would have it with new players, Dixie won a prize. Bunco was called several times, and the traveling bear was all over the room. Bunco is a non-membership group with a \$5 'pay to play' fee. Bunco play is on the third Thursday of the month in the Card Room (OC). Play starts promptly at 9:00 AM. July Winners were: Bunco - Norma Cammilleri; wins - Diane Martin; losses - Phyllis Papagiannis; 50/50 - Linda Bales; Traveler - Jean Abelle. August Winners: Bunco - Anita Santos; wins - Dixie Edwards; losses - Pat McGough; 50/50 - no winner; traveler - Jean Abelle. Future Bunco dates are September 15 and October 20.

Contact: Kathy Sasabuchi,
ksasabu@icloud.com



Ceramic Arts

Welcome to fall, and that means time for major art shows. Art in the Alcove at the OC has been showing for two weeks and has two more weeks to run. Shop the pieces for sale for a possible unique gift for someone special. The 29th Annual Placer Artists Studio Tour will be held November 11-13 from 10:00 AM to 5:00 PM and November 18-20. This is a free self-driving tour all over the south Placer foothills. Lincoln Hills will be on the tour this year, classified as a school, showing in the OC. The preview show, Taste of the Tour, will be held at Blue Line Arts on Vernon Street in Roseville on November 5, 5:00 to 8:00 PM. Check the Studio Tour website for more information.

Website: www.cagsclh.net



Chorus

Rehearsals for the holiday concert, "Swing into the Season!" just kicked off, and we've shifted into high gear to bring you three spirit-rousing performances on December 8, 9 & 10. Our concert repertoire includes many selections with a swinging beat, including a jazzy version of "Santa Claus is Coming to Town" and the clever novelty tune "Text Me Merry Christmas." We'll also be singing the touching song

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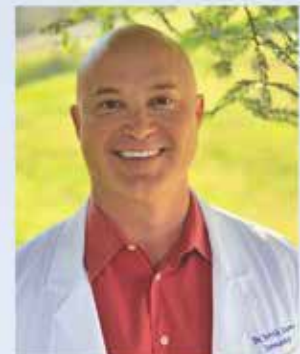
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“Peace, Peace” (“Silent Night”), “The Christmas Waltz,” and “Candle in the Night,” as well as many other songs to fill you with the spirit of the holidays. Tickets go on sale October 17. New for the Ballroom (OC) - all tickets are RESERVED seating! Buy tickets early, as we anticipate all performances to sell out quickly.

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

Computers

Apple Users



Apple generally announces new product information this month. On September 26 at 10:30 AM in P-Hall (KS) or on Zoom, Ken Spencer will take a closer look at these announcements. Each month we hold a The Ask the Tech hour on Zoom. Members may email a question or issue regarding an Apple product to LHAUGaskthetech@icloud.com.

Please include your name and contact information and as much detailed information as possible along with your question. Check our club website for the calendar of events, membership form, and support options.

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



Country Couples

We enjoyed a month of learning two new dances and practicing familiar ones. Recently the Lifestyle Department held a Structured Dance Night, which was a combination of ballroom, country, and line dances played in rotation. We enjoyed taking our turn on the dance floor, then resting while we watched the ballroom and line dancers. We had a lot of fun dancing the night away to great music! Next on the calendar is another Structured Dance Night, then a Country Couples “No Frills Dance,” where we will once again “tear up the floor,” Western Dance



Back: Laura and Gary Wermuth.
Front: Linda and Jay Tinsman

style. We are taking a cruise together in January! Join our club and join the fun!

Contact: April Cederburg 916-390-3931

Website: www.sclhcc.com



Cribbage

Summer is about over, but the following “hot shots” were all roasting their opponents during the last month of play in the Cribbage Club tournaments. They were Dory Maske, Howard Beaumont, Lana Venturi, Dory (again), and President Rae Cook. We play every Tuesday starting at 8:30 AM in the Card Room (OC) for warm-ups. Tournament play starts at 9:00 AM. We are constantly amazed at how many “closet” cribbage players there are in Lincoln Hills. We are getting more new players all of the time. So, if you want to relearn the game with us, come by on Tuesdays at 8:30 AM. We are a very friendly group, and we have room for you!

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



Cyclists

Stay hydrated while cycling! The first and most important rule for cycling hydration is simple: make sure you have enough to stay hydrated for the entire ride. One bottle per hour of riding is a good

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target. Simply having enough fluid for the ride isn't enough, though. Equally as important is what's in those bottles. This is where cycling Coach Darryl Mackenzie's Rule of 90 comes into play. For rides under 90 minutes, water will suffice. For anything longer, you need sports drinks in those bottles. Those carbs are essential for maintaining your energy level for a long ride, and they will help you remain mentally alert, so you can stay safe on the bike. But remember, you actually have to drink your supplies!



Two bottles: one has water, the other a Sports Drink.

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 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



Fishing

I've been out of the office, so I do not know what the fishing club members have been doing. Hopefully going to the Delta for Stripers or a Lake for Kokanee or maybe a gorgeous River or Lake for Browns or Rainbows. Send me an email with photos of "where ya been, what ya fishing for, or what ya plan on doing!" Monthly meetings are back on at P-Hall (KS) on the second Monday of the month at 7:00 PM. For coffee or breakfast, the Fly anglers are meeting at Meridians restaurant at 8:00 AM and the Bait/Spin folks at Meridians Sports Bar at 8:30 AM on Fridays. If you want to join the



A nice place to fish: Montana

fishing club, contact Ralph ralphthonseth@comcast.net or Henry hsandigo@gmail.com.

Contact: Henry 415-716-0666



Food Adventures

Our club planned and executed several successful activities for its members in the last three months. We enjoyed a lunch at the Oaxacan restaurant Mezcalito in Rocklin, a free sampling of Trader Joe's foods in the KS Kitchen, lunch in the Secret Garden (OC), a free Progressive Dinner Party at the residences of four club members, and a sampling of members-baked cookies in the KS Kitchen. We have plans for lunch at Siino's Italian restaurant, a pizza workshop in a member residence, the sampling of home-made soups in the KS Kitchen, a tour/lunch at a nearby Mandarin Orchard, and a festive Spanish Paella full dinner with Sangria at Ternero Olive Oil ranch.

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



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Garden



Our members were treated to a Tour of the Twelve Bridges High School recently. Not only did we get a view of the four outdoor benches we donated to the school, but the tour included all the landscaping and amazing hi-tech rooms, cafeteria, auditorium, gymnasium, computer and production areas, etc., for student and faculty use. The Annual Table Talk/Luncheon, September 22, will be taking the place of the General Meeting. A notice went out to the membership early, and the tickets for this popular event were "gobbled up" quickly. There is a waitlist, but many times members have to make changes and then openings become available. Contact: Social Chair Debbie Schryver at dshumhaven@earthlink.net or at 916-666-1741 for information on a waitlist.

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



Twelve Bridges High School-
Garden Group Tour

Genealogy



How many of your family members have served in the military? Do you know what branch? Do you think your Uncle Fred served, but you don't know where or when? Come learn how to get more information at our meeting on September 19, at 6:30 PM, in P-Hall (KS). This General Meeting will be a presentation from Kathryn Marshall, "American Military Records Across Time." Kathryn helps maintain the Search Wiki for Family Search. At our October 3 Boot Camp, Bob Ringo will be presenting "Google Apps for Genealogists." Class time is 6:30 to 8:30 PM. Help Sessions are on the first Monday of the month from 1:00 to 3:00 PM by appointment and 6:30 to 8:30 PM for walk-ins.

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

Golf



Ladies XVIII

Our recent Captain's Cup celebrated 20 years since our first Captain, Carolyn Broback, helped lay the foundation in 2003. Since that time, we have had 17 captains, with Feldman and Sanderson each taking the reins for two terms. A handful



Ten captains celebrate our
20th anniversary

of original members like Cicci, Hastings, and Ivaldi fondly recall a fruit bowl on the first tee, weekly talks from the Pro, and \$25 golf, including a catered lunch. This year we returned to the ballroom with our scorecards as tournament chairs, Briggs and Dunipace, diligently tallied the scores and readily reported flight winners by the end of lunch. Amazingly, Royball/Tipton, Bedford/McGraw, and Ivaldi/Unger each had ten under par to lead the field. Notably, Royball and Tamanti also captured the CTPs.

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

Lincsters

Summer is almost over, which means the October Breast Cancer Golf Tournament is not far off. Please consider helping with this worthy cause. Sell a tee sponsor (Kim Hall has the master list of

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previous contacts). Donate an experience (think concert/movie tickets, pet sitting, restaurant vouchers, mani-pedi, books, green fees, wine/craft beer, to name a few). Marnie Badgley hosted gift basket creators at her house on August 15. Great fun! And remember, the print deadline for program acknowledgments is September 30. Send Ingela Butters your updates so she can pass them along to the print chair before the September deadline. Short game divas for July include chip-ins- McMurray, Pharis, Finnegan, Rivera, Ray; birdies - McMurray, Jewett, Pharis, D'Agostini; and closest to the pin - McMurray, Jewett, D'Agostini.

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

Men's

We are excited to announce we have started a Facebook Club Page, www.facebook.com/groups/mgclh, and you're invited! If you have Facebook, we hope you'll ask for an invite and join in on the fun, humor, and information sharing. We have 39 members currently but looking for many more. Come join the fun. We're looking for member stories, pictures, videos, or all three. Please start

sending them to mgclhmcback@gmail.com, or post them yourself. We want to highlight what's going on with our members. This year starts our first annual Member/Guest Invitational tournament. This tournament is on October 25, with a first tee time of 8:30 AM. Please watch for more information on our Facebook page or on this month's Linksletter.

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



Hiking & Walking

What a fabulous turnout for our Potluck! We love to socialize and share the joy of an activity. Now let's get out and walk or hike! We need hike leaders. Check the website for the most up-to-date information. We do short/long, easy/moderate/strenuous, close/far hikes and walks. We are open to exploring new territory. Join us. Keep moving! See you on the trails.

Contact: lhhikers@gmail.com Website: www.lincolnhikers.org



Potluck at the Sports Pavilion



Investors' Study

Our next meeting is Thursday October 6, at 2:30 PM in P-Hall (KS). Russ Abbott or Matt Bopp of Morgan Stanley will present their play-book of market information and observations. Discussions range from where the markets are trending, Fed actions, interest rates, and how these may impact us as investors. The group is open to all residents. Best of all, there are no dues to attend the meeting and receive the meeting materials. The meeting provides an opportunity to learn and ask questions to the speakers. Investors Study is information-only with no individual investing advice. However, there is an Active Investors sub-group (call Norm Quanttrin at 916-645-4675). Contact Carl Sulzer with questions regarding Investors Study.

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



Lavender Friends

Meet David Black, our club's new treasurer. David, who grew up in Sacramento, moved here last year after retiring from his career as a horticulturist with the federal government. He's a Cal-Poly alum from the class of 1976. It was his sister, who already lived here with her husband, who told him

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about Lavender Friends, a club of LGBTQ residents and their allies. David was unanimously elected in July at our biannual business meeting, replacing Nancy Sartor, who termed out after four years (she's still crunching numbers, serving as treasurer for her golf club). Why did he volunteer for the job? "It's just a way to get involved and be helpful," he says.



David Black:
our new treasurer

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

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Line Dance

On Sunday, August 14, we had our second social of the year, and it was a huge success. Thanks to our instructors, Sandy, Cathy, Jeannie, and Yvonne, we had all levels of dance represented and had well over 50 dancers in attendance. We have a new Steering Committee, and they will be busy planning our holiday party coming up on December 5. We also want to take this opportunity to thank the outgoing committee for all their hard work in keeping the line dance group going during the pandemic

years and for welcoming our new committee.

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



Mah Jongg, Chinese

To all you active adults out there, are you bored? Then join us for Chinese Mah Jongg. For those unfamiliar with the game, it's similar to gin rummy but played with tiles. The game is easy to learn, and we 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 Mondays during the setup period. We have everything needed to play, so just come on by. Official play begins at 9:00 AM and continues until Noon. See you soon!

Contact: Randy Fong 916-295-9849,
randy888@pacbell.net



Mah Jongg, National

Every September, we recognize Healthy Aging Month, focusing national attention on the health and well-being of older adults. National Mah Jongg is a great way to contribute to your social

and mental health. If you know how to play, just bring your 2022 card, a little luck, and join a table. New people interested in the game can join a table to observe. Free lessons are available. Call Penny Grmolys at 509-939-3882, and she'll get you scheduled. Learning can be a challenge but very rewarding once you do. It's been proven the challenge keeps our minds healthy. We play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. Hope to see you there, and may the jokers be with you.

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



Charleston
before play.



Mixed Media

The club has been busy all summer, and we are ready to head into the fall months. Our September art challenge was one we had to postpone in August. We are doing it now. Take your dryer lint and use it in your art; then share it at our next meeting. It will be so interesting to see what everyone does with this very different challenge. Carolyn Vickers will be our guest artist and will be teaching us Calligraphy at our

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September 23 meeting. We will be collecting our \$20 yearly dues at this meeting also. The Mixed Media Club meets on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. Contact our President, Chris Fetter, for more information.

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



Motorcycle

There's no better way to take in the sights than from the seat of a motorcycle. Are you a motorcycle enthusiast? You're invited to join us whether you ride or not. It's not the destination but the journey that matters. We escaped the heat on our recent adventure, cruising to a peak elevation of 4242 feet, twisting our way around the hills to enjoy a delicious brunch at the Gibsons Roadhouse Cafe. We found a great app to track our route! Join us at our social meetings on the fourth Thursday of the month at 5:30 PM



Top: Doug, Bob, Manny, Jacqueline, Tim; Bottom: Dan, Gene, Shawn

in the Multipurpose Room (OC), or reach out to Manny to join an organized ride on the second Saturday of the month at 8:00 AM at Twelve Bridges Chevron.

Contact: Manny Perez 916-253-9121, Manwil412@wavecable.com



Music

We continue to get together for an informal "Sing & Play." If you play an instrument, sing, or like to listen, consider coming by. Our regular meetings have an opening and closing group sing/play along, followed by individual, duos, and small group performances. Our meetings are on the second Wednesday of the month through October, 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). Contact Sal Caruso at 916-409-0302 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Contact Ron Peck at 925-788-5869



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for information. Open to Lincoln Hills residents.

Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com

Website: www.lincolnhillsmusicgroup.org



Needle Arts

General Meetings are back in full swing. On October 11 at 1:00 PM, we will meet in P-Hall (KS) and welcome Betty Kisby as our featured lecturer. She will be detailing her 'Adventures with Wool Embellishments' and is one of NA's original members. Many donations have been arriving in the sewing room, and while donations are appreciated, please make sure your items are related to needle arts. If in doubt, please contact Pat Barnhill at 916-434-5696, for clarification, and remember that fabric for community service should be 100 percent cotton. Are you interested in having a say in NA activities? Consider running for a board position as new members with fresh ideas help keep the club current.



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



Neighborhood Watch

Mr. Rogers ended his television show each week with “Won’t you be my neighbor.” Nothing makes a community as strong as being good neighbors to each other.



Let’s get together and celebrate our neighbors.

One way to continue this interaction (or to jump-start it in many cases) is to host a “National Night Out” event to get to know your neighbors. We have residents who still don’t know the people on their streets. Although the official date is Tuesday, October 4, hosts can choose another date if it’s more convenient. You don’t have to be a mailbox captain to organize one. Some suggestions are a breakfast/brunch, appetizers and wine, pizza, a taco bar, outdoor or indoor potluck, games, etc. You can join with another mailbox. What’s important is getting together!

Contact: *Linda Minor 707-235-0778, lindaminorNW@gmail.com*
Website: *www.sclhwatch.org*

Painters



Stop by the OC Lobby and view the beautiful paintings on sale through the end of September. Our July guest speaker was Tom Jones of Sierra Hills Framing in Lincoln. His expertise in all aspects of framing artwork was well received. After his demonstration, the club held a huge donated art supply auction with many incredible deals. The Club’s Buonarroti Ristorante display has been extended until October 7. Visit the Artisans at the Lodge, where Lincoln Hills residents of all mediums and crafts will have work for sale on October 9, 10:00 AM to 4:00 PM at the OC Lodge. Our general meetings are held on the third Tuesday of every month at 1:30 in the Fine Arts Room (OC). Dues are \$15 a year.

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



Artwork by Liz Wilmes

Paper Arts



Demo Day returned on September 1. This popular event features our members sharing and demonstrating their crafty techniques to inspire and heighten creativity in fellow members. We always learn something new at Demo Day!



Mina Bahan led our August project

Mark your calendars for our October 6 general meeting. Shirley Rainman will lead our project, “Beautiful Blooms” – three lovely floral cards you won’t want to miss! 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 fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we

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Contact Cyndi Colloton at ccolloton@yahoo.com for more information.

There are also openings on the SCHOOLS Steering Committee.

Contact Patti at pkington@att.net.

are happy to teach you the basics or refresh your memory. Pedro meets from 9:00 AM to Noon in the Card Room (OC) on the first and third Fridays. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



Pickleball

We are encouraging spectators for our singles players, and super seniors in their upcoming tournaments held simultaneously on September 24! The Skinny Singles will be a co-ed, skill level, round robin. The 80-plus tournament is open to all players who will be 80 by December 31. The fall schedule for the club begins on October 1 with the return of competitive ladders and weekly drill classes. The application to join a ladder is under the Members Only tab on the club website. The sign-ups for the member drill classes are weekly. Want to play pickleball? Send an email to welcometopickleball@gmail.com and attend the Intro to Pickleball class held bi-weekly. We provide paddles. Please bring water and wear tennis or pickleball shoes.

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



Players

Rehearsals are underway for *Death by Chocolate*, a madcap comedic murder mystery, complete with intrigue and outrageous characters. Meadowbrook Health Resort, a freshly refurbished old mansion in rural upstate New York, has just suffered a horrific storm blocking all access roads and bridges, so everyone's scurrying to clean up the mess before tomorrow's grand reopening festivity. But alas!



Producer Craig, Director Julie, and a deadly? box of chocolates

Resort occupants are suddenly faced with a killer on the loose, and the villain must be one of the wacky characters in the play! Speculation runs rampant! Does a mysterious box of chocolates lead to a solution? Who's the villain? You'll find out November 17-18-19-20 in Ballroom (OC). All reserved seat tickets are on sale on September 17 in the lodges and online. See page 61 for information.

Contact: David Africa 916-708-0009,
djafrica@sbcglobal.net
Website: www.lhplayers.org



RV

As no rallies were scheduled for July or August, our members are looking forward to the Oregon/Washington trip in September. We will travel the Oregon coast, stopping in a number of towns, then up through Washington to the Olympic National Park with a possible visit to Vancouver Island. Twenty or so rigs will celebrate the fall at Jackson Rancheria in Jackson this October. Our Vice President, Vicki White, is busy finishing up reservations for the 2023 rallies. These include the Renaissance Fair in Hollister, Diamond Lake/Ashland, Oregon for the Shakespeare Festival, the Lodi Wine Festival with a continuation up to Plymouth, and lastly, the Black Oak Casino RV Park in Tuolumne. We meet every second Thursday at 4:30 PM in the Placer Room (KS).

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



SCHOOLS

It's back to school for teachers and students and time for volunteers to sign up to participate in various ways. Volunteering is a wonderful way to give back to the Lincoln community and a rewarding way to



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spend a few hours with enthusiastic teachers and eager young children. Volunteers are requested by the elementary schools and by Phoenix Continuing High for tutors in Math, English, and History. No teaching experience is necessary, just a desire to help in the classroom where needed or by doing some of the jobs for which busy teachers have little time, like making copies of tests or worksheets. Any time that can be given is appreciated. For information on volunteering at the Phoenix High, contact Irma at jmeidm@aol.com or contact Cyndi for Elementary Schools.



Carol Chicoine
at Foskett Ranch
Elementary School

Contact: Cyndi Colloton,
ccolloton@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

Every Friday at 5:00 PM, various friendly people gather in the Card Room (OC) to play the fun game of Shanghai. Shanghai is an easy to learn rummy style game played with three decks of cards. Each hand is a different combination of sets (three of a kind) and runs (consecutive numbers). We love to teach new players the game and welcome experienced players as well. Join us a few minutes before 5:00 PM any Friday night in the Card Room (OC).

Contact: Mary Ales 916-434-8017,
emilysbaba@hotmail.com



Shuffleboard

Shuffleboard hours have been expanded, again! Due to the continuing interest from new players, we have added an hour to our weekly Friday sessions that start at 3:00 PM and now continue until 6:00 PM. In order to play more regular doubles where each player shoots all four discs, we are splitting each three-hour playtime into two sessions: Fridays, 3:00 to 4:20 PM and 4:25 to 5:45 PM; Sundays, 2:00 to 3:20 PM and 3:25 to 4:45 PM. All players are encouraged to attend one session per day. All sessions are played indoors at the Aerobics Room (KS) on our three full-length roll-out



Anyone for a shuffleboard cruise?

courts that can accommodate up to 24 players. All equipment is provided, and there is no fee required to participate.

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



Singles

Please join us at 9:00 AM on Wednesday, September 21, for our annual Bocce Ball Tournament at the Sports Plaza. We will celebrate the Tournament winners on Thursday, September 22, at 6:00 PM, with a dinner dance and prizes at the Sports Pavilion. We will celebrate October birthdays at 4:00 PM on Sunday, October 2, in Sports Bar (OC). Join us on Tuesday, October 4, at 4:15 PM for the Activities Meeting in the Ceramics Room (OC). Your ideas are appreciated! Saturday, October 8, at 9:00 AM is the Second-Saturday Breakfast. Dennis Reid will welcome you for a wonderful meal with great friends! Our October Business Meeting is on

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Thursday, October 13, at 6:00 PM in the Ballroom (OC).

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



Ski

There is a date correction to our planned ski getaway trip to Breckenridge for the upcoming season. The dates are expected to be March 5 through March 11. We have reserved two large houses that are near each other and near the slopes. These are the same dates for a Breckenridge trip by the 49ers Ski Club, a Sacramento area club to which several Lincoln Hills skiers also belong. So, there should be a large and fun group to ski and party with during this trip. Reservations for this trip will be taken on and around the date for our annual Pre-Season party, likely to occur in early October. Details will be provided soon to members. Think Snow!

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



Breckenridge 2016

Softball



Co-ed Summer softball season is over. Siino's Pizza Pasta Grill had the best record, followed by Mary Olsen Real Estate and McDonalds. League play-off tournament results will be reported in the next article. Next up is Co-ed Fun Ball in October. It provides members an opportunity to play softball in a casual, fun, and safe environment with an emphasis on fun. An email with sign-up instructions will be sent to club members later this month. Looking ahead to November, an election will be held for four open positions on the League's Board for 2023. If you are interested in volunteering to help manage the softball program or want more information, please contact a Board Member. Contact information is on the website.

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

Softball, Coyote

The Coyote 75's will wrap up their season by hosting the annual Coyote Invitational at Del Webb Field on September 15 and 16. The teams competing will also include Lincoln Hills' own Coyote 80's, winner of four

tournaments this season. The remainder of the entrants is made up of some very talented teams – the Crankees, Please Don't Bug Me, and the NorCal Redhawks. Five games will be played daily, and it should be a very competitive tournament. Hot dogs, sodas, and chips will also be available.

Contact: Gage Johnson 415-407-6833, gage.retired@gmail.com



Sports Car

We visited the Folsom City Zoo on July 28 and completed a day trip to Nevada City's Willo Steakhouse on August 18. A great time was had by all, and the restaurant clearly lived up to its reputation. The club is still looking for day trips in the remaining few months of the year. There's a rumor of one of the Club's favorite Sierra foothills restaurants – Theresa's Place, in Jackson. It looks like the potential Lincoln Hills Concours Reduno



Dinner at the Willo restaurant - Nevada City

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is off for this year, but we're back in the Catta Verdera Clubhouse for the Holiday Party. The Club will participate in the Lincoln Airport Open House Day, with our sports cars nestled among classic and exotic cars.

Contact: Richard Pearl
 916-715-9666,
 pennyrich99@gmail.com
 Website: www.lhsportscars.org



Sun City Squares

We've had a fun summer getting our dancing skills better with many different callers. It's wonderful to dance to different caller singing calls. Most of the songs are from our youth. Learning to square dance opens up a world of places to visit. It is universal. The dancers who started in January have almost completed the SSD level. That is Social Square Dance, a series of calls to learn and enjoy but not complicated. If you have ever danced before, come see if it might be for you. Our club meets every Monday at 1:15 PM at KS. If you are an Advanced Dancer, please join us every Thursday at 1:00 PM at KS. If you are interested in our next class, give us a call and get on the list.

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



Swimmers & Water Walkers

What makes swimming and water walking so easy is all you need is a pool. But to maximize your benefit, technique matters. All swimmers, beginners, and advanced, can improve their technique with swim devices like kickboards and fins.



Swimmer with kickboard

Both improve your kick and let you focus on elevating the body into a streamlined position. They are good for giving sore shoulders a break and to provide variety to your swim routine. Kickboards help beginners keep their lower torso elevated by kicking from the hip without bent knees and to practice side-to-side breathing. Fins improve ankle flexibility by increasing your kicking range of motion. They will improve your weak "up-kick" as well as to give your swim workout a real cardiovascular boost!

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



Table Tennis

The best ping pong player is the one who has the most fun playing it, and this could be you! Join us for some lively table tennis in our air-conditioned Multipurpose Room (KS). You can 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 Sunday, 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 operate a table tennis ball machine on Friday mornings to use for intensive training and practice.



Ready to Serve in Table Tennis

Contact: Carl Lynch 916-316-0796,
 pingpongsclh2@gmail.com
 Website: <https://sclhresidents.com/group/pages/table-tennis-club>



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Tap Company

Tap is back, and we're rearing to go. It's been four years since our last Tap Show, and we are excited to announce that we will be having one in the spring. Let's Dance Again. We will have a lot of different dance groups performing and hope to have a few singers as well. Auditions will be on November 1 and 2. If you have never been in one of our tap shows, we encourage you to come try out. We are also looking for technical support and for assistance backstage. Mark your calendar. Look for additional information regarding time and location of auditions in the next month's *Compass*.

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



Tennis

Over fifteen years ago, several residents picked up a tennis racket for the first time in their lives. Now, ranging in ages from mid-seventies to over eighty years of age, they continue to play three to four times a week at 6:30 AM during hot months and 7:00 AM during cooler months. Original members (not pictured) who also continue to play are Sylvie Roberts, Mina Beyhan, and Pam Rogers. Kudos to this wonderful tennis



Trish Walburg, Amy Su, Judith Nielsen, Marilyn Freschi

group. Live Ball (an energetic tennis game set to music) returns Sundays beginning October 2 through November 13 from 9:00 to 10:30 AM. Contact Steve at stevebringman@yahoo.com to sign up and for more information. In addition, try out the drop-in, free ball machine practice on Saturday mornings from 8:00 until 9:20 AM. See you on the courts!

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



Vaudeville

Our show is behind us. Thanks to all of you, we had a sell-out of all four shows. With lots of variety and very talented residents, the show was a huge success. Not much will happen between now and March, when we will advertise auditions for the July show. Check the *Compass* for any updates and news to come.

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



Veterans

Group life member and Air Force retiree Bill Hanlon will be the featured speaker at the September 15 meeting at 1:00 PM in the P-Hall (KS). Bill will discuss his ten years as a special operator technician in support of worldwide reconnaissance operations. He spent eight years in flying status on KC-135 aircraft, installing, modifying, operating, and uninstalling special electronic equipment. His presentation will reveal the spy organization his missions supported. Bill retired and was honorably discharged from the Air Force in 1978 after 20 years of service as an electronics technician. Members should make their reservations now for our popular Oktoberfest buffet luncheon Thursday, October 13. Reservation forms will be available at the general membership meeting and in the October Bulletin.



Bill Hanlon aboard a KC-135.

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

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Water Volleyball

As we begin to say goodbye to summer, keep those beach vibes going with water volleyball. There is a monthly fun-filled Ladies Night with music and lots of laughs. The October 7 Fall Festival at the Pavilion features food, dancing, and music. Want to just try water volleyball? Join us on Free Play Saturdays. It's easy to learn. We provide training



Outdoor Water Volleyball at OC on a nice July day

and mentorship. We welcome all levels of interested players. See our website or call Jerry Grisler at 209-648-9534 for more information. 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. Warm water, fun play, and good times!

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

Website:

www.LHWaterVolleyball.com



Woodcarvers

A recent article on woodcarving was a great reminder of the joys of this pastime. The author reminded readers of the simple satisfaction

of creating something with our hands. Additionally, the absorption in a project can be equally satisfying—being so focused and engaged in creation. Another enjoyment can be giving our woodcarving project to a loved one or friend—adding to another's enjoyment. The author also wrote about a woodworking club environment of camaraderie and shared interest. Woodcarving offers enjoyment, satisfaction, and shared experiences, making it a wonderful hobby to learn and pursue. You are welcome to join us every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).

Contact: *Lionel Rainman* 916-253-9534,

lrainman1414@yahoo.com

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Alzheimer's-Dementia Caregiver's Support

Our steering committee includes Mary-Jo Fratessa (916-759-8760), Valerie Jordan, and Gail Marculescu (916-835-7117). Our programs are supported by the Lincoln Hills Foundation. The monthly meeting is on the fourth Wednesday at 1:00 PM. All are welcome to attend, especially caregivers with recently diagnosed family members. The Wednesday, September 28, 1:00 PM meeting in the Multipurpose Room (OC) welcomes an experienced professional from Del Oro Caregiver Resource Center. The Women's caregiver group meets on the first Wednesday of every month in the Multimedia Room (OC). The next meeting is on October 5 at 1:00 PM. Contact Mary-Jo Fratessa. The Men's caregiver group meets on the third Thursday of every month in the Multimedia Room (OC). The next meeting is on September 15, 10:00 AM to Noon. Contact Ernie Drake at 916-543-3482. *Contact: Valerie Jordan 909-625-7443, vjordan46@gmail.com*



Bereavement

Our group offers support and friendship through sharing with others who have also lost a loved one. You are invited to

join us Wednesday, October 12, at Joan Logue's home at 3:00 PM for a group session. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline to submit a Memoriam is the 15 of the month to be in the next *Compass*. *Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net*



Bosom Buddies

We were fortunate to have Vicki Curtis at our August meeting to talk about Paget's Disease, a rare form of breast cancer that affects the nipple and surrounding area. Because it doesn't show up on a mammogram and because its symptoms can be mistaken for benign skin conditions, it's important to be your own advocate and to insist on a biopsy. Our September meeting was the "Officers' Luncheon," where we thanked our outgoing officers and welcomed in the new ones. Thanks to a generous grant from the Lincoln Hills Foundation, we're able to welcome breast cancer survivors



Our August speaker Vicki Curtis talked about Paget's Disease.



Glaucoma Support Group

We will meet on October 10 at 4:00 PM in the Multimedia Room (OC). It is time to start thinking about how we change our lifestyle in anticipation of the change of seasons. Such points for consideration include remembering to drive in wet weather and ways to stay safe. Other ideas we think about are humidity in our homes. Another item is ramping up on taking care of dry eyes. Please bring your thoughts and ideas to share as we approach the change of seasons. For more information, please contact Bonnie.

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



Low Vision Support Group

As one of its founders, Cathy McGriff has been an integral part of the group and has served as Leader since 2014. The founders worked with Lincoln Hills staff in 2002 to

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set up a support group to assist residents with vision disorders. Many thanks, Cathy, and Happy 20th Anniversary! Well done! Our next meeting is Tuesday, October 4, from 2:00 to 4:00 PM, Fine Arts Room (OC). "New Developments in Eye Diseases" will be presented by Dr. Glenn Yiu, Associate Professor of Ophthalmology at UC Davis Eye Center. He will focus on cataracts, glaucoma, and macular degeneration and discuss three major new areas of therapy – gene therapy, gene editing, and deep learning. Our meetings are open to all residents.

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



Multiple Sclerosis

Our next meeting on September 20, 1:00 PM, Sierra Room (KS), is an opportunity to share tips for managing MS successfully. We learn from each other by sharing coping ideas and



information. It'll be good to catch up after our summer break. Also, suggestions for future meetings will be explored, including what would get you to a meeting and expectations! We'll miss two dear members who passed recently, John Hersch and Jean Ebenholtz. John had MS and generously shared his superb musical talents for many years. Jean navigated the Lincoln Hills Foundation for their generous grants. If you are new to our community, have MS, or have a family member or friend with MS, feel free to visit or volunteer. For questions, text Jeri at 530-401-2135.

Contact: Jeri Di Fiore 916-408-7565,
2020jeridifiore@gmail.com



Parkinson's Caregiver Support

This support group is for care partners/givers of those who have Parkinson's.



We meet on the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Hills Community Church- 950 E. Joiner Parkway. There is no meeting in December.

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



Parkinson's Support

Our group is for those with Parkinson's Disease and their care partners. We meet on the third Tuesday of each month (except December) from 10:00 to 11:30 AM at the Lincoln Community Church, 950 E. Joiner Parkway. For questions, call co-facilitators: Gary High at 916-434-5905 or Christine Grmolys at 916-769-0449.

Contact: Gary High,
gwhigh@wavecable.com



Polymyalgia and/or GCA Support

Have you been diagnosed with Polymyalgia Rheumatica or GCA? A new support group has formed, and we meet once a month. If you are interested and want more information, please contact Adrian.

Contact: Adrian Felice
916-759-6419,
adrianfelice55@gmail.com

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Democratic Club

We are actively campaigning for our local and regional candidates in the November 8 election; many political action activities are listed on our website. We continue our volunteer service at the Placer Food Bank. Our monthly meetings on the third Thursday of the month at 6:30 PM have resumed at P-Hall (KS). Join us on September 15 for a speaker from the Roseville Gathering Inn and on October 20 to meet local democratic candidates. For information about membership and our activities, please visit our website at <https://democraticclublincolnca.org>.

Italian Club

The event held Sunday, September 18, is reminiscent of an Italian festival but held inside. There'll be activities, games, crafters selling their wares, a silent auction table, and of course, food at the Street Fair. Stay tuned for updates on events scheduled through the rest of 2022. Our Annual General Meeting takes place in October. November means Turkey Bingo! In December, we'll enjoy the Christmas Dinner and Dance. So, rest up! There's lots to do. To learn more about the club and upcoming events, check out our website at www.lhitalianclub.org. For membership information, contact Sandi Graham at 916-826-5711.

Lincoln Police Department Volunteer Program

The program is open to Lincoln

residents who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work. For more information, contact Roy Osborne at 915-645-4081.

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

Oktoberfest 2022 Celebration, Thursday, September 29, 3:30 to 6:00 PM for Club Members and Guests. Back by popular demand, Grand Isle Fire Brigade Band will be performing. We will serve German food with lively entertainment, including dancing and song. The cost is \$22 per person. Space is limited, make reservations early! Checks payable to LH Republican Club, mail to: Lena Labosky. August Guest Speaker Debbie Bacigalupi, MBA. Former Republican candidate for

US House – 14th Congressional District. Spoke on UN Agenda 2021 and 2030; the abuse to our Constitution, liberty, and freedom. She delivered lively conversation! www.RepublicanClubSCLH.org.

Shalom Social Group

We are an active group that enjoys getting together for fun, friendship, and food with an appreciation of Jewish traditions and celebrations. The membership is composed of diverse religious and ethnic backgrounds as well. We meet for General Membership meetings and/or events every month. Check out our flier in the bins at OC for more information. Last month, August, we had our Women Together Luncheon, New Member Dessert, and our Gala Dinner/Dance for 22yrs at Lincoln Hills on September 10. For information contact Margie Gulko at 916.543.5303.

Sons in Retirement

We will hold a three-course gourmet luncheon at Catta Verdera Country Club on Tuesday, September 20 at 11:30 AM. This cost of this luncheon is \$25 per person. All attendees must have a vaccination card that shows the last vaccine occurring at least two weeks prior to the lunch or proof of a negative Covid test within 72 hours of the luncheon. All attending must sign a liability waiver upon entry. If you are interested in coming as a guest or in joining the branch, please call David Cesio at 925-899-2193.



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Farmers Market

Wednesdays, 8:00 AM to Noon, Fitness Parking Lot (OC)

Weather permitting, the Farmers Market will be open every Wednesday until November. Vendors may contact Elaine Allen at 916-625-4021 or Elaine.Allen@sclhca.com to reserve a space.



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.



KS At The Movies – Dirty Dancing (1987)

Monday, September 19, 1:30 PM, P-Hall (KS)

In 1963, Frances "Baby" Houseman, a sweet daddy's girl, goes with her family to a resort in upstate New York's Catskill Mountains. Baby has grown up in privileged surroundings, and all expect her to go on to college, join the Peace Corps and save the world before marrying a doctor, just like her father. Unexpectedly, Baby becomes infatuated with the camp's dance instructor, Johnny Castle, a man whose background is vastly different from her own. Rated PG-13. 121 minutes. Drama.



Listening Post

Wednesday, September 21, 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.



Kilaga Springs Library Presents – Meet The Author Series

Wednesday, September 28, 2:00 PM, P-Hall (KS)

Come to our Inaugural Meet the Author Lecture Series with Lincoln Hills Resident Judie Fertig Panneton! Judie will be talking about her book *Proud Americans: Growing Up As Children of Immigrants*. This book is a collection of inspirational stories of approximately 50 people's joys and struggles while coming of age in the United States as children of immigrants. She will also talk about her process for finding her interviewees. Judie is an award-winning journalist with experience as a print, TV, and radio reporter.



KS At The Movies – The Fog Of War (2003)

Friday, October 7, 1:30 PM, P-Hall (KS)

Former corporate whiz kid Robert McNamara was the controversial Secretary of Defense in the Kennedy and Johnson administrations during the height of the Vietnam War. This Academy Award-winning documentary, augmented by archival footage, gives the conflicted McNamara a platform on which he attempts to confront his and the U.S. government's actions in Southeast Asia in light of the horrors of modern warfare, the end of ideology, and the punitive judgment of history. Rated PG-13. 107 minutes. Documentary, History.



Coffee with the Mayor

October 11, 9:00 to 10:00 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.



Home, Health and Business Showcase

Wednesday, October 12, 9:30 AM to 1:30 PM

Learn about the latest products and services for your home, health, and business matters. Meet your *Compass* advertisers and other businesses that will showcase their products.



Holiday Shopping Expo

Sunday, October 30, 10:00 AM to 3:00 PM, Ballroom (OC)

Get a head start on your Holiday Shopping. We will turn the Orchard Creek Lodge Ballroom into a winter wonderland for avid shoppers! Check everyone off your gift list with over 50 vendors offering unique crafts, commercial and handmade jewelries, books, art, decors, treats, and more! Enjoy a number of chances to win prizes too. Don't miss out on the fun. Interested vendors: Complete and submit your application to Cody Meikle, Entertainment Coordinator, at Cody.Meikle@sclhca.com by September 30.

Holiday Expo Application forms are available on the Resident Website in the Library search and under Resources > Community Perks.



From Tablet To Tablet – The Story of the Book

Tuesday, November 1, 9:30 AM P-Hall (KS)

Join book collector Nina Mazzo on a journey exploring the timeline, terminology, and book miscellany. Have you ever been intrigued by the book as an object? The book has evolved from tablet form in Mesopotamia to the current e-reader. She will discuss antiquarian books, miniature books, books about books, and books that went to soldiers in WWII, along with several uncommon and obscure books. Nina will also bring an assortment from her personal collection for the audience to enjoy.

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—Best Sellers—

Aromatherapy Massage

60-minutes \$100 / 90-minutes \$135

The aromatic essences of plants can profoundly affect the human body, mind, and emotions. This aromatherapy adventure begins as your spa therapist guides you in choosing one of our 'flight of five' aromatherapy blends – *I love, I play, I rejoice, I restore, I unwind* – to balance your constitution. Your chosen blend is then massaged into your body using styles and techniques which enhance the action of the oil you have chosen.



CBD Massage

60-minutes \$110 / 90-minutes \$140

R&R Medicinal's revolutionary CBD pain relief and relaxation are fused together for the ultimate massage. This treatment utilizes a topical CBD analgesic for all those problem areas, followed by a full body massage with an artisan-crafted massage



cream to treat everything from chronic pain to sprains, strains, and even arthritis. We cannot wait for you to experience this treatment.

Signature Hydrafacial

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Only Hydrafacial uses patented technology to cleanse, extract, and hydrate. Hydrafacial super serums are made with nourishing ingredients that create an instantly gratifying glow in just three steps. First, by starting with the Cleanse+Peel, uncovering a new layer of skin with gentle exfoliation and relaxing resurfacing. Next, Extract+Hydrate, removing debris from pores with painless suction and nourishing with intense moisturizers that quench the skin. Last, focus on Fuse+Protect, saturating the skin's surface with antioxidants and peptides to maximize your glow.



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- **Anti-Aging Neck & Décolleté** – \$18

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*Indicates new performances on sale September 17

—Community Event—

***Dance Night, Structured Style**

Tuesday, October 11 — LSE445

Wednesday, November 2 — LSE446

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

\$8 per person/per dance night

Dance Nights, Structured Style are tailored for those dancers that prefer traditional structure and dance etiquette for Ballroom and Country Couples dancing. The music and dances are pre-selected for the night. DJ Tom will play a rotation of two Ballroom and then two Country Couples dances. A no-host bar will be available from 5:30 to 8:30 PM.



***Dance Night, Free Style**

Tuesday, September 27 — LSE432

Tuesday, October 25 — LSE442

Wednesday, November 30 — LSE447

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

\$8 per person/per dance night

Dance Nights, Free Style are geared for those dancers that prefer an unstructured, more care-free 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.



—Concert—

Duo Gadjo: The Great American Songbook... with a French Twist!

Thursday, September 29 — LSE443

7:00 PM, P-Hall (KS)

Reserved Seating \$23

Duo Gadjo's music is inspired by the sounds of the 20's and 30's, when jazz was the thing and Paris was the place to be. Their style is generally called 'French Cafe' and their repertoire spans from Bal-Musette to Edith Piaf, and Serge Gainsbourg, but also includes selections from the Great American songbook. They accompany themselves on guitars, and the Melodica, but the real feature is Isabelle Fontaine's sultry vocals. Their version of "La Vie En Rose" from their album "Meet Me In Paris" is one of the most popular streams on Pandora and Spotify in the French Cafe Music category.



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The Billie Holiday Project featuring Stella Heath

Tuesday, October 4 — LSE441

7:00 PM, Ballroom (OC)

Premium Reserved Seating \$24

General Admission \$20

Stella Heath and her quintet, some of the Bay Area's finest jazz musicians, bring back the eclectic and intimate feeling of seeing Lady Day live in a 1930s jazz club. Drawing from some of Billie's most recorded tunes, such as "Blue Moon," "Billie's Blues," and "Strange Fruit," to name a few, the band also revives some of the earlier and lesser-known tunes she interpreted. Stories of Billie's life are interspersed with the music.

**Decades: Hits from the 60s 'til Today***A Musical Celebration for Listening & Dancing*

Friday, October 14 — LSE426

7:00 PM, Ballroom (OC)

Premium Reserved Seating \$24

General Admission \$20

A high-energy musical celebration with a memorable performance from DECADES, one of Northern California's most in-demand concert and show bands. Expect rock n' roll hits and classic songs from the 50s and 60s through today, featuring songs from Chuck Berry, Buddy Holly up to Katy Perry! These versatile musicians effortlessly swap between several instruments (including saxophone, harmonica, penny whistle, trumpet and more) and belt out four-part harmonies that will have everyone singing. There will be space in the back for dancing!

***Jackie Gage: Unforgettable**

Monday, October 24 — LSE448

7:00 PM Ballroom (OC)

Premium Reserved Seating \$24

General Admission \$20

With Jackie's velvety voice featured alongside her electrifying band, this group brings the same joy and excitement as witnessing Natalie Cole live



on tour. Featuring popular songs like "This Will Be," "The Very Thought of You," "Smile," and the anthemic "Unforgettable," Jackie takes listeners on a magical, musical ride through the different decades of each artist's career, sharing tales of love, like, heartache and happiness along the way.

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

Standard Reserved Seating \$21

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 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," "The Pink Panther," and "Meet The Flintstones."

***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 50's and 60's,



setting him up for a dence musical pallet at a young age while spending hours daily devoting much of his passion to playing tribute to "The Killer."

***Jared Freiberg: Rockin' Holiday Revue**

Sunday, December 18 — LSE425

2:00 PM, Ballroom (OC)

Premium Reserved Seating \$24

Standard Reserved Seating \$21

All seating reserved. No general admission.

Bring you family for 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!



—Performances—

**KS Comedy Night – Dan St. Paul
Encore Performance... By Popular Demand!**

Tuesday, November 1 — LSE433

7:00 PM, P-Hall (KS)

Reserved Seating \$16

Dan St. Paul has been a national headlining comedian at some of the top comedy clubs in the country. He has appeared in various TV shows and has opened for such entertainers as Ringo Starr, Natalie Cole, Hall & Oates, Chicago, and even the San Francisco Symphony ("I knew them when they were just a garage band."). So get ready to laugh again.



***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)

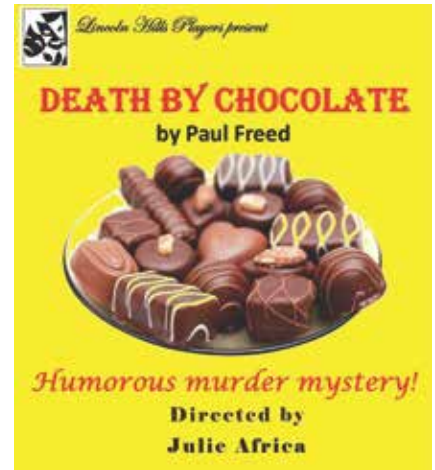
Sunday, November 20 — LSE452

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 reopening. A plethora of bizarre clues – most of which point to a seemingly innocent box of chocolates – implicate 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!



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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 new trips on sale September 17

Featured Trip

*Apple Hill - High Hill Ranch

Saturday, November 5
\$85 — LST418

Explore the Best of Apple Hill Deserts, Shopping, & Crafts. The Apple Hill Farm High Hill Ranch Features the Top Selling Apple Donuts, The Largest Apple Pies, Flavorful Crisp Apple Ciders, & The Greatest Selection of Handmade Arts & Crafts. Visit One of California's Most Highly Anticipated Tourist Events Happening Every Year at Apple Hill in Placerville, CA. ***Due to staffing and material shortages, there will be no BBQ chicken lunch and loop tour. Lunch will be available for purchase. Pies will still be delivered to the bus.* Wheels roll from OC at 9:30 AM ~ return 5:00 PM.



—Festivals—

*Nevada City Victorian Christmas

Wednesday, December 7
\$50 – LST419

The aroma of roasted chestnuts fills the air, along with cries of street vendors hawking their wares and lamp-lit streets filled with Christmas treasures. It's the one & only Victorian Christmas. It's a magical setting of hilly streets with authentic gas lamps, wandering carolers



dressed in Victorian attire, and visitors sharing holiday cheer and good tidings. This annual, family tradition takes place two Wednesday evenings and three Sunday afternoons in December. There are holiday activities for all ages including live entertainment, yuletide treats and libations, and Father Christmas! Wheels roll from OC at 4:30 PM ~ return 10:00 PM.

—Shopping—

*San Francisco Shopping

Saturday, December 3
\$60 — LST420

Enjoy a lovely holiday trip to the city by the bay, and don't worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square-Post & Powell) for a day of shopping, lunching, and people-watching. Lunch on your own. Departure from San Francisco 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.



Broadway On Tour

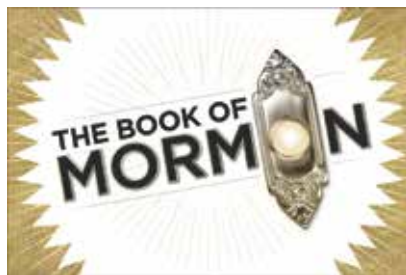
Broadway Sacramento introduced the Broadway Series in 1989 as a wintertime companion to Broadway At Music Circus. Renamed Broadway Sacramento in 2007 and Broadway On Tour in 2018, the indoor series, presented at the Sacramento Community Center Theater (performances are located at the Memorial Auditorium for the Broadway On Tour 2019-20 Season due to the Community Center Theater Renovations), offers touring productions of newer works, many still playing on Broadway, as well as major revivals of established musicals. Wheels roll for all shows from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM.



The Book Of Mormon

Tuesday, November 8
\$155 — LST411

This outrageous musical comedy follows the adventures of a mismatched pair of missionaries sent halfway across the world to spread the Good Word. With standing-room-only productions in London, on Broadway, and across North America, *The Book Of Mormon* has truly become an international sensation. Contains explicit language. The *New York Times* calls it “the best musical of this century.” *The Washington Post* says, “It is the kind of evening that restores your faith in musicals.” And *Entertainment Weekly* says, “Grade A: the funniest musical of all time.” Jimmy Fallon of *The Tonight Show* calls it “Genius. Brilliant. Phenomenal.”



Frozen – The Musical

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: It’s moving. It’s spectacular, and above all, it’s pure Broadway joy.



Jesus Christ Superstar

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 Sheader (*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. Appealing to both theater audiences and concert music fans, this production pays tribute to the historic 1971 Billboard Album of the Year while creating a modern, theatrical world that is uniquely fresh and inspiring.

Hairspray

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. Don’t miss this “exhilaratingly funny and warm-hearted musical comedy” (*The New Yorker*).

Pretty Woman

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. *Pretty Woman: The Musical* will lift your spirits and light up your heart. "If you love the movie, you'll love the musical!"

—Sports—

San Francisco Giants

Enjoy all the excitement of a Giants game without the hassle of driving or parking in the city. Watch all the action from your lower box seats. The below prices include roundtrip motorcoach transportation, Lower level box seating, and driver gratuity.



Giants vs. Dodgers

Sunday, September 18

\$145 — LST410

Wheels roll from OC at 9:00 AM for a 1:05 PM First Pitch ~ return 6:30 PM.



—Performances—

An Evening with Michael Bublé

Golden 1 Center

Saturday, September 24

\$250 — LST405

Michael Bublé made a vow to himself to keep the flames of the great classics of the American Songbook alive and well, to not only breathe new life into them but to bring his singular style, vocal power, and passion to these timeless tunes that he loved. The most crucial for him was to bring all this music together in concert and take his audiences on a special journey - to give them an evening they would never forget. Wheels roll from OC at 6:30 PM for an 8:00 PM show ~ return 11:30 PM.



*Shrek The Musical – Auburn State Theater

Auburn, CA

Sunday, November 13

\$115 — LST417

Join us for the greatest fairy tale never told comes



to life in the irreverently funny *Shrek The Musical*, presented by the acclaimed State Theatre Acting Company (STAC). A reclusive ogre finds himself on a life-changing journey alongside a wisecracking donkey and a feisty princess. Throw in a short-tempered wannabe king, a cookie with an attitude, and over a dozen other classic fairy tale misfits, and you've got the makings of a riotously dysfunctional road trip. Featuring all-new songs and outrageous humor. Wheels roll from OC at 12:30 PM for a 2:00 PM show ~ return 5:30 PM.

Christmas with Johnny Mathis

Gallo Center for the Arts, Modesto

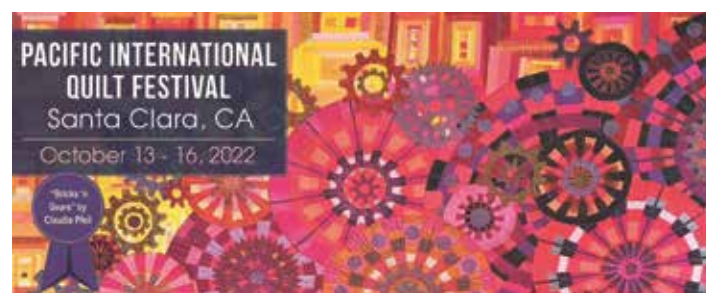
Wednesday December 21

\$175 — LST407

Celebrating his 65th year in the music industry, legendary singer Johnny Mathis' sublime vocal approach to music eclipses passing fads and trends. He has performed songs in an incredible variety of styles and categories – from music composed for stage and film to golden era jazz standards, contemporary pop hits, and holiday music. Johnny has recorded close to 80 albums, including six Christmas albums that have made him the undisputed and iconic "Voice of Christmas." Wheels roll from OC at 4:30 PM for a 7:30 PM show ~ return 11:30 PM.



Overnight/Extended Travel



Pacific International Quilt Festival

Thursday, October 13 to Friday, October 14

\$450 single; \$320 double — LST416

Join us as we celebrate the art of quilting. Officially recognized as Quilt Week in the city of Santa Clara, PIQF is proud to announce its thirty-first year! Shop the aisles of the Merchants Mall for the best fabric, learn a new technique in workshops

taught by an outstanding faculty or admire the beauty of the artwork hanging in the quilt and wearable art competitions and special exhibits. Wheels roll from OC at 8:00 AM ~ return 7:00 PM.

Trip Includes:

- Roundtrip Deluxe motorcoach transportation
- Overnight Accommodation at the Hyatt Santa Clara (official hotel of the convention)
- Admission to the festival
- Private lecture from an international quilting expert
- Admission to the San Jose quilt and textile museum (day 2)
- Driver gratuity
- Please note no meals are provided.
- The Hyatt has a full-service restaurant and coffee bar. The quilt festival will also have concessions.

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Dr. Wilmarth is a Board Certified Ophthalmologist and Medical Director of Ophthalmic Surgery at Sutter Sierra Surgery Center located on the Sutter Roseville Campus.



LASIK (Advanced Laser Vision Correction) is available to you with the Wavelight EX500, the most advanced system available in the U.S. Dr. Wilmarth has over 20 years experience with LASIK. He is Founder of Horizon Vision with 6 centers in Northern California and he serves as Medical Director of the Horizon Roseville Center.

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

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*Indicates new class on sale September 17

Classes

—Art —

*Mixed Media Art Journaling

Tuesdays, October 11 & 25

9:00 AM to Noon (OC)

\$45 (two sessions) — LSC3221

\$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: “Morning Mist”

Friday, October 21

5:00 to 8:00 PM (OC)

\$55 — LSC3245

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, brushstroke, 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.



—Oils, Pastels & Acrylics—

*Oil and Acrylic Painting: Intermediate/Advanced

Wednesdays, October 5-26

9:00 to 11:30 AM (OC)

\$80 (four sessions) — LSC3233

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 class regarding supplies.



—Watercolor —

Beginning Watercolor - Part 2

Landscape Elements

Thursday, October 6-27

1:00 to 3:30 PM (OC)

\$95 (four sessions) — LSC4169

Prerequisite: Beginning with basic painting skills. Part 2 focuses on landscape elements. We will continue to build on mixing watercolors and expanding your understanding of color. The focus will be on incorporating shapes, color, value, and textures to create landscapes. Techniques covered include creating different skies/sunsets/sunrises with and without clouds, trees, leaves, foliage, flowers, rocks, and water. You will paint a basic landscape that includes sky, hills, trees and/or water. Learn about foreground, background, and negative painting. Basic composition, design, and the “Rule of Thirds” will be covered. Instructor: *Faye August* at 916-209-3643 or watercolorist55@gmail.com.



Continuing Watercolor

Thursdays, October 6-27

9:00 to 11:30 AM (OC)

\$80 (four sessions) — LSC4203

Want to expand your knowledge and skills in watercolor? Through a combination of demonstrations,

discussions, and self-critiques, this continuing watercolor class will provide an opportunity for 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 class will be limited in size to allow for individual one-on-one work. Contact the instructor for more information. Instructor: *Faye August*, at 916-209-3643 or watercolorist55@gmail.com.

Ceramics

—Pottery —

*Beginning/Intermediate Ceramics

Tuesdays, October 4-25

1:00 to 4:00 PM (OC)

\$64 (four sessions) — LSC3270

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 both 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*.



*Advanced Ceramics

Tuesdays, October 4-25

9:00 AM to Noon (OC)

\$64 (four sessions) — LSC3257

OR

Thursdays, October 6-27

1:00 to 4:00 PM (OC)

\$64 (four sessions) — LSC3294

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*.



—Crafts—

*Crystal Drops Beading

Thursdays, November 10 & 17

9:00 AM to Noon (OC)

\$35 (two sessions) — LSC4163

\$20 supply fee payable to Instructor

Time to think about the holidays? For a different look, try this necklace – it's three strands that feature crystal drops of various lengths. It's sure to catch compliments when you wear it. Kit selections offer a choice of different crystals and seed beads plus all that's needed to make and finish your unique necklace. Time permitting, the second class will also include making matching drop earrings. This class is good for a beginner – mostly simple stringing is required. So fast and easy – perfect for you for the holidays or for gifting friends and family. Instructor: *Cathie Szabo*.



*Card Making – Advanced

Mondays, October 10 & 24

9:00 AM to Noon (KS)

\$30 (two sessions) — LSC3306

Prerequisite: This class will build on your card making skills from the Beginner to Intermediate classes and offers more complex and challenging projects and papercraft techniques. This class is not designed for Beginner or Intermediate card making crafters. Class size is limited, sign-up early to reserve your space. Most supplies will be provided, but you will need to bring your card making kits. Instructor: *Dottie Macken*. Registration deadline September 25.



*Card Making – Beginner/Intermediate

Wednesdays, October 12 & 26

9:00 AM to Noon (KS)

\$30 (two sessions) — LSC3317

Prerequisite: Completion of at least four to eight sessions of previously offered Introduction to Card Making Beginners and/or have instructor's approval to participate. This class will build on your card making skills while introducing you to some new and different card making and papercraft techniques. Most



supplies will be provided, but you will need to bring your card making kits. Instructor: *Dottie Macken*. Registration deadline September 25.

*Card Making – Intro to Basic Card Making – Beginners

Fridays, October 14 & 28

9:00 AM to Noon (KS)

\$30 (two sessions) — LSC3328

Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you. This class will teach all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards at each session. This is a fun three-hour class. Class size is limited; sign-up early to reserve your space. All supplies will be provided. Instructor: *Dottie Macken*. Registration deadline September 25.



*Fall Leaves and Acorn

Tuesday, October 4

10:00 AM to Noon (KS)

\$35 — LSC4171

\$15 supply fee paid to Instructor

Learn how to use silk screen transfers and chalk paste to create lovely fall accents for your home. You will chalk both sides of a maple leaf (6.5"), oak leaf (6.25"), and an acorn (4") in your choice of fall designs. These wood fall cutouts are 3/4" thick and stand up, making perfect pieces for a tiered tray, a shelf sitter or a centerpiece. Class size: Minimum 5, Maximum 10. Instructor: *Christy Frank*. Registration deadline September 26.



*Glow in the Dark Jack-o-Lanterns & Fall Pumpkins

Tuesday, October 11

1:00 to 3:00 PM (KS)

\$35 — LSC4172

\$20 supply fee paid to Instructor

Learn how to use silk screen transfers and chalk paste to create spooky glow-in-the-dark Jack-o-Lanterns and/or beautiful fall pumpkins. You will chalk both sides of three wood



pumpkins (10.25", 7.25" & 4.5") in your choice of fall or Halloween designs. These pumpkin cutouts are 3/4" thick and stand up, making perfect pieces for a tiered tray, a shelf sitter or a centerpiece. Class size: Minimum 5, Maximum 10. Instructor: *Christy Frank*. Registration deadline September 26.

*Beginning Needle Felting – Santa Gnome

Monday, November 7

Noon to 3:00 PM (OC)

Fee \$35; \$15 supply fee paid to Instructor

— LSC4206

Create this adorable Santa Gnome ornament while learning to needle felt. Hang him on your tree, add him to a wreath or package or gift him to a loved one. Needle felting involves sculpting wool fibers using special barbed needles. The process of repeatedly poking the fibers with the needle causes the fibers to felt. You may be surprised to find that the stabbing action can actually be relaxing, although an occasional finger stabbing may occur. Instructor: *Donna Miller* at donnamillerfelt2410@gmail.com with any questions. Registration deadline October 17.



*Beginning Needle Felting – Snow Cherub

Monday, November 28

Noon to 3:00 PM (OC)

Fee \$35; \$15 supply fee paid to Instructor

— LSC4205

Learn the art of sculpting with wool fibers. We'll use special barbed needles (watch out for finger pokes) to turn loose fibers into a felted Snow Cherub. This little guy may be small, but he'll bring big smiles to all who admire him. Please specify your choice of blue or red when you register. Instructor: *Donna Miller* at donnamillerfelt2410@gmail.com with any questions. Registration deadline November 13.



*Christmas Stars

Thursday, November 17

1:00 to 3:00 PM (KS)

\$35 — LSC4170

\$20 supply fee paid to Instructor

Learn how to use silk screen transfers and chalk paste to create pretty Christmas Stars. You will chalk both



sides of three wood stars (9", 7", & 5") in your choice of Christmas and/or Patriotic designs. These star cutouts are 3/4" thick and stand up, making perfect pieces for a tiered tray, a shelf sitter or a centerpiece. Class size: Minimum 5, Maximum 10. Instructor: *Christy Frank*. Registration deadline October 31.

***Pumpkin Succulent Arrangement**

Monday, October 17
 10:00 AM to Noon (KS)
 \$45 — LSC4165
 1:00 to 3:00 PM (KS)
 \$45 — LSC4166

\$25 supply fee paid to Instructor

Choose either one large pumpkin (lots of shapes to choose from) or three smaller pumpkins to create a succulent centerpiece using real succulent cuttings and real pumpkins. The succulents are attached to the outside of the pumpkin and can be replanted after fall. The pumpkins are left intact and will easily last through the end of the year. Instructor: *Judy Ragland-Craftopolis*. Registration deadline October 10.



***Water Marbled Ornaments (Set of 6)**

Monday, November 14
 10:00 to 11:30 AM (KS)
 \$40 — LSC4167
 Noon to 1:30 PM (KS)
 \$40 — LSC4168

\$10 supply fee paid to Instructor

Water marble a set of 6- 3" shatterproof holiday ornaments. Students will work with their own individual marbling tray and set of paints. With instruction and easy-to-use tools, students will create unique, gorgeous ornaments to give as gifts or hang as decorations. Choose from a selection of ribbons to add to each ornament. Instructor: *Judy Ragland-Craftopolis*. Registration deadline November 7.



Card Games

—Bridge—

Beginning Bridge Class

Mondays, Fridays, Saturday, September 19, 23, 26 & 30;
 October 7, 8, 10 & 14
 1:00 to 3:00 PM (KS)
 \$80 (eight sessions) — LSC4153

Have you always wanted to learn bridge? Then this class is for you! The class is designed for people who have never played bridge before or have only played socially long ago. Using mini-bridge as an introduction, you will be playing on the first day, and you will spend nearly half the time in each class playing. The other half will be discussions to share ideas on techniques that work and those that don't. By the end of the class, you will be familiar with all aspects of the game. Instructor: *Jack Uppal*.

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Dance

—Belly Dancing—

*Belly Dance Class Beginners/Review

Fridays, October 7-28

1:00 to 2:00 PM (KS)

\$28 (four sessions) — LSC4173

Designed for new students and returning students who want to learn and review the basics of Middle Eastern dance, "Belly Dance." Both standing and sitting ("chair") participants are welcome to participate. Wear something comfortable; each class will begin with gentle warm-up stretches. Soft sole shoes (such as ballet slippers or sandals) are recommended. Learn and practice the movements as we dance to Middle Eastern rhythms. Increase your flexibility, tone your muscles, and just have fun! Instructor: *Ellen Russell*.



—Clogging—

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

*Beginning Clogging

Tuesdays, October 4-25

10:00 to 11:00 AM (KS)

\$40 (four sessions) — LSC3339

We will continue to work on the foundation steps of beginning clogging and get to learn more of the beginning steps. We will be learning new and reviewing steps as well as some fun new dances. No special shoes are required, flat-soled shoes are recommended. We will work at a relaxed pace developing skills in the foundations of clogging. Special attention will be paid to balancing skills. Instructor: *Janice Hanzel*.



*Combined Clogging Class

Tuesdays, October 4-25

11:00 AM to 12:30 PM (KS)

\$60 (four sessions) — LSC3367

Starting with easy and progressing into intermediate dances, we will continue working on some new material and go over some old favorites. The class will feature lots of reviews of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent past and online workshops and conventions. We will focus on some new show routines. All levels are encouraged to participate. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*. **Vacation drop-in: \$18 per session.**

—Country Western Dancing—

*Country Couples Western Dance

Beginner Level 1 & 2

Mondays, October 3-24

7:00 to 8:00 PM (KS)

\$28 (four sessions) — LSC3629

Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners. Instructors: *Jim & Jeanie Keener*.



*Country Couples Western Dance Level 3 & 4

Mondays, October 3-24

6:00 to 7:00 PM (KS)

\$28 (four sessions) — LSC3351

After you have completed the Beginner Class and are ready for more challenging dances, join us for a fun-filled hour of higher beginner and easy intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. Dances taught this month will be: "Another Song" and "Midnight Waltz." **Prerequisite:** Completion of Beginner level Country Couples for at least six months. Instructors: *Jim & Jeanie Keener*.

—Hula—

***Hula**

Thursdays, October 6-27

1:00 to 2:00 PM (KS)

\$52 (four sessions) — **LSC3413**

This is an ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise the mind, body, and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. **Prerequisite:** New dancers contact the instructor *Pam Akina* at 916-521-0474 to learn about Hula Basics instruction.



—Line Dance—

***Country Line Dancing**

Fridays, October 7-28

3:00 to 4:00 PM (KS)

\$28 (four sessions) — **LSC3495**

This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular “old” line dances and some new popular dances that are done at country dances around the area. Instructors: *Jim & Jeanie Keener*.

***Level I – Absolute Beginner (Intro)**

Mondays, October 3-31

4:00 to 5:00 PM (KS)

\$35 (five sessions) — **LSC3462**Instructor: *Cathy Paris***OR**

Thursdays, October 6-27

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3529**Instructor: *Yvonne Krause-Schenck*

The absolute beginner-level dances are an introduction to line dance for people who have never line danced. Basic dance steps will be taught in short sequences to a variety of music. Dance terminology and dance floor etiquette will be introduced. The focus is to have fun and learn the skills required to move on to the next level of class.

***Level 2 – Beginner**

Fridays, October 7-28

2:00 to 3:00 PM (KS)

\$28 (four sessions) — **LSC3505**Instructor: *Sandy Gardetto***OR**

Thursdays, October 6-27

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3559**Instructor: *Yvonne Krause-Schenck***OR**

Thursdays, October 6-27

3:30 to 4:30 PM (KS)

\$28 (four sessions) — **LSC3550**Instructor: *Cathy Paris*

Beginner-level dances are built upon the skills learned at the Absolute Beginner level. Dances are suitable for those who have some previous dance experience. Many rhythms will be explored. The dances will be longer and contain new steps to add to what was learned in the introductory class.

***Level 3 – High Beginner/Improver**

Mondays, October 3-31

9:00 to 10:00 AM (KS)

\$35 (five sessions) — **LSC3539**Instructor: *Yvonne Krause-Schenck***OR**

Wednesdays, October 5-26

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3515**Instructor: *Sandy Gardetto*

The high beginner class is for those with previous dance experience and who have learned the basic skills. Additional patterns will be taught, and the steps will be more challenging. Dances will have turns and some tags, and restarts.

***Level 4 – Easy Intermediate**

Mondays, October 3-31

5:00 to 6:00 PM (KS)

\$35 (five sessions) — **LSC3481**Instructor: *Cathy Paris***OR**

Wednesdays, October 5-26

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3612**Instructor: *Sandy Gardetto*

Easy Intermediate class will feature dances that are suitable for more experienced dancers. They have mastered a comprehensive range of step patterns and movements. Dance patterns may be longer

and faster than the previous levels. The dances will offer new challenges and a variety of step combinations and rhythms. Achieving this level of dance is not only fun but rewarding as well.

*Level 5 – Advanced

Thursdays, October 6-27

5:30 to 6:30 PM (KS)

\$28 (four sessions) — LSC3718

More difficult dances will be featured in this class, suitable for the more experienced dancer. Dances will be taught at a faster pace to a smaller group of dancers. If you have a good foundation and are comfortable with easy, intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have. Instructor: *Cathy Paris*.

*Line Dancing 4 Fun

Thursdays, October 6-27

4:30 to 5:30 PM (KS)

\$28 (four sessions) — LSC3472

Today's line dancing is also known as modern or contemporary line dancing. We will keep current with what is popular and danced around the world, written by many well-known international choreographers. The class offers line dancing to many different genres of music, and the skill levels include "Beginner Plus" to "Improver" and slightly above. The teaching pace will be quicker for those coming from Beginner classes, yet fast enough for "Improver/Improver Plus" dancers. Instructor: *Cathy Paris*.

—Tap—

Tap Classes with Alyson

Enjoy tap classes, make new friends, and challenge your mind and body. *Alyson Meador* is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal



of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.

*Beginning Tap

Mondays, October 3-31

11:00 AM to Noon (KS)

\$50 (five sessions) — LSC3578

Grab a friend and come join us! We are starting from fresh, learning all the basics of tap dance. We will work at a pace comfortable for everyone. Bonus effect, new friends, improve balance, the act of repeating, reversing, and counting patterns is excellent for brain health.

*Tap Technique

Mondays, October 3-31

10:00 to 11:00 AM (KS)

\$50 (five sessions) — LSC3568

OR

Tuesdays, October 4-25

10:00 to 11:00 AM (KS)

\$40 (four sessions) — LSC3738

Learn and hone your tap techniques through fun musical exercises and routines.

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Sewing

Rope Baskets and Bowls

Wednesdays, October 19 & 26

1:00 to 3:00 PM (OC)

\$25 (two sessions) — LSC4150

\$25 supply fee paid to Instructor

Sewing rope baskets is easy and fun. In a few hours, you can make beautiful and useful bowls and baskets to organize your favorite spaces or for giving as wonderfully appreciated gifts. Your sewing machine with a zig-zag stitch will transform plain clothesline rope and thread into a lovely and sturdy basket. Add fabric strips, embroidery, beads, or other decorative additions to turn your creation into something truly unique. Please bring Scissors, pins, Denim or leather, Needle for the sewing machine. Instructor: *Sallee Peterson*.



Quilting

Beginning Quilting

Mondays, September 19, 26, October 3

9:30 AM to 2:30 PM

\$50 (three sessions) — LSC4164

This class is for the beginner quilter and will cover the fundamentals of quilting and making a quilt top. Over a period of 3 weeks, you will learn how to select fabrics for a quilt, how to cut using a rotary cutter, how to accurately sew 1/4" seam allowance, and practice correct pressing techniques. You will learn time-saving tips for the construction of the quilt blocks. One block will be done in class, and some blocks may be done as homework. This class is for the beginner quilter or a great review for the new quilter. Instructor: *Betty Kisbey*.



Introduction to Wool Embellishment

Saturday, October 15

10:00 AM to 3:00 PM (OC)

\$25 — LSC4124

\$10 supply fee paid to Instructor

You will be working with wool and learning basic embellishments for wool. You will be using a kit prepared by the instructor that includes wool, assorted threads, and needles. Using Sue Spargo's book, *Creative Stitching, 2nd edition*, you will learn how to embellish wool using a variety of Sue's threads and will learn several stitches from Sue's book. After you are finished, you may sew your wool piece into a needle holder or pincushion. This is a beginner class. Instructor: *Betty Kisbey*.



Holiday Gift Bags

Monday, November 7

1:00 to 3:30 PM (OC)

\$25 — LSC4151

Do you have a stray quilt block? Did you try a pattern, make a block, and decided it would be the only block of that pattern that you would make? Let's use that block





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to decorate a shopping bag. Then you will have a very useable bag or one that will make a delightful gift. Instructor: *Betty Kisbey*.

Music

—Folk Guitar—

*Beginner Folk Guitar Class for Fun Folks

Tuesdays, October 11-25

1:00 to 2:00 PM (KS)

\$30 (three sessions) — LSC3683

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 of 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, October 11-25

2:00 to 3:00 PM (KS)

\$30 (three sessions) — LSC3623

This class is an intermediate class with 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*.

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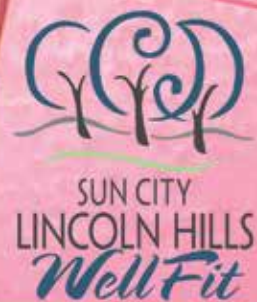
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SCHEDULING FOR FALL!

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- PUPPY POOLOOZA
- BREAST CANCER "WALK TO BREAKFAST"
- FALL THEMED BRAIN GAIN CLASS
- HOLIDAY RETAIL SHOPPING

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HOLIDAY SHOPPING EXPO

Get a head start on your Holiday Shopping at our annual Holiday Shopping Expo right here in your community!

Orchard Creek Lodge Ballroom turns into a winter wonderland for avid shoppers! Check everyone off your gift list conveniently with over 50 vendors offering unique crafts, commercial and handmade jewelry, beauty items, clothing, books, art, decors, treats, and more! Enjoy many chances to win prizes too. Don't miss out on the fun!

Interested vendors: Please complete and submit your Holiday Expo Application at Cody.Meikle@sclhca.com. Applications are available in the Resident Website in the Library search and under Resources > Community Perks.
Registration deadline: September 30!

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OCTOBER 30
10:00 AM-3:00 PM
ORCHARD CREEK LODGE**



Danielle Merrill
WellFit Program Manager
Danielle.Merrill@schca.com



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



WellFit Orientations

Free Orientation: 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, September 20**
2:00 to 3:00 PM
- **Wednesday, October 19**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Wednesday, October 12**
3:00 to 4:00 PM

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

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

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

Lessons

Programs that provide learning the emotional, mental and physical aspects of outdoor activities. *Classes fill up quickly, please sign up at least seven days prior to class start. No refunds, no make-ups.*

Intro to Pickleball

Wednesdays
9:00 to 10:30 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.



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.



Pickleball - Advanced Beginner Clinic

Wednesday, October 5

11:00 AM to 12:30 PM

Multi-Court

\$45

Skill level 2.5-3.0, Minimum/Maximum: eight students. Come improve your “Ground-strokes”, which requires early preparation and footwork. Ian will 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. Requirement: must know rules, scoring, and have been playing games. Instructor: *Ian Dickson, Pickleball Pro.*

**Pickleball - Intermediate Clinic**

Wednesday, October 12

11:00 AM to 12:30 PM

Multi-Court

\$45

Skill level 3.0-3.75, Minimum/Maximum: eight students. The focus of this clinic will be “Net Play.” Strategic placement of your dinks, and identifying opponent openings, will be covered by Ian. Students will practice the “Volley Punch,” and the simpler you can keep your form, the stronger and better your volleys will be. Analysis and suggestions for improvement during the game time play portion of the clinic will also be provided. Instructor: *Ian Dickson, Pickleball Pro.*

Mindful Movement

Experience with mindful movement of the body that helps create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors. *Classes fill up quickly, please sign up at least seven days prior to class start. No refunds, no make-ups.*

New! Tai Chi drop-in passes: \$15. *All passes and sessions are non-refundable and expire one year after the purchase date.

Tai Chi / Qigong L1

Tuesdays, October 4-25

2:00 to 3:00 PM, Aerobics Room (OC)

\$52 (four sessions)

OR

Fridays, October 7-28

2:00 to 3:00 PM, Aerobics Room (OC)

\$52 (four 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**

***This class is eligible for Tai Chi drop-in pending class availability. Please call ahead to check the status.**

Tuesdays, October 4-25

3:10 to 4:10 PM, Aerobics Room (KS)

\$52 (four sessions)

OR

Fridays, October 7-28

3:05 to 4:05 PM, Aerobics Room (OC)

\$52 (four 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.*

Tai Chi Ball All Levels - Single Sessions

TBA

Tai Chi Ball is a fusion of mind-body exercise, traditional Tai Chi Ball, Qigong, and dance with modern core strengthening exercises and balance postures.



This class begins using light-weight exercise balls that progress in weight as we strengthen muscles, improve posture and help develop core strength through ball practice. Instructor: *Shifu Anney Siegel-Wamsat*.

Tai Chi / Qigong L2

***This class is eligible for Tai Chi drop-in pending class availability. Please call ahead to check the status.**

Thursdays, October 6-27

2:00 to 3:00 PM, Aerobics Room (OC)

\$52 (four 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*.

Why Meditate?

Mondays, October 3-24

4:10 to 5:10 PM, Aerobics Room (OC)

\$72 (four sessions)

Leave your stress at the door and start your week off right! Join Sheri each week as we take on a new topic and then meditate. The first half of the class will be education and the second half a guided meditation. Week one we will discuss why we meditate, its benefits, and what happens to the body as we develop this practice. Week two, we will tackle how to let go of stress. Week three, how to create a positive mindset. Week four, why it is important to cultivate gratitude, and finally, we will learn how to manifest our best life. Instructor: *Sheri Mandell*.



Introduction to Movement on the Pilates Reformer

Tuesdays, October 4-25

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 is a



progressive class that starts with the very basics of safely introducing your body to the fundamentals of Reformer and then 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 properly engage your core muscles. Start moving your body in a healthy way. Instructor: *Andee Lund, Reformer Specialist*.

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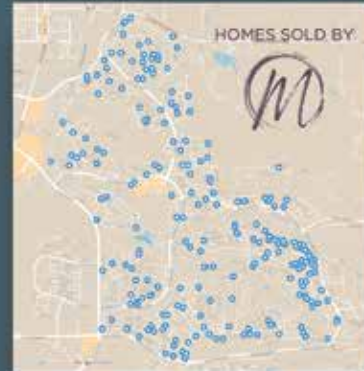


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Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department. These are programs that provide learning and development in areas of life that are unique to each individual. *Classes fill up quickly, please sign up at least seven days prior to class start. No refunds, no make-ups.*

Traditional Shotokan Karate

Saturdays, October 1-29

10:50 AM to 12:50 PM, Aerobics Room (KS)

\$25 (five sessions)

The instructor 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 Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. For more information about the International San Ten Karate Association, please visit santenkarate.com. Instructor: *Al Trimarchi*.



Why Your Breath Matters

Returning in November

When you engage in breathing exercises or simply breathe effectively, you can: reduce stress/anxiety, improve your cognitive skills, lower your heart rate, reduce your blood pressure, boost your immune system, improve your circulation, and improve your core muscles. Students have the option to be seated in a chair, on the floor, or standing throughout the class. Take this class to promote your overall physical well-being. It will transform the way you think and feel about your breath. Instructor: *Nina Baldi*.



Mindful Eating for Healthy Living

Tuesdays, October 4-25

10:00 to 11:00 AM, Multipurpose Room (OC)

\$72 (four sessions)

Are you an emotional eater on diet roller coaster? If you have tried every diet only to return to your same old eating habits this class is for you. Diets fall short because they do not address the real reasons behind overeating. Mindful Eating dives into the issues that drive us to over eat, and encourages change from within. Mindful Eating is not a diet, it is an attitude towards food that encourages awareness of what you eat and why. Instructor: *Sheri Mandell, HHC*. *This class pairs well with Healthy Cooking for Mindful Eating (below).

Mindfulness & Meditation

Thursdays, October 6-27

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*.



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New! Fall Brain Exercise and Memory Enhancement Palooza

Friday, October 14

9:30 AM to Noon, Multimedia (OC)

\$35

Worried about your forgetfulness? Want to learn more about a healthy brain lifestyle? Interested in exploring brain exercises beyond Sudoku and crosswords? Come join the brain party and have fun. We'll sort out fact from fiction regarding brain vitamins and brain exercise – all while experiencing specially selected fall-themed brain “neurobics” to get you thinking in new ways while you grow new brain cells. Get social while celebrating harvest time for the brain, heart, and head. Extensive materials and hand-outs are included in the fee. Instructor: *Alice Jacobs Ed.D, MA, MS, MCHES* (a pioneer in brain wellness lifestyle and memory enhancement).



your raffle ticket purchase. Proceeds from the raffle plus \$7.00 per event registration will be donated to the Cancer Research Institute, a US non-profit organization. Register online or at our WellFit Front Desks. Instructors: *WellFit Team*.



Living with Foot and Ankle Pain

Wednesday, October 26

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

\$25

Learn how to modify your lifestyle to prevent pain, live smart, and reduce discomfort through the use of hot and cold modalities. Class is interactive, and pain patching samples will be available while supplies last. During this class, students will follow a PowerPoint presentation and be able to ask questions throughout, with Q & A at the end as well. Keep your body strong and happy to support longevity. Instructor: *Lisa Kwon*, Occupational Therapist.

CPR AHA Heart Saver Adult First Aid/CPR/AED

Tuesday, October 18

1:00 to 4:00 PM, Multimedia Room (OC)

\$40

The course teaches the basic techniques of adult CPR, the use of an AED, and how to administer First Aid to choking victims and for basic injuries such as bleeding. You do not have to be strong to do it because you use your body weight to give the compressions instead of pushing down with your muscles. You do not have to be medically trained to save a life, you just need to know how and when to give CPR. Designed for anyone with limited or no medical training who needs a course completion card in CPR-AED-First Aid. Instructor: *Rex Owens*.

New! WellFit's Walk To Breakfast For Breast Cancer

Tuesday, October 25

9:00 AM, Orchard Creek Lodge entrance

\$30

Join us on a beautiful forty-minute morning walk from the Wetlands Trail to the Grand Ballroom for a Mimosa and Brunch Buffet hosted by Meridians. Stop in at OC WellFit between now and October 25 and see the display featuring a lovely quilt donated by Needle Arts and other prizes. Enter to win with

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Healthy Cooking for Mindful Eating – Healthy Fall Treats & Sweets

Tuesday, October 11
11:30 AM to 12:30 PM, Multipurpose Room (OC)
\$20 + \$10 supply fee paid to the Instructor.

Fall is the time of year to fill your kitchen with the aroma of warm spices. Wouldn't you like healthy alternatives to some of those fall favorites? Join us as we make some delicious Apple and Nut Energy Bites. and taste a gluten-free Pumpkin Chocolate Chip Brownie that will amaze you. Plus, take home a wonderful spicy nut recipe from Emeril Lagassee that can be eaten as a snack or added to a bed of greens to add excitement to any meal. Instructor: *Sheri Mandell, HHC*. Sheri.Mandell@yahoo.com Registration deadline: October 8.



"I'm Supposed to Eat Greens. What Do I Do With Them?"

Monday, October 17
11:30 AM to 1:30 PM, Placer (KS)
\$48

Who hasn't stood in front of the greens at the grocery store or farmers market, thinking, "I know I'm supposed to eat that, but how? What do I do with it?" If you have doubts, let's taste some diverse greens while learning about their super health benefits and delicious ways to prepare them. Instructor: *Kerin Gould, Ph.D.*, author of *Produce with a Purpose: So Your Doctor Told You to Eat More Fruits and Vegetables...Now what?* Producewithapurpose.net. Registration deadline: October 14.



Healthy Cooking for Mindful Eating – Spice it Up!

Wednesday, October 19
9:30 to 11:00 AM, Placer (KS)
\$20 + \$7 supply fee paid to the Instructor.

Your kitchen is a storehouse of spices that can be used to improve your health and well-being. Do you have cinnamon, ground ginger, Turmeric, or pepper in your cabinets? If so, you have some of the best natural medicines money can buy. Join us to discover the health benefits these and other spices hold. We will be making Chai spice packets to take home and enjoy a Chai Tea Latte, which helps regulate digestion, Aztec Coco to increase metabolism, and Golden milk to reduce inflammation. Instructor: *Sheri Mandell, HHC*. Registration deadline: October 16.





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

Membership packages require an agreement for auto-pay upon enrollment. Members and drop-ins select their monthly classes via the online scheduling system MindBody. See the class grid on page 96 for a complete listing of Pilates Reformer classes. Online class scheduling is from 7:00 AM to 10:00 PM.

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 (non-residents; guests of residents only) \$25 per class

Please contact Danielle Merrill for more information and to sign up if you do not already have a MindBody account or if it is inactive.

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.



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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 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. Classes fill up quickly; please sign up at least seven days prior to the class start. No refunds and no make-ups. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks, or online. SGT classes run for 55 to 60 minutes.*

SGT—Urban Poling

(Balance and Fall Prevention)

Returning soon

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 a full-body aerobic exercise by simply 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*.



SGT—Urban Poling

(Indoor Nordic Walking)

Tuesdays and Thursdays, October 4-27

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. Designed to enhance the workout for those walking for fitness and are not significantly balance challenged. Walking 30 minutes at least three times a week gives you a 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 – Pilates on the BOSU

Returning soon

The BOSU (BOth Sides Up) is a fun piece of gym equipment that has both a domed side and a flat side

to exercise on. You will use both sides as you challenge your balance and strength and bring awareness to your core muscles while having fun in the process. You will learn proper breathing techniques and incorporate all muscle groups. Variations and modifications will be offered. The class will be done on the floor on a mat. Instructor: *Cynthia Bullwinkel.*



SGT—Progressive Bootcamp L2/3
Mondays & Wednesdays, October 3-26
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, October 3-26
2:00 to 3:00 PM, Aerobics Room (KS)
\$136 (eight 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: *Renae Schmidt.*



SGT—Posture, Core and Balance L1/2
Mondays & Wednesdays, October 3-26
12:55 to 1:55 PM, Aerobics Room (KS)
\$136 (eight sessions)
Instructor: *Renae Schmidt*
OR

Tuesdays & Thursdays, October 4-27
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—Walk on the Wild Side L1 (Seasonal)
Tuesdays, October 4-25
8:30 to 9:30 AM
First class meets at OC Fitness Center
\$68 (four sessions)

Experience the beautiful trails of Lincoln Hills with a trainer teaching exercises along the way. Incorporate warm-up, strength training and conditioning, balance and coordination, and stretching while walking the trails. Walking groups are a wonderful way to decrease blood pressure, elevate moods and increase motivation. Let's enjoy the great outdoors and do a little 'walk on the wild side.' Suggested ability to walk 1 mile in 30 minutes. Instructor: *Lisa Fisher.*



SGT—Rock Steady Boxing
Tuesdays, October 4-25
2:00 to 3:00 PM, Aerobics Room (KS)
\$68 (four sessions)

OR
Thursdays, October 6-27
2:00 to 3:00 PM, Aerobics Room (KS)
\$68 (four 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—Fit 101

Tuesdays & Thursdays, October 4-27

4:10 to 5:10 PM, Aerobics Room

Class alternates

(OC Tuesday – KS Thursday)

\$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 tools and techniques to add to your workout routine, including the appropriate settings and weights. Instructor: **John Ramos.**



SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays, October 4-27

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 equipment, 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.**



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SGT—TRX Circuit L2

Tuesdays & Thursdays, October 4-27
12:55 to 1:55 PM, Aerobics Room (KS)
\$136 (eight 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—Therapeutic Water Exercise L1-L2**

Wednesdays October 5-26
11:50 AM to 12:50 PM, Indoor Pool (OC)
\$68 (four sessions)

Instructor: *Nina Baldi*

OR

Fridays, October 7-28
10:45 to 11:45 AM, Indoor Pool (OC)
\$68 (four sessions)

Instructor: *Lisa Fisher*

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.

**SGT—ParkinsonStrong Combo**

Thursdays, October 6-27
3:05 to 4:05 PM, Aerobics Room (KS)
\$68 (four sessions)

OR

Mondays, October 3-24
4:10 to 5:10 PM, Aerobics Room (KS)
\$68 (four 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*.

**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 93-96 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.*

OC WellFit Class Schedule September/October 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:35	Zumba Toning L2 <i>Joanie</i>	Step L2/L3 <i>Kim</i>	Core-N-Strength L2/L3 <i>Katie</i>	Step L2/L3 <i>Kim</i>	Core-N-Strength L2/L3 <i>Shirley</i>		
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>		
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>Joanie</i>	Sit & Be Fit L1 <i>Joanie</i>	Staying Active with Arthritis L1 <i>Joanie</i>	Sit & Be Fit L1 <i>Lisa</i>	Staying Active with Arthritis L1 - <i>Joanie</i>		
12:55		SGT - Urban Poling (Nordic Pole Walking) L1 - TBD	TBA	SGT - Urban Poling (Nordic Pole Walking) L1 - TBD			SCLH Booking 1:00 to 3:00 PM
2:00	Returns in November Why Your Breath Matters <i>Nina</i>	Tai Chi / Qigong L1 <i>Anney</i>	TBA	Tai Chi / Qigong L2 <i>Anney</i>	Tai Chi / Qigong L1 <i>Anney</i>		
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	Why Meditate? <i>Sheri</i>	SGT - Fit 101 - <i>John</i>		4:30 - 5:30pm Mindfulness & Meditation - <i>Jennifer</i>			
5:30	5:30pm Yin Yoga L1-L3 <i>Nina</i>					SCLH Booking 4:10 to 7:00 pm	
Punch Pass - Group Exercise Classes 55 minute \$5.50							
Fast Pass - 30 min Group Exercise Class \$3.50							
L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: schresidents.com							
SGT - Small Group Training (55-60 minutes) session based, sign-up ahead							
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.							

Class schedules in the Compass may not reflect recent changes.

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

KS WellFit Class Schedule September/October 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>	TBA Check with WellFit	Zumba & Toning L2 <i>Ruby</i>	Cardio Strength L2/L3 <i>Helena</i>	
9:40 Strength Barre Fusion L2/L3 - <i>Katie</i>	Zumba Gold L2 <i>Joonie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 - <i>Kim or Helena or Katie</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>Joonie</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 - <i>Nina</i>		
11:50 Balance and Fall Prevention - <i>Renee</i>	SGT - 'Fun'ctional Fit L3 - <i>Deanne</i>		SGT - 'Fun'ctional Fit L3 - <i>Deanne</i>	Returning in the Fall! Urban Poling (Nordic Walking) L1 - TBA/Rex	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>Joon</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>			SGT - Fit 101 - <i>John</i>	Shuffleboard 3:05 to 6:00 PM		
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 (session based, sign up ahead) 55-60 minute		
L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and 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.						

Class schedules in the Compass may not reflect recent changes.

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

OC Aqua WellFit Water Walking/Volleyball/Class Schedule September/October 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
5:30	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in		
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>Nina</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>Jennifer/sub</i>	Power Waves L3 <i>Nina</i>		
9:40	Splash L2 <i>Joanie</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>Jennifer/sub</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>	SGT - Therapeutic Water Exercise - <i>Lisa</i>			
11:50	Water Walking drop-in	Water Walking drop-in	SGT - Therapeutic Water Exercise - <i>Nina</i>	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	TBA Returning Soon	Water Walking drop-in until 8:30pm	TBA Returning Soon	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 5:45 to 8:15pm	Water Walking drop-in until 8:30pm		

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.

L1 - beginner L2 - Intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: schresidents.com

Small Group Training - SGT - 60 minutes (session based, sign up ahead)

Group Exercise Classes - 55 minutes (punch pass) \$5.50

Class schedules in the Compass may not reflect recent changes. For current class schedules visit the WellFit page on schresidents.com. *Water Volleyball schedule for the Klaga Springs pool available on WellFit's online reservation page.

Pilates Reformer WellFit Class Schedule September/October 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>October - Andee</i>		4:15pm Reformer L1-L2 <i>Valerie</i>			
Wellness Classes - session-based classes, please purchase ahead at Fitness Front Desk or online enrollment: sclhresidents.com							
All classes are 55 minutes unless otherwise noted and are subject to change without notice.							
Basic - beginner L1 - intermediate L2 - more advanced *More class descriptions on MindBody when signing up for your classes							
All classes are subject to last minute cancellation for insufficient registration or instructor illness.							

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 Lodge965 Orchard Creek Lane
Main Phone: 916-625-4000
Kilaga Springs Lodge 1167 Sun City Boulevard
Main Phone: 916-408-4013
Resident WebsiteSCLHResidents.com
Public WebsiteSunCity-LincolnHills.org
Help DeskHelp.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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To-Go Orders & Info: 916-408-1682
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Lincoln Police & Fire916-645-4040
Neighborhood WatchSCLHWatch.org
Linda Minor: 707-235-0778
Neighbors InDeed916-223-2763neighborsindeed.org
Lincoln Hills Foundation....916-434-0749 ..lincolnhillsfoundation.org
Lodge Library Contact.....Adrian Felice: 916-408-4332

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Ruby Princess ~ 3080 Passengers	Nov 27, 2022	\$1,099	\$1,699	\$2,459
Royal Princess ~ 3560 Passengers	Jan 16, 2023	\$1,799	\$2,254	\$2,254
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California. *ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
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Ruby Princess ~ 3080 Passengers	Jun 6, 2023	\$1,199	\$1,343	\$1,899
	Jul 6, 2023	\$1,399	\$1,567	\$2,299
	Aug 15 2023	\$1,299	\$1,599	\$2,199
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California. *2023 Alaska Voyages visit Glacier Bay *ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
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Ruby Princess ~ 3080 Passengers				
Sail round trip from San Francisco, California to; Santa Barbara, California; Los Angeles, California; San Diego, California; Ensenada, Mexico; San Francisco, California. *ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
10 DAY MEXICO From SFO! Princess	Dec 12, 2022	\$799	\$1,199	\$1,299
Royal Princess ~ 3560 Passengers	Jan 6, 2023	\$699	\$1,124	\$1,299
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California. *ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
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Ruby Princess ~ 3080 Passengers				
Sail from Galveston, Texas to San Francisco visiting Cartagena, Columbia; Transit the Panama Canal; Fuerte Amador, Panama; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Cabo San Lucas, Mexico; San Francisco, California. INCLUDES FLIGHT TO TEXAS & SHUTTLE FROM SHIP TO LINCOLN!				

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