

# COMPASS

*Navigate Your Way Through Sun City Lincoln Hills*



**13** Scott Cason — Stirring Up Adventures on the Road

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**15** Stirring the Pot



**IN STOCK FLOORING - IN STOCK CABINETS**

**KITCHEN REMODELING - BATHROOM REMODELING - REMEDIATION SERVICES**

**COUNTERTOPS - BACKSPLASH - FLOORING**

**TILE - HARDWOOD - VINYL - LAMINATE**



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SACRAMENTO, CA 95834

**ROCKLIN**

6848 FIVE STAR BLVD #6  
ROCKLIN, CA 95677

**VACAVILLE**

1671 E. MONTE VISTA AVE #N111  
VACAVILLE, CA 95688

**ELK GROVE**

(COMING SOON!)

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### On the Cover

*Witches Stirring the Pot – Halloween decorations at Village 18. Photo by David Wright. See article page 13.*

# Calendar of Events

October 17 - November 15

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

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## Upcoming Association Meetings: October 15 – November 14

Finance Committee	Thursday, October 19, 9:00 AM
ARC/Architectural Review Committee	Monday, October 23, 8:30 AM
Board of Directors	Thursday, October 26, 9:00 AM
Board of Directors Executive Session	Thursday, October 26, 1:00 PM
Compliance Committee	Wednesday, November 1, 9:00 AM
Properties Committee	Thursday, November 2, 9:00 AM
Election Committee	Friday, November 3, 10:00 AM
CCOC/Clubs and Community Organizations Committee	Tuesday, November 7, 9:00 AM
Accessibility Committee	Wednesday, November 8, 1:00 PM
Board of Directors Workshop	Thursday, November 9, 10:00 AM
Board of Directors Executive Session	Thursday, November 9, 1:00 PM
ARC/Architectural Review Committee	Monday, November 13, 8:30 AM
CCRC/Communications and Community Relations Committee	Tuesday, November 14, 10:00 AM

*Meetings subject to change. Visit [schresidents.com](http://schresidents.com) for the most up to date information.*

## 211 Your Non-Emergency Call for Help!



Connecting Point is your trusted source for information and connections in Placer and neighboring counties.

Dial 2-1-1 for referrals to local services, including food programs, non-emergency transportation, utility assistance, moving resources, health or dental referrals, questions regarding social security, Medicare, insurance benefits, legal/fiduciary, plus help connecting to tax preparation services. Additional connections are but are not limited to home repair and safety, in-home services for seniors, assistance When you need information about local services, disaster readiness, or recovery assistance, Placer 211 with disabilities, information regarding skilled nursing facilities, assisted living, care homes, and end-of-life information.



## Board of Directors' Report

*Chuck Cunningham, Director*

It has been an interesting year preparing our 2024 Budget. Each year, the budget process starts in early May, with the Accounting Department providing each department with the criteria and ground rules for preparing their submission. They are asked to include revenue, cost of sales, administration, personnel expenses, insurance, utilities, landscape, maintenance, and supplies and repair as related to their area of responsibility. Multiple meetings are conducted between the individual departments, the Finance Committee, and the Accounting Department to address the scope and content of the data incorporated into the budget.

The 2024 budget had to consider elements with significant impact this year. Inflation in everyday products impacts us in our everyday lives. We also needed to institute a competitive salary structure to acquire and maintain quality personnel, avoiding staff turnover and reducing the impact on recruiting and training costs.

In late July, the Accounting Department begins the assembly of the 2024 budget. This includes the incorporation of individual operational department activities into the Accounting Department's overall 2024 budget. The work continues through July and August so that the initial draft of a budget is ready for review by the Finance Committee, Executive Director, and the Board of Directors in early September.

The review and fine-tuning continue through mid-September with discussions to analyze and evaluate financial levels generated by each department. This result is then presented to residents at September workshops.

The final step is for the Accounting Department to consolidate all inputs and create the final product for submission to the Finance Committee for their endorsement and ultimately to the Board of Directors for final approval.

The 2024 budget will be released to the homeowners on or before November 30, 2023.



## A Note from the Executive Director

*Kyle Bodyfelt, Executive Director*

*"Just keep stirring the pot. You never know what will come up."*  
– Lee Atwater

The first thought when hearing the term 'stir the pot' makes me think of the sibling or friend who likes to instigate mischief or discontent. However, after years in the Community Association management business, I have a different perspective on it. I now think of stirring the pot as continued improvement, staying in the game, and grit.

Hundreds, usually thousands, of residents and their guests are using the wonderful amenities that Lincoln Hills has to offer every day. The Lincoln Hills Purpose statement says, "The Community Association is formed as a non-profit mutual benefit corporation to operate and maintain facilities and develop and offer activities which promote an active lifestyle for residents."

From ideas from residents, volunteers, and staff,

we are constantly evolving, looking for new services or different ways to provide the same service or meet a need. I am always impressed with the innovation that comes out of our Wellfit Department with new offerings and new opportunities for our residents to be active and improve their health. For example, our Wellfit, Spa, and Food and Beverage Departments are collaborating to bring a 'spa day' to residents this fall. Our Facilities Department, in conjunction with the Landscape Cost Reduction Committee, has established a way to continue to provide the 'wow' factor of the Association landscaping while decreasing landscape maintenance costs. Our IT and Communications Department has increased online advertising revenue and decreased the cost of printing the *Compass* by negotiating for a better deal.

We look forward to continuing to enhance the resident experience by finding innovative ways to keep you interested, whether you do the same thing every day or like to look for something new.

## Trails Enhancement Team

### What's New for Our Wildlife Preserve Trails

*Gay Mackintosh*

Four wildlife preserves and 14 nature trails to explore! Our Homeowners Association owns and manages some 490 acres of precious open space under permit with the U.S. Army Corps of Engineers. From wetlands to upland woods, annual grasslands to riparian forests, these protected habitats enable many plant and animal communities to thrive.

The Wildlife Heritage Foundation (WHF) holds the conservation easement for the protection of wildlife and open space in perpetuity, guiding our stewardship of the preserve lands. WHF Senior Wildlife Biologist Gaylene Tupen has monitored our four preserves for 13 years, noting, "Each one has something special; each supports a unique assemblage of species." Following east-west watercourses, the preserves also offer safe corridors for animals seeking food and mates. As human development encroaches all around us, these wildlife corridors are vital.



WHF's Gaylene Tupen (right front) leading Elderberry Trail nature walk

WHF's 2023 Lincoln Hills Trail Usage Policy allows residents to enjoy the preserves with minimal impact on wildlife and habitats. What's new? The unpaved Elderberry and Canyon Oaks trails are restricted to foot traffic only. Due to their environmental sensitivity, no bikes or wheels of any type are allowed Gaylene explains, "The Northeast Preserve's unfragmented mature oak woodland provides critical raptor nesting sites. Ingram Slough is an important wildlife corridor for mammals large and small."



Sharing the Wetlands Trail

The meandering Canyon Oaks and Elderberry trails give residents on foot the opportunity to share the woodland quiet. You may even spot the uncommon Cooper's hawk or a nesting great horned owl! While you won't see the threatened Valley elderberry longhorn beetle, you will see the elderberry bushes that are its sole habitat. Join Gaylene on a nature walk to learn more about our Northeast Preserve on October 20. See Community Perks, page 51 for details.

The 2023 Trail Usage Policy allows courteous, leisurely biking and e-biking on our 12 other preserve trails, empowering more residents with mobility limitations to enjoy nature. (E-bikes are by law considered bikes and not motorized vehicles, which are prohibited on all trails.) WHF Associate Director Kelly Velasco says, "WHF believes in the connection between health and being outdoors, so we did not want to restrict these trails to just those who can walk. Lincoln Hills residents have traditionally been respectful of policies protecting the preserves. Users must stay on the trail at all times with dogs on leashes."

Use the QR code or go on the website to view the full Trail Usage Policy and preserve map.

Pick a trail and explore our unique preserves!





## Clubs and Community Organizations Committee Stirring Things Up at CCOC

*George Herrmann, Vice Chair*

The Clubs and Community Organizations Committee (CCOC) meets every month on the first Tuesday at 9:30 AM in the Multimedia Room. These monthly meetings are generally quiet affairs with short, posted agendas. Following the theme in the *Compass* this month, maybe it is time to stir things up.

It would be exciting to have existing clubs attend one of our meetings and tell us how things are going. We hear complaints from time to time, but we believe that most clubs suffer in silence. Why not stop by and tell us what's going right, what is less than ideal, and what changes are needed? Most of the time, it is not our role to fix an issue, and they might not be easily fixed, but we can get them to the right place for action.

While we are stirring things up at the CCOC, it is also a good time for the individual clubs to stir

things up internally. Look at your bylaws and see if they follow the Association standard. Several clubs have changed their bylaws to use the standard Association guidelines. This streamlined version of the club bylaws that references the Association makes it simple.

The shutdown necessitated by the COVID pandemic caused a decline in participation in many clubs, although membership rosters may have remained the same. Review your membership rosters and remove those members no longer interested in or available to participate in the club activities. At the same time, use the *Compass* to recruit new members.

Clubs are great ways to meet new people with a common interest. One of the benefits is social interaction. Get out of the house. Find a club to join. Have some fun. Stir it up.



## Compliance Committee Compliant or Not Compliant?

*Lynne White, Chair*

The Compliance Committee receives a list of properties with possible violations each week. The committee members verify these complaints to make sure there is a violation. Compliant or not compliant? Here are a few examples according to the Design Guidelines (DG).

Gates on side yard fences are compliant if they do not encroach onto common areas. They must be installed for access to the homeowner's property only. Normally, you see these on corner lots with long side yards, so gates provide better access for maintenance by the homeowner. Gates along the perimeter fence to gain entrance to the golf course or open space are not compliant.

Pots in the front yard are compliant with ARC approval. Three pots are the maximum in all front and corner street side yards. The DG has a comprehensive list of sizes, colors, materials, and placement.

Landscape fabric is compliant if it allows the free flow of water, air, and gases to and from the soil. Solid sheeting or polyethylene over ground areas is prohibited and, therefore, not compliant.

Here is a list of compliant signs that may be installed on any lot: Beware of dog, security systems, political, private property, Neighborhood Watch, Garage/estate sales, real estate for sale or lease. Each sign has specific dimensions, quantity, placement, time frames, and colors. Contractor signs are prohibited and, therefore, not compliant.

Screen doors on the front and side doors are compliant in bronze, charcoal, black, or grey, and the frame is compatible with the existing door frames. One dual flag mount to the face of the house, secured to a wooden stud, is compliant without ARC approval. Freestanding flagpoles require ARC approval.

Design Guidelines maintain harmonious and consistent community character that preserves property values.



**Finance Committee**

**August Report**

*Fred Raach, Chair*

At the end of August, the Association’s reported financial results continued to be very favorable. The budget, the basis for this year’s dues, anticipated that over the eight months, the Association would spend \$203,000 more than the revenues it earned. Actual revenues earned were \$32,000, larger than what was spent, leading to a net result of \$235,000 better than budgeted. This is a \$35,000 reduction in net results since the end of July, caused mainly by the implementation of the updated salary schedules for all employee positions.

Operating revenue in August was \$75,000 higher than budgeted, increasing the year-to-date total to \$119,000 over budget. The positive August revenue can be traced to advertising from the Directory, almost \$13,000 more than planned, and revenue from Lifestyle trips nearly \$67,000 larger than planned. Spending in August was \$110,000 more than budgeted, but for the eight months still is \$116,000 less than planned. Personnel expense in August was \$57,000 over budget, largely due to the unplanned increase in salary and wage costs from moving to the new salary schedules, but remains \$177,000 lower than budgeted for the year.

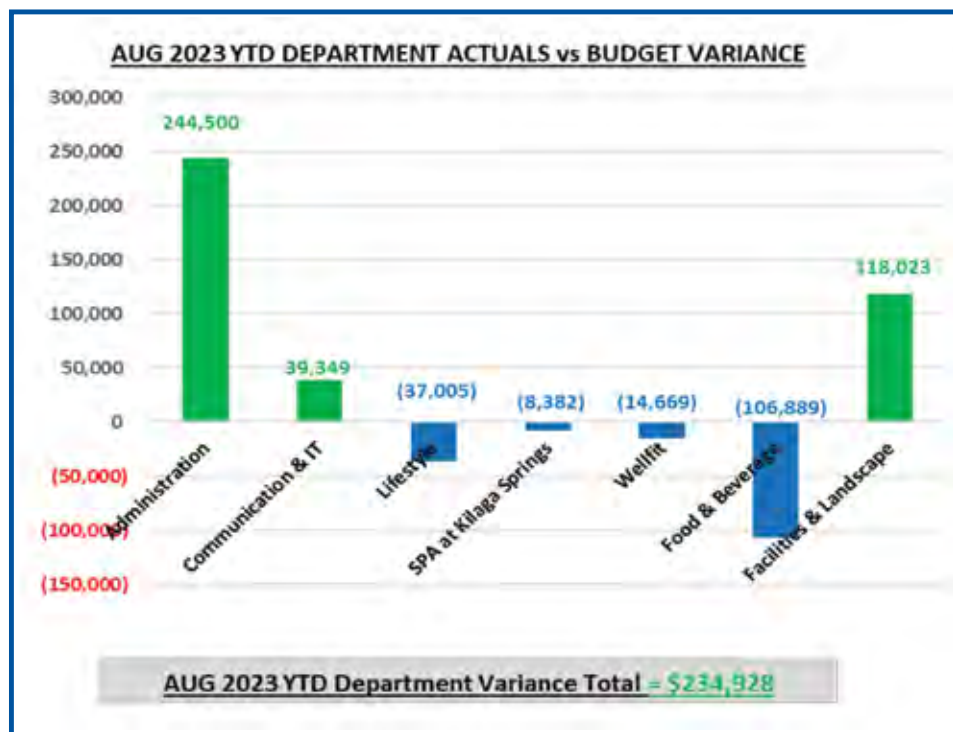
The chart below shows for each department how actual year-to-date net results compare to what was

expected in the budget. Much of the Administration Department’s better-than-planned performance was from budgeted-but-vacant positions in the early part of the year. The Facilities and Landscaping Departments positive results result from a \$150,000 of deferred landscape maintenance expenditures and the reduction in the cost of the renewal of Bianco contract on May 1. The Food and Beverage Department string of months with positive net revenue ended in August with gross revenue down slightly but not completely offset by the reductions in personnel expense and the cost of sales.

At the end of August, the reserve fund balance was \$12.9 million after reserve expenditures so far this year of \$998,000.

In August, \$11,000 was spent from The Community Enhancement Fund. The remaining balance at the end of the month was \$572,000, with \$6,000 allocated for the completion of the Kilaga Springs Café enhancement project.

The budget approved by the Board last month resulted from thoughtful and lengthy deliberations involving Finance Committee members, the department heads, the accounting staff, and members of the Board. The budget recommended by the Committee was our best judgment of an achievable amount with consideration of the impact on dues.







## Properties Committee September Meeting Report

*Bill Szabo, Chair*

**Executive Director's Report included: Completed Projects** – Multi-Sport court and seven Pickleball courts have been resurfaced. Approval without Committee review was questioned. It was approved as a policy exception due to the excessive cracking of the courts. **Approved in Progress Projects** - Meridians Restaurant refresh/update: Continuing to work with the design consultant and others to create an acceptable design proposal to present to the Properties and Finance Committees along with the Board. **Proposed/Pending Projects** - Storage: The proposed storage building a 2600 square foot building, would have cost over \$750,000. Looking to lease space at 985 Sun City Lane - projected annual cost of \$70,000 placed in 2024 Budget.

**Facilities Maintenance Update:** Work included tree trimming, trail erosion repairs, concrete rail fence installation delays, quote on LED conversion for both lodges and painting of roof

supports over the Kilaga patio.

**Unfinished Business Inspection Reports** - Meridians Restaurant - Issues with kitchen equipment and furnishing with repair and/or replacement needed. Task Force Report – Reviewed possible Shuffleboard play that wouldn't entail scheduling conflicts between Shuffleboard locations and made recommendations for conversion of croquet court.

**New Business:** Proposal 2023.09.01 shop parking lot repair, repaving, and restriping. Accepted and will be sent to the Finance Committee. These repairs were discussed during last year's and this year's inspections. Heavy truck traffic has caused most of the damage.

As always, if you see any problems or maintenance issues with any facility, please report them to Erik Rosales, Facilities and Maintenance Manager for general maintenance, or Willie Mayberry, Landscape Supervisor and committee chair.

# WANTED

★★★★★ VOLUNTEERS ★★★★★

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FOR

Having fun, making new friends, and making a difference in your community.

The following committees are seeking YOU to join!

<p>Accessibility Committee</p> <p>Properties Committee</p> <p>Architectural Review Committee</p> <p>Clubs and Community Organizations Committee (CCOC)</p>	<p>Communications and Community Relations Committee (CCRC)</p> <p>Compliance Committee</p> <p>Elections Committee</p>
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Volunteer Applications available at the Lifestyle Desks and the Residents Website

(sclhresidents.com > Library > Forms > Resident Forms)



## Lifestyle News & Happenings

### When Stirring the Pot is Necessary

Allison Sertic, Lifestyle Manager

Change is hard. It is scary not knowing what is to come. It is especially so when the change is not of our choosing but directly affects us. Our brains are hardwired to resist change, and the perceived threat or danger often puts us into immediate “fight or flight” mode. Even those who welcome the challenges of change, after these past several years of intense change, are tired, and the thought of more change is exhausting. I really do get it.

External factors often drive the demand for change, and sometimes, there are obligatory requirements to do so. Our pot has been stirred here in the Lifestyle department. I was passed the big wooden spoon, and I have been prudently stirring for the past few weeks. There have been some great “bits and pieces” that have surfaced.

Our Lifestyle class instructors, who have always been independent contractors, will become Lincoln Hills employees beginning January 1, 2024. This change is big, but after carefully wading through

the process to roll it out and now meeting and talking with instructors, I feel optimistic and encouraged.

Does this change affect residents? Very minimally, if at all, depending on your participation. Instructors will still have full reign over their classes as they are the teaching professionals, and that will not change. Instructor classes will, for the most part, take place at the same time you are accustomed to. Instructors will not set their class fees, as it is now our responsibility to make sure costs are covered for the Association. Some class fees will change slightly to align with regional medians and set overall program consistency. I promise you that consideration has been analytical, reasonable, thoughtful, and sympathetic throughout this process.

We look forward to continuing to serve our residents through our wide array of Lifestyle class offerings. We are also excited to have some wonderful people officially join our Lincoln Hills team!

**LET'S GET SPOOKY** with **Hipper than Hip**

**Friday, October 27**  
**7:00 PM | Ballroom (OC)**

- Dance Party
- Halloween Costumes welcome
- General Admission - Lounge Style \$25

Tickets available at the Lifestyle Desks and [www.SCLHResidents.com](http://www.SCLHResidents.com)



## The Spa at Kilaga Springs Stirring Up Your Fall Skincare

*KarriLynn Keith, Spa Manager*

It's Fall Y'all! Fall colors surround us in this incredibly magical time of year. Summer heat finally makes way for amazing, cool, crisp mornings I adore. The holiday season for me always begins with my first whiff of Pumpkin Spice. Yep, I'm that girl, and I can not help it. Fall has me just wanting to stir things up a bit.

Fall is the perfect time to shake your home care routine. Why not take your skin to the next level with a Skin Cycling program? Skin cycling is essentially a four-night skin care regimen that you repeatedly cycle through to simplify your routine. We even have a special kit that takes the guesswork out of transforming your regimen. This unique system is my favorite way to transform my skincare routine into simple, easy steps. Let me introduce you to our Skin Cycle System Kit and take the guesswork out of your daily routine.

Optimal results all in one box: The Skin Cycle System \$99.

This beautiful kit contains powerful actives that work together to maximize the benefits of retinol and exfoliants while minimizing their harsh side effects. Exfoliate, Retinol, Recovery – Repeat!

Day one – Exfoliation with our Triple Acid Peptide Peel.

Day two – Retinol introduction, add our Retinol Routine Booster.

Day three and four – Recovery, incorporate Power Luxe, and you have the perfect combination.

If you want to experience this treatment first-hand, just give us a call to schedule your Kilaga Springs Advanced Antioxidant Facial. This incredible treatment removes impurities and infuses biominerals deep into the skin. Our treatments are designed to combine dramatic results with a 5-star spa experience.



No Tricks just Treats. Join The Spa at Kilaga Springs for Halloween Spook-tacular Spa Specials!!!

### TREAT 1

Spice up your skincare with an amazing Pumpkin Specialty Facial for \$169 and receive a FREE Lip Treatment!  
(\$25 value)

### TREAT 2

Transform your massage with a FREE Hot Stone Spot Treatment Upgrade!  
(\$25 value)

### TREAT 3

Carve out some time for a Manicure or Pedicure and receive a FREE Radiant Hand Treatment!  
(\$25 value)

15% OFF  
select retail items  
in our Spa Boutique  
October 15 to  
November 15

1187 Sun City Blvd, Lincoln, CA 95648 | 916.408.4290 | KilagaSpringsSpa.com



## WellFit News

### Stir Up a Stronger Core!

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Let's stir the pot and gain strength in the core. Instead of trying to make bodyweight planks harder by increasing the duration you do them, there are simple variations that can instantly increase the difficulty. One such variation is the stir-the-pot exercise. This exercise involves doing a forearm plank on an exercise ball while moving your elbows in small circular movements to create more instability. This forces your core muscles to work harder and makes it a fantastic progression for anyone who wants to upgrade their plank workout. **Step 1.** From a kneeling position, rest your whole forearms on an exercise ball, keeping your elbows below your shoulders. **Step 2.** Straighten your legs and get your body into a plank position with a wide stance (the narrower the gap between your legs, the harder it will be), keeping your forearms on the ball. **Step 3.** Make sure you flex your toes (balls of your feet off

the ground), brace your core, and maintain a neutral spine, tight abdominals, and engaged glutes. **Step 4.** Now it's time to stir the pot. Rotate your arms at your shoulders in a full clockwise movement. The only movement should be in the shoulder joint – your hips and pelvis should remain stable and not twist. A common mistake is rotating at the hips, which means your core isn't stable. **Step 5.** Focus on slow, controlled movements. Between 8-12 repetitions, repeated for three sets. By working all aspects of the core, you become better at lifting heavier weights, making stirring the pot a great choice for strengthening. This can help improve the performance of other exercises, leading to better overall results in the gym.

Outdoor pools are scheduled to close Sunday, October 29. Do not forget to sign up your pup for Puppy Pooloza. See the Community Perks section for more information.



Pop-ups are one-time, unique events that take place randomly in all different places. Exercise formats, themes, and Instructors change every time. Pop-up with us!

## POP-UP SCHEDULE

HALLOWEEN DANCE PARTY  
WITH HANNAH

TUESDAY, OCTOBER 31  
1:00 - 2:00 PM

TURKEY TAILS ON THE TRAIL  
WITH DANIELLE

MONDAY, NOVEMBER 20  
2:00 - 3:00 PM

BALLROOM FITNESS FESTIVITIES  
WITH YOUR FAVORITE INSTRUCTORS

MONDAY, DECEMBER 20  
4:00 - 5:00 PM

To sign-up watch your eNews for registration and more information  
Danielle.Merrill@sclhca.com





Ready to roll with Bus Driver Vicki



## Scott Cason – Stirring Up Adventures on the Road

*Linda Lucchetti, Roving Reporter*

“You’re traveling through another dimension, a dimension not only of sight but of mind.”

This introduction to the 1960’s TV show, “The Twilight Zone,” sounds eerie but could apply to one of Lincoln Hills’ leading amenities – Lifestyle Trips. Residents easily travel through another dimension, offering them enjoyable experiences both near and far, where they can observe beautiful sights and catch entertaining sounds.



Scott Cason at work

Stirring up these travel adventures for the residents is Scott Cason, Trip Coordinator, who began his position about two years ago. Behind (and on) the scenes, Scott works diligently to arrange the components, the myriad pieces of every excursion – reservations, advertising, sign-ups, scheduling, and transportation, to name a few. You might say that Scott’s job is concierge, tour guide, and point person. One of the best parts, he says, is seeing a trip that he’s organized come to successful fruition.

Over the years, Scott has been employed in various capacities within the travel industry, including arranging group trips for non-profit organizations and college athletic teams. What’s different about working in Lincoln Hills? “The residents,” he answers warmly, “meeting and working with them.” Scott’s goal is to be sure that any resident who desires

to go on a trip can do so, even if they may be limited in their mobility and need some assistance. “If they want to be with me, I want to be with them,” he says.

Scott credits his caring nature and patience to another past position – that of “stay-at-home dad.” These characteristics help him navigate any roadblocks that he may encounter on trips.

Resident Linda Martin, a self-proclaimed trip “groupie,” attests to Scott’s cheerful demeanor and enthusiasm. She is grateful that the trips allow her to travel with other residents comfortably and with ease.

The numerous road adventures that Scott has stirred up are pathways to wide-ranging tastes – scenic sights, live entertainment, concerts, short trips to local places, and sporting events like baseball and basketball. There also are longer, overnight trips farther away, many that have become traditional, annual journeys, like to the Oregon Shakespeare Festival in Ashland. Whether recurring or new, each trip is sure to have Scott’s personal touch.



A past trip to a Bay cruise

What’s the next stop on the Lifestyle Trip thoroughfare? Will we hop off the bus for a while and maybe catch a cruise or take a plane? Stay tuned. New travel dimensions are endless, and with Scott Cason aboard, they’re only down the road.



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**FREE SEMINAR  
SUN CITY  
LINCOLN HILLS**

**WEDNESDAY,  
OCTOBER 18TH  
10 AM & 1 PM**

Orchard Creek Lodge  
Heights Room  
965 Orchard Creek Lane  
Lincoln, CA 95648



## Stirring the Pot

*Shirley Schultz, Roving Reporter*



In keeping with the theme, “Stirring the Pot,” what do you think of when you think of the pot? Perhaps it triggers memories of “potty training,” where going to the toilet was a big deal. Getting to the pot in a timely fashion may become an issue later in life. Urinary urgency with incontinence is a common problem for seniors, and this bothersome condition, although usually not harmful, can be a symptom of a serious health condition requiring treatment.

The urgent need to urinate is due to pressure in the bladder building suddenly. It can have many causes, including urinary tract infections, bladder problems, prostate problems, and certain medications. Sometimes, it becomes difficult to hold the urine, and involuntary leakage (incontinence) occurs. Behaviors like coughing, sneezing, or laughing put additional pressure on the bladder and can cause involuntary leakage. The need to be close to the bathroom can disrupt a person’s daily routine and lead to decreased quality of life. Incontinence is not considered a normal aging problem, and those who have it should seek medical evaluation to determine possible underlying causes and if treatment is indicated.

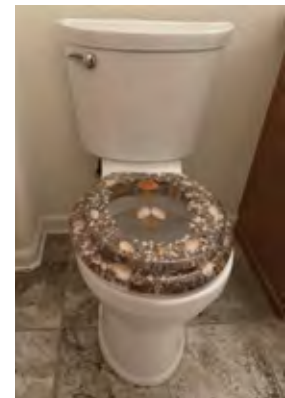
There are different types of

urinary incontinence, of which stress urinary incontinence (SUI) and overactive bladder ((OAB) are the most common types. Men should be checked for prostate problems. The American Urological Association estimates that 30% of men and 40% of women suffer from overactive bladder incontinence, where there is an urge to pee even though the bladder is not full. Sources vary in estimating the incidence of incontinence in adults, but judging by the number of products like Depends on the market for managing this condition, it is common.

Stirring the pot on the broad topic of urinary incontinence scratched only the surface, so readers will need to research further if the problem pertains to them. Offered here are some suggestions that may help prevent or treat urinary incontinence.

- Do Kegel exercises to strengthen pelvic floor muscles.
- Train your bladder by going to the toilet at set times (just like potty training). Start by keeping a bladder diary of timed voiding intervals and gradually increase these intervals over several days.
- Lose weight if you are overweight.
- Avoid drinks with caffeine, carbonation, or alcohol.
- Treat constipation if that exists.

To pee or not to pee, that is the question.



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Paul and Sherm pair up to lead the group



## Poker Club Stirs Up a Jackpot of Fun

*David Wright, Roving Reporter*



Putting on their poker faces

During the witching hour, the pre-game ritual begins. Players shuffle in and head straight to the chairs flush along the green felt deck-tops. The 28-member Lincoln Hills Poker Club draws a full-house to the Orchard Creek Multipurpose Room three days a week. While a core group of men and women come for every session, sometimes there are so many players it means waiting a spell until a seat opens. Any

resident showing up before the first game is guaranteed a chance to play.

One of the three tables is dedicated to Texas Hold'em or Omaha—determined by dealer's choice. The others offer a creative cauldron of 15 to 18 poker variations—many of the games conjured up by the players themselves. Regardless, all follow the same basics: ante-up; play the cards you are dealt; brew over decisions to hold, fold, bet, or bluff; and solve the world's problems with deep, meaningful "chip-chat." Occasionally, the banter may get dicey, but it is just friendly funning by a few pot-stirring jokers.

Club President Sherm Waldman has called Lincoln Hills home for 20 years. The plant manager from Santa Clara took an early

retirement and checked out places where he could socialize with other young-minded retirees. He found his payoff here and raised the stakes by joining the Poker Club.

Sherm offers advice to the novice player. "Start out watching the games to learn the rules. Once you feel confident enough to join in, one of our members will mentor you, critique your play, and discuss better strategies—but only after the hand has been played." No one talks about their cards while a game is in progress.

Vice President Paul Marcorelle moved here 12 years ago after a 22-year career as an IT Project Manager for John Muir Health Systems. Some may recognize him as one of our WellFit desk monitors.



"Raking in the pot"

Paul emphasizes, "We are a recreational group playing for fun and fellowship." No money exchanges hands. The club does not even collect dues. There is no buy-in, as each player starts with the same amount of chips. At the end of the session, the chips are "cashed in" for bragging rights.

With the addition of modern versions of the game, poker remains as popular as ever. While there is no magic potion to foresee how long the popularity will last, the Lincoln Hills Poker Club knows the answer lies in the cards.



# Stirring The Pot, Potluck That Is!

*Teresa Tanin, Neighborhood Watch*

Residents recently joined together to enjoy a neighborly picnic potluck. Salads, salads, and more salads were among the fried chicken, cornbread, and chili beans. It was the deviled eggs that stole the show, however. Red and white gingham and lemonade specialty drinks, watermelon, and cupcakes added to the picnic theme. It was a wonderful evening of food, fun, and learning about Neighborhood Watch and its mission statement: Strengthen neighborhood ties, increase personal safety and security, be the “eyes and ears” of the Lincoln Police and Fire Departments, and encourage emergency preparedness. Bottom line, Neighborhood Watch provides safety and security information to our residents.

In addition to community safety events, Neighborhood Watch offers helpful, quick links to the Lincoln Police, Placer 211 Connecting Point, Placer Protects, the Lincoln Hills Foundation, and many more local service agencies. The website [sclhwatch.org](http://sclhwatch.org) is easily accessible, providing safety FYI’s and crime/scam “Alerts” to help residents understand the safety issues in our community.

To learn more, join us for the next event, November 4, 9:30 to 11:30 AM, in the Multipurpose/Kitchen (KS) for the annual elections meeting and breakfast potluck. As voting members, Village Coordinators are essential attendees to meet a quorum. All residents and Neighborhood Watch volunteers are encouraged

to participate. Bring your favorite breakfast dish and keep stirring the pot, potluck that is!



National Night Out “Kickoff” Potluck. Photo by: Rick Maness.



presents:

## BINGO IN THE BALLROOM

The Lincoln Hills Foundation offers Bingo in the Ballroom on Thursday, October 26. The cost is \$25 for 12 games. Winners get \$100 per game and \$250 for the blackout. Door prizes will be awarded. Daubers and pop-ups are for sale. Bring your own water. No alcoholic beverages are allowed during the games. Doors open at 12:30, and games begin at 1:00 PM. To reserve a table for eight, please email [lincolnhillsfoundation@gmail.com](mailto:lincolnhillsfoundation@gmail.com).



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## In Memoriam



### Sharon Ann Ball

Growing up in Wilmington, Delaware, Sharon graduated from the College of New Rochelle and got her Masters from Cal State, East Bay. She lived most of her adult life in Oakland. Sharon worked for the federal GAO DOE and was the chief fraud, waste, and abuse investigator for the City of Oakland Auditor's Office. She was active in Democrat politics and ran for Oakland City Council. She was President of the Lincoln Democratic Club here and was President of the California chapter of the National Women's Political Caucus. Sharon leaves her husband of 52 years, Ken, and two daughters.



### Ray Blasquez, Jr.

Ray grew up in San Leandro, California. He was President of the local 853 Teamsters until retirement. He had three children with his first wife, Arlene, and after a divorce, he met his new love, Lolly Cascara, and they moved here. He lost Lolly last year. Ray was a great father and a fun dad who was always planning fun events and staying connected with everyone he met. He lived to share his enormous positive energy with everyone. He is dearly missed by his children and all who knew him.



### Linda Marie McVicker

After graduating from High School in Bryon, Ohio, Linda moved to San Francisco, where she worked as an operator for AT&T. Later, she was employed in the insurance industry as an account assistant. Looking for a change, she moved to Portland, Oregon, with her daughter and remained in the insurance business. She met her husband, Larry Lundervold, there, and they moved back to California. In retirement, they went on numerous cruises and tours. Linda was Secretary of the Grass Valley League of Women Voters before moving here. She enjoyed the Players Club and was secretary for one year. She is missed by her husband, a daughter, a step-daughter, six grandchildren, and six great-grandchildren.



### Jack Uppal

Born in India with the name Bhupinder, Jack chose an American name after his family moved to New York when he was a child. He excelled in mathematics and worked hard to learn English. He received a BS in Chemistry and his Ph.D. from MIT in Physical Chemistry. He married his first wife and had a daughter. He was working at Intel in the Bay Area when he met his current wife, Kate, and they discovered a number of mutual interests, including the game of bridge. Jack was instrumental in advancing computer disc technology, which resulted in substantial cost savings for Intel. Here, he was a Grand Master in bridge and taught classes. He was also the Democratic nominee for the United States Congress from Placer County. He is missed by his wife, daughter, and two step-daughters.

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



CALL US TO RSVP  
(916)786-3737

Dr. Heather Rosenberg presents

# ARE YOU TIRED OF LIVING WITH PAIN?

The upcoming event will focus on discussing non-surgical solutions for back pain and neuropathy. Attendees will have the opportunity to learn about the causes and symptoms of both conditions, as well as potential treatments and management strategies. The event will feature expert practitioner, Dr. Heather Rosenberg, as well as opportunities for attendees to ask questions and connect with others who may be experiencing similar issues. Overall, the event aims to provide valuable information about non-invasive treatments for those dealing with back pain and neuropathy.

• **Weds, OCT.25.2023** •

*@6:00pm*

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**Amateur Radio**

Dan, KN6DRN gave us a demo on Vara Chat, a relatively new digital method enabling Hams to have “conversations” using a keyboard and their radio. In September, we enjoyed a Hams & Coffee get-together at Kilaga Café. Please join us for our next Hams & Coffee in December. Consider coming on down to rag chew. The Club participated in the NA QSO Party with 40 contacts! 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.



*Hams & Coffee - Rag Chewing Away*

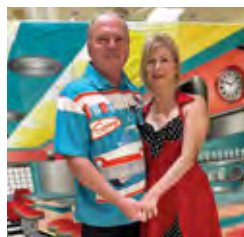
Contact: Dan Lehrer 916-587-3419, [dlehrer72@gmail.com](mailto:dlehrer72@gmail.com)  
Website: [www.lharg.us](http://www.lharg.us)



**Ballroom Dance**

We have a website! The website will provide a calendar of events, news articles, photos, leadership, application

forms, contact information, and Bylaws. See below for our new website address. Many thanks to George Sylvia, who volunteered to help develop the site. He also trained and mentored a website manager. George’s patience and guidance were present throughout the process. Our new website would not have been possible without George, who so willingly helped with our website development. On Saturday, October 28, we will be having another Ballroom Saturday Night with a Halloween theme. The party will be held from 6:00 to 9:00 PM in the Multipurpose Room (KS). October lessons will feature the rumba.



*Mark Katzen and Renee Dvorak*

Contact: Sal Algeri 916-408-4752, [sr64danz@sbcglobal.net](mailto:sr64danz@sbcglobal.net)  
Website: [www.sclhbdc.com](http://www.sclhbdc.com)



**Big History**

Join us on Zoom Mondays at 10:00 AM to continue the evolution of cities. October 16, hear about Constantinople, once the heart of the Byzantine Empire, and its transformation into Istanbul, a



bustling metropolis that bridges Europe and Asia. Concerned about the global health implications of poor diets? October 23, explore Our Broken Food Production System. October 30, uncover how The Greek Polis transcended from a city-state, giving birth to democracy and civic engagement in ancient Greece and shaping Western political thought. November 6, discover the vital role European cities played as Medieval Trade Centers. November 13, immerse yourself in the rich history of Timbuktu, a historic city in Mali, celebrated for its wealth of manuscripts and its pivotal role in the trans-Saharan trade routes.

Contact: Ranny Eckstrom 916-708-0165, [bhsclh@gmail.com](mailto:bhsclh@gmail.com)



**Billiards**

It is never too early to start making plans for the holiday party. It is going to be held in the Ballroom (OC) on Sunday, December 17. More information to follow. Mentoring is ongoing on Tuesdays at KS. The first session sign-in is 9:00 AM and starts at 9:15 AM. The second session sign-in is 10:15 AM and starts at 10:30 AM.

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Steve Benson, Shel Fein, and Joan Chein

It is for all levels of play, from beginner to advanced. We also offer a variety of tournaments at KS. Please check the website for times. OC always has open play during lodge hours. The rookie tournament on Mondays is featured this month, with Steve Benson, Shel Fein, and Joan Chein the big winners.

Contact: Mike Greaney  
925-890-3034,  
michael\_greaney17@yahoo.com  
Website: www.lhbilliards.com



**Bocce Ball, Mad Hatters**

National Mad Hatters Day is in October, so naturally, we'll take the opportunity to wear silly hats on that day. Our Thursday morning bocce group is open to everyone, and we encourage you to join in. There are no dues, and we welcome players of all skill levels. If you've never played or it's been a while, we will pair you with experienced players who are happy to teach you. All equipment is



National Mad Hatters Day

provided. We even have a spare "chicken foot" if you need help picking up the ball. We currently begin bocce at 8:00 AM, but starting November 2, we will begin our play at 10:00 AM. This later start time will continue until it warms up again next May. Enjoy sleeping in.

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



**Book**

One of our many benefits is socialization which is facilitated via a focused book discussion. This results in a wonderful sharing of reactions, experiences, and critiques. September's book selection was Fiona Davies,' *The Magnolia Palace*. Upcoming book Selections: October - *Magpie Murders*, by Anthony Horowitz, and November, *The Diamond Eye*, by Kate Quinn. Soon, we will be voting on next year's book selection list. Meetings

are in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. To receive the monthly email distribution list, email your request to ocbookgroup@gmail.com.

Contact: Maureen Deal,  
Modeal2010@gmail.com



**Bridge, Duplicate**

We mourn the loss of our friend and colleague, Jack Uppal. Jack was a strong advocate for our bridge group, teaching and mentoring players at every game level. Most of us know him as a formidable bridge opponent, but he was also an enthusiastic teacher and mentor. He will be greatly missed by all. Games are on Wednesdays starting at 12:30 PM in the Multipurpose Room (KS). Reservations need to be made at least two days ahead of the game with Elise Homer.



Jack Uppal

Open and limited sections are on Saturdays starting at 12:30 PM in the Sierra Room (KS). For further information, go to our website shown below. Our Partnership chairman is

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 lincolnhills/



**Bridge, Partners**

Call to sign up or come to the Sierra Room (KS) by 5:15 PM Thursdays. Play starts at 5:30 PM or when tables are full. The hosts for October are Dixie/Jim Parker 916-409-5949. August 17 winners: first-Chet Winton/Phil Sanderson; second-Joanna/Alan Haselwood with high round 2810; third-Bob Calmes/David Glasspiegel; fourth-Nancy Rice/Carol Mayeur. August 24: first-Jay Southard/Bob Calmes; second-Phil Sanderson/Chet Winton; third-Byron Hansen/John Butler with high round 1770; fourth-DiDi Martin/Janet Pinnell. August 31: first-Jyoti/Viren Sitwala; second-Jodi Deeley/Harry Collings with high round 1770; third-Mo Scarpitti/Donna Moore; fourth-Carol Mayeur/Nancy Rice. September 7: first-Dee Cole/Ed Hartnett with high round 2810; second-Chet Winton/Phil Sanderson; third-tie Patty/Tom Mack and Janet Pinnell/DiDi Martin. September 14: first-Jyoti/Viren Sitwala with high round 2190; second-Carla/Mark Green; third-Bob Calmes/

Jay Southard; fourth-John Butler/Byron Hansen.

Contact: November hosts Rose Phelan and Kurt Wolff  
 916-698-6940,  
 kbnewton@sbcglobal.net



**Bridge, Social**

Beginning lessons are continuing in the Card Room (OC), Wednesdays, 8:30 to 10:00 AM. Intermediate lessons follow until Noon. All are welcome. August 18 winners: first - John Butler; second - Russ Grover; third - Phil Sanderson; fourth - Viren Sitwala. August 25: first - John Griggs and Park Miller (tied); third - Lydia King; fourth - John Butler. September 1: first - Bob Calmes; second - Byron Hanson; third - Joanna Hasselwood; fourth - Phil Sanderson. September 8: first-Tom Mack; second - Mark Green; third - Usha MacGarvey; fourth - Wendy Wohl. September 15: first - Jay Southard; second - Joan Darroch; third - Joanne Quermann; fourth - Patty Van Oosbree. Play begins at 12:30 PM at KS. Please arrive by 12:15 PM. October sign-ups are Judy Ganulin and Betty Dow at 916-253-9021.

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



**Bunco**

In August, our group welcomed four new players, including someone learning to play and one starting a new Bunco group in Roseville. The Card Room (OC) was full of laughter! The traveling bear was all over the room down to the last game. We welcome new players. Join us for a fun morning of laughter and friendship whenever your schedule permits. Bunco play is on the third Thursday of the month in the Card Room (OC). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. August Winners: Buncos - Marlys Hebert, Wins - Pat McGough, Losses - Gail Emery, 50/50 - Marsha Pimentel, Traveler - Sharon Shook. The next Thursday Bunco is October 19.

Contact: Kathy Sasabuchi,  
 ksasabu@icloud.com



**Ceramic Arts**

Last minute reminder of our Fall meeting and catered lunch on Wednesday, October 18, at 11:00 AM at the Sports Pavilion. Voting for Steering Committee members will be held at this time. The Placer Arts Studio Tour will be held November 10-12. We are showing again this year as a school. Be

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sure to sign up to sell or show your creations. Thank you to all the artists who donated bowls for the Sacramento Food Bank fundraising dinner. We donated 90 bowls to their project. Amazing! Our annual Holiday Party will be on Tuesday, December 5, from 5:00 to 7:00 PM in the Placer Room (KS). It will be an appetizer potluck with a no-host bar.

**Contact: Linda Lougy 916-677-6504, [lalougy@sbcglobal.net](mailto:lalougy@sbcglobal.net)**



**Chorus**

Voices blending in harmony continue to fill P-Hall (KS) each Tuesday afternoon when we hold our weekly rehearsals. We're well on our way to preparing "Dreamin' of the Season," our upcoming Holiday concert series set for December 8, 9, and 10 in the Ballroom (OC). The range of songs we'll perform include stirring classics such as "Ave Maria" and "O Holy Night," along with traditional favorites, "Silent Night" and "Oh Come All Ye Faithful." Fun novelty tunes, "Cold Snap" and "Holly Jolly Christmas," should brighten your holiday spirit. And our audience sing-along is always a hit. We're expecting a sell-out program, so don't hesitate to buy your reserved seating tickets

as soon as they go on sale on October 17.

**Contact: Mari Long 916-409-9136, [mlong24sjca@sbcglobal.net](mailto:mlong24sjca@sbcglobal.net)  
Website: [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)**

**Computers**



**Apple Users**

New Apple products will be the subject of meetings this month. Check our club calendar for dates and details. There is a new iPhone15 and iPhone15 Pro along with a Series 9 Apple Watch. Very exciting updates for those who look forward to the latest tech innovations. Cleaning smart devices can be taken care of with a few easy steps. The September issue of the Cider Press newsletter provides cleaning tips - see the Club website. We recently celebrated our Club's 21st birthday with food, fun, and prizes. Thank you to event chairs Bonnie Esker and



*Setup volunteers at Club 21st party*

Nina Mazzo, along with many volunteers.

**Contact: Ken Silverman 916-913-6833, [LHAUGinfo@icloud.com](mailto:LHAUGinfo@icloud.com)  
Website: [www.lhaug.org](http://www.lhaug.org)**



**Country Couples**

We had a busy month, starting with a Structured Dance held in the Ballroom (OC). We learned several new dances this month to add to our growing dance list. Learning a dance is a challenge but such a lot of fun! We also held another Club dance with a potluck dinner, which is one of our favorite activities. We get together with all our friends, enjoy delicious food and desserts, and dance the night away to wonderful music. Next, Country Couples got together at a local restaurant for an Italian meal and good conversation. This is a very fun, active, social Club to be part of. For further information, please contact April.

**Contact: April Cederburg 916-390-3931, [aprilced@sbcglobal.net](mailto:aprilced@sbcglobal.net)  
Website: [www.sclhcc.com](http://www.sclhcc.com)**



*Country Couples line dancing*

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For map & information: [PlacerArtistsTour.org](http://PlacerArtistsTour.org)



**Cribbage**

Everybody wins at Cribbage sometime. Mr. Lucky shines on them somehow. Something in my cards just told me my sometime is now. If I had it in my power, I'd arrange for every deal to have that charm. Then, every minute, every hour, opponents could never do me any harm. The recent winners were Eleanor Jones, Pat McGough, Mary Ales and Lynn Bell. Then Eleanor came in last place twice. Mr. Lucky shows up every Tuesday in the Card Room (OC) at 8:30 AM. He has no loyalty. He will then jump to another player in a flash. Just ask Eleanor Jones.

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



**Cyclists**

David Wood and his wife, Monique, have been avid riders in the Club since 2003. He started leading rides around 2006, partly based on his experience in biking in Europe and New Zealand. The rides were moderately challenging. Many of the current riders and leaders of other groups once rode with him – as beginners or in rehabilitation. As David aged, it became necessary to turn to an e-bike to continue the same routes and hills. He was an early adopter

of an e-bike in 2016. Age continues to reduce the scope of his riding – impacted by both range and cold temperatures, but he continues to lead a small e-bike group on club biking days. David leads “The E’s R Us” Ride Group. Contact: Diane McLaughlin 530-386-1590, dmclaughlin100@yahoo.com Website: www.lincolnhillscyclists.com



**Food Adventures**

A warm welcome to the 20-plus members who joined the Club within the past few months. We are increasing the frequency of events and the number of people that can participate to include more members. The September event at Vegan Plate, Roseville, was a sellout and attended by members who enjoy a plant-based diet, along with several others who were intrigued by the large selection of unique vegetarian/vegan menu items. In October, we will have



Food Adventures Club

our general meeting followed by a homemade soup tasting in the Kitchen (KS), and for November, an “adult beverage” and food gathering. We are excited to announce our largest and final event for 2023, a paella Holiday party scheduled for December 6. Please contact the Club for details. Contact: Paul Wankle 925-989-9547, FoodAdvClub@gmail.com



**Garden**

“You Too Can Grow African Violets” is the topic of Mary Thompson’s presentation for the General Meeting on October 26, 2:00 PM, KS. Mary is the President of the Central Coast African Violet Society (AVSA). As Chair of the Affiliates Committee for AVSA, she also keeps track of information about all the AVSA clubs in the world. Mary will be bringing an African Violet care



Mary Thompson- AVSA President

handout sheet. Be sure to pick one up at the check-in desk and also a survey to make suggestions for future programs. The meeting will include Brown Bag Sales, Door Prizes, and Master Gardeners Q’s & A’s (1:30 PM). Social Chair Debbie Schryver will be available for sign-ups for

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the December 4 Holiday Luncheon.

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



### Genealogy

More than 12 million immigrants passed through Ellis Island between 1892 and 1954. Our Presenter for this month is Valerie Jordan, a retired professor of psychology who began pursuing genealogy after retirement. This presentation describes the role of Ellis Island between 1892-1924 as the largest US Immigration Station of the time, as well as the forerunner of the US Public Health Service with its extensive hospital facilities. The meeting will be held Friday, October 20, at 10:00 AM at KS. After the meeting, we will carpool to Janet Motta's house and have a picnic in her backyard (free, but members only.) Genealogy Workshops are offered on some Mondays. Not a member? Contact Kate McCarthy at starkayak@icloud.com for more information.

Contact: Rita Perada 510-710-5704,  
ritaperada@gmail.com

Website: www.suncitylhgc.com



### Golf

#### Ladies XVIII

Congratulations to Sandy Tamanti, who became September's Net Chix, beating out 33 ladies with a net 67. Donna Sanderson's tee shot on Hills Hole 5 took closest to the pin at 41'10". Birdies were made by Sharon Knoll (via chip-in), Ilene Marshall, Lissi Beford/Donna McDonald, and Yeong Hur/Bedford had chip-ins. Later this month, we will have our October Net Chix tournament, and on November 2, all monthly winners will compete for the 2023 Net Chix title. As we go to press, the first round of our Club Championship has Kathi McCoy in the lead, with Gay Wold in second place. Good luck to all the ladies!

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



Sandy Tamanti,  
September Net Chix

### Lincsters

Thanks to Alyce and Carol for a fun Tin Cup Tournament. Winners: Low Gross - Carol McCann (50); Low Net - Sara Cannon (35). Kevin's Flight - Jane Hall (net 36); Renee's Flight - Jeannine Wuschnig (net 37); Don Johnson's flight - Patty Alderete (net 38); Cheech's Flight - Barbara Gorden (net 40). CTP - Madelyn Merola (5'2 1/2"). Thanks for your generous Breast Cancer donations and volunteer time! Open board positions for 2024: Secretary, Social Chair, and Publicity Chair. (See website for responsibilities.) Note: November 1- F9, 1:00 PM shotgun; November 15- Turkey Trot; December 5- General Meeting/Holiday Luncheon. Lost revenue from excessive no-shows and foursomes with one or two players has forced our GM to consider playing restrictions and/or "on-hold" memberships for offenders!

Contact: Nancy Hastings  
935-337-9391, nhast38@yahoo.com  
Website: www.Lincsters.com

### Men's

Next is the Club Championship, which starts on October 30 with the Just-For-Fun Tournament. The second day of the Club Championship is October 31. On

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Smiles All Around!

both days, the Tee Times will be 8:30 AM. Last year's winner was Bob Schoenherr. Information coming soon. The Member/Guest Tournament was a great success! Comments from others have been: "So much fun and came off without a hitch." "I can't wait for next year to play this event again." Winners: Putting – Randy Hamman & Keith Hamman; Horse Race – Dan Guth and Mike Gilligan; Flight 1, First Gross – John Dewildt, Fred Besana; First Low Net – Randy & Keith Hamman; Flight 2 – First Gross – Ciro Estremo, Jack Bowker; First Low Net – Ray Wertz, Rich Aug. **Contact: Bob Schoenherr 408-838-5340, schoenherrbob@gmail.com**  
**Website: www.mgclh.club**



**Hiking & Walking**

The crisp, cooler air creates positive conditions for hiking and walking. Join us on the trails. Weekly walks are every Wednesday. Hikes are on



Lower Lola Montez Lake

the second Tuesday and third Thursday. There are a variety of hikes, from strenuous, moderate, and easy. Walkers explore the many paths in our community, starting at a different path each week. Check the website for updates. See you on the trails!

**Contact: Dan Cortinovis, lhhikers@gmail.com**

**Website: www.lincolnhillshikers.org**



**Investors' Study**

The next meeting is Thursday, November 2, at 2:30 PM in P-Hall (KS). Morgan Stanley will provide the speaker and present the market information which is shared with members. We had outside speakers in June and August, and both have been seen on CNBC business shows. The group is open to all residents, and there is no cost to attend or join the Club. The Investor Study provides an opportunity to learn about the markets and ask questions. Investor Study is information only with no investing advice.

However, there is an Active Investors sub-group. Contact Norm Quanttrin at 916-645-4675 about the Active Investors sub-group. Contact Carl Sulzer if you have questions regarding the Investor Study.

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



**Lavender Friends**

We closed out the summer with something new and something old. The new: an outing to Get Axed, where we formed three teams of ax throwers. It was a fun way to spend an afternoon, plus no one lost any fingers or toes. Then came a traditional ice cream social, with a potluck of toppings and games organized by a member. In November, we're planning to honor our members who are veterans, and December brings us to our annual dinner dance, which draws friends from throughout the region



Sara Vega lets loose at Get Axed

to kick off the holiday season. Lavender Friends is for LGBTQ residents and others who endorse our goals of providing activities,

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information, and support in a safe and comfortable environment.

Contact: Sandi Dolbee 916-409-2156, sandidolbee@yahoo.com

Website: www.lavenderfriends.com



**Mah Jongg, Chinese**

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

Contact: Randy Fong 916-295-5489, randy888@pacbell.net



**Mah Jongg, National**

All are welcome to join us to play this social and intellectually stimulating tile game. We meet every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. If you know how to play just bring your

card and join a table. You can also stop by and observe to see what all the fun is about. Penny offers free lessons in her home that will start up again in January. We look forward to seeing you on Tuesday afternoons.

Contact: Penny Grmolyes 509-939-3882, Natlmahjclub.sclh@gmail.com



**Mixed Media**

The Club is furnishing each paid member an apron that we will be decorating at the October 18 meeting. After that, everyone will have a fun apron to wear at all the Mixed Media Club meetings. If you have not paid your yearly dues, you can pay at our upcoming meetings. The yearly dues are \$25. The Club meets on the third Wednesday of the month at 1:00 PM in the Fine Arts Room (OC). Members, be sure to bring in any art you have done to share with everyone, especially our art challenge. October's art challenge is to use the prompt, "Trick or Treat," to create a piece of art. The Club will take a break from giving art challenges until the new year."

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



**Motorcycle**

As the leaves change their colors, RoadRunners can't resist the call of their motorcycles, eager to ride through the enchanting fall scenery. All suited up in gear, the brisk air and fun camaraderie fill our adventurous hearts.



Road Runner's safety debrief before each ride, Twelve Bridges Chevron

The winding country roads will soon be adorned with vibrant red, orange, and yellow hues, creating a breathtaking tunnel of foliage. Rumbling motors through the quiet countryside and scents of fallen leaves will soon fill the air. With each twist and turn, RoadRunners feel a sense of freedom and exhilaration, knowing each ride is cherished. Live your best life and pursue your joy. Join us! Social meetings fourth Thursdays 5:30 PM Multipurpose Room (OC). Group Ride: Second Saturday Twelve Bridges Chevron. Information: Membership Chair Manny Perez 925-787-1221.

Contact: Jacqueline McDermott, Missjacqueline14@gmail.com

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**Movie Lovers**

*Barbie*, the movie, is breaking all records for sales and popularity. Thursday, September 14, the Movie Lovers Club discussed *Barbie*, the movie, the doll's history, and its influence on our society in one of the most discussed movies we have reviewed. We also discussed how *Jules*, the movie, related to older adults and their kindness to a being that's unlike themselves. On October 12, we discussed *A Haunting in Venice* and *Madeleine Collins*. If you like movies and discussing them, join us on the second Thursday of each month in the Multipurpose Room (OC) at 6:30 PM for about two hours. **Contact: President, Cliff Roe 408-205-8765, cliffroe@ix.netcom.com**



**Music**

For the September meeting, we opened by traveling back to the Psychedelic sixties, and we all sang "Mellow Yellow." We closed with "Oh, Lonesome Me." Whatever level of play you are at, please come by, and you will find a very supportive and encouraging audience. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS). You can find the Lead Sheets



Alan & TLC

for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets on Fridays from 1:00 to 3:30 PM (OC). Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays from 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

**Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com**  
**Website: www.lincolnhillsmusicgroup.org**



**Needle Arts**

During the next general meeting on Tuesday, November 14, at 1:00 PM in P-Hall (KS), the election of officers for 2024 will be held. Your attendance is important to help shape the future of NA. Please mark your calendars and plan on attending. The featured presenter at this meeting will be Julia McLeod, an international

award-winning quilt maker. Visit her website [www.juliamcleodquilts.com](http://www.juliamcleodquilts.com) to learn more about her. Look to our website for workshop information, membership applications, and general NA news. Save the date for our annual luncheon on December 12 in the Ballroom (OC), which will include a brief general meeting. Reservations will be taken soon. Community Service continues to have a need for top quilting of larger quilts.

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



**Neighborhood Watch**

Our next event is the annual election meeting and breakfast potluck on Saturday, November 4, from 9:30 to 11:30 AM in the Multipurpose Room/Kitchen (KS). Please bring a breakfast dish to share. Coffee, hot tea, and lemon water will be provided. We encourage Village Coordinators to be there as voting members in order to reach a quorum in the election



Learn more about NW at the annual breakfast potluck meeting

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of Directors; however, all residents and Neighborhood Watch volunteers are invited to attend. We still have openings for Directors, Village Coordinators, and Mailbox Captains, so if you think you might be interested or want more information about these positions, call Linda Minor. Serving with Neighborhood Watch is a good opportunity to be more involved in the community and to help support our residents. **Contact: Linda Minor 707-235-0778, lindaminorNW@gmail.com Website: www.sclhwatch.org**

**Painters**

Please stop in for yummy Italian food and view our beautiful paintings at Buonarroti Ristorante in Lincoln through February 9. Congratulations to our Flame Challenge winners: Lisa Caliouette, first (beginner); Marianne Oliphant, first (Intermediate); tied for second Intermediate- Joan Kline and Jane Barry; Susie Crawford, first; and Chris Olsen, second (Advanced). The Lincoln Hills Annual Artisans at the Lodge event was held on October 8. Resident artists and crafters sold their hand-made items. Hope you got a chance to stop by. Our September meeting featured



*Susie Crawford, first place Flame Challenge*

an oil painting demonstration by Tamsen Armstrong, with a return engagement scheduled for our October 17 meeting. November's Paint Challenge is "Flight," so it's time to get creative and show us what that word means to you.

**Contact: Marianne Oliphant 530-919-1750, oliphant50@gmail.com**

**Paper Arts**



Thank you to Sarah Kevin, club vice president, who recently collected donated items brought by club members to take to the nonprofit ReCreate. Our window display (OC) is back, so bring in your cards to show. Your donated Sunshine cards -- Get Well, Thinking of You, and Sympathy -- are appreciated as well. The next Open Lab is scheduled for Thursday, October 19. Meet friends and fellow club members in an informal setting to work on your projects, exchange



*Trying out the 'crayon resist' technique at Demo Day*

crafting ideas, and oftentimes, observe a demo. We meet on the first and third Thursdays of the month in the Terra Cotta Room (KS) at 9:00 AM for general meetings and Open Lab. Check the monthly newsletters (email) for updates.

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

**Pedro**



Pedro is a slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) from 9:00 AM to Noon on the first and third Fridays. For more information, please call Denise or Bonnie King at 916-303-3523. We look forward to seeing you soon. **Contact: Denise Jones 916-543-3317**

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**Photography**

Truman Holtzclaw is an avid birder, naturalist, and a retired science teacher, as well as a spectacular photographer! He took us on an enchanting visual tour of Lincoln Hills wildlife for our September meeting. Interested in smartphone photography? Don't miss the October photography SIG. Since we don't always have our cameras but generally have our phones, Kate McCarthy will take us through the particulars of capturing great photos with your smartphone. After our Buonarroti exhibit ended, a Simple Pleasures Café exhibit started on October 2. We also have ongoing exhibits at the Library (KS) and Spa. We always welcome new members! For information on how to join, meeting times, and schedules, please check our website.

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



Photo by Truman Holtzclaw



**Pickleball**

It's finally fall, and our Fall Classic Tournament was successful, with over 350 members participating. Our 80-plus tournament had over 14 players! Does this prove the statement from the Mayo Clinic that pickleball adds six years to life? Thank you to Rita Weighall and Karen Goeman for all your work for the Club as you pass the torch. October begins our busy season.



Volunteers with "Pickleball Peaches" at our Fall Classic Tournament

Our competitive ladders, Academy classes, drill practices, group events, and round-robins begin. Join the fun! The Club offers a free Intro to Pickleball class bi-monthly. You will learn the game and know how to be involved in the Club when you leave class. To make a reservation, send an email to welcometopicpleball@gmail.com. Please wear tennis shoes and bring water.

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



**Pinochle**

We welcome all players! Many of us have not played in years - but it comes back quickly. We meet in the Card Room (OC) every Wednesday and Friday. We play Single Deck on Wednesdays at 5:30 PM and Double Deck on Fridays at 12:30 PM. We start playing practice hands 30 minutes before start time. On the first and third Thursdays at 4:30 PM, we play Racehorse, a version of Double Deck with passing cards. Come join the fun. We look forward to seeing you soon.

Contact: Darlene Bloom  
714-815-5959, darztoy@aol.com



**Players**

Rehearsals are progressing seamlessly as The Shame of Tombstone cast and production team are counting the days until the curtain opens: 30! The honorable (and dishonorable) citizens of Tombstone are in a dust-devil of a dither over just who a mysterious Birdcage Theater star performer is...the one known only as the "Masked Canary." The gossip in Tombstone's Lucky Cuss Saloon claims there's dirty work afoot, with dozens of wacko guesses on who among them has held this secret for so long. Now,



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Tombstone damsel in distress: "Who? Me? Masked Canary? Awwww!"

y'all citizens of Lincoln Hills, come on out to the Birdcage Theater (OC Ballroom), and you'll be privy to the answer! Bring the family, the young and not-so-young, on November 16-17-18-19, for a hilarious, knee-slapping G-rated show! Details on page 60. **Contact: Craig Stults 916-543-6782, craigstults@sbcglobal.net**  
**Website: www.lhplayers.org**



**RV**

It's that time of year when our Board of Directors put out feelers for replacements for our outgoing Board Members. There are several openings just looking for that special person. Clubs need new ideas and directions on a yearly basis, and the best way is with "new blood," to put it bluntly. Consider yourself in a leadership position and make a difference. This will enrich your life and help our Club grow. The Gilroy/Moss Landing rally took place



RV Group October Fest

September 22-October 1. The Newport Beach rally is coming up from November 12 through 17. Meetings are every second Thursday, 4:30 PM in the Placer Room (KS). Appetizers served! Call Membership Coordinator Sharon Skar at 916-434-7799 or marlowensharon@gmail.com for information on joining this great group.

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



**SCHOOLS**

Our volunteer program is underway for the 2023-2024 school year. Volunteers are needed for grades K-5 and Phoenix Continuation High School. Schedules are flexible to accommodate your lifestyle, and no previous teaching experience is required. Teachers are asking for SCHOOLS volunteers because they appreciate the help, and the children

look forward to having them in the classroom. If you have volunteered in the past and would like to share your experience, contact Patti at pkingston@att.net. Volunteers have been profiled in past issues of *Compass*. To volunteer at Phoenix High, contact Irma at jmeidm@aol.com. To find out about volunteering in a K-5 classroom, contact Cyndi.

**Contact: Cyndi Colloton 408-410-8479, ccolloton@yahoo.com**



**Scrabble**

We welcome any interested residents to join us for a game or two of Scrabble on Monday afternoons from 1:00 to 4:00 PM in the Card Room (OC). All game materials are provided. No reservations or advance notice is necessary. All levels of experience are welcome. Join us any Monday afternoon and try it out.

**Contact: Anne McMaster, wiltonanne@yahoo.com**



**Shanghai**

Shanghai by any other name (Penny Rummy, May I, etc.) is just as much fun to play. We gather in the Card Room (OC) every Friday a few minutes before 5:00 PM to play this always interesting rummy game. We can make groups of three, four, or five, so there's always room for more.

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



**Shuffleboard**

We are moving to afternoons. Winter schedule club play starts the week of October 16-22, every Thursday and Saturday from 1:00 to 3:45 PM at the Sports Plaza. Come anytime to start a game or join one in progress. We hold clinics and tournaments on Tuesday afternoons. First basic strategy clinic 1:30 to 3:00 PM October 24. Everyone can play this sport. No bending or lifting is required. The search for a four to six court permanent location is moving forward with direction from the Properties Committee and Administration. Reserve a court for one to two hours up to seven days in advance at Resident Website/Wellfit Reservations/Bocce-Shuffleboard Court. Equipment is in the locker behind the bocce courts. Get the key at the Fitness desk (OC). Email for rules.  
**Contact: Jon Kline 650-279-0001, alsonjonny@gmail.com**

**Singles**



Dining Out will be on Thursday, October 19, at 4:00 PM at Dueling Dogs hosted by Chuck. Our Annual Halloween Dinner-Dance-Costume

Parade will be held on Tuesday, October 24, at 6:00 PM in the Ballroom (OC). Join us for a Bus Trip on Saturday, November 4, to the Breeders Cup at Golden Gate Fields. Call Kathy at 650-796-9648. November birthday celebrations will be on Sunday, November 5, at 4:00 PM in Meridians Bar. Free drink for members with a birthday in November. On Thursday, November 9, at 6:00 PM, our Business Meeting and Turkey Bingo will be in the Ballroom (OC). Want to join? Call Sue at 530-712-5051.

**Contact: Sarah Lambrose 916-296-6906, kathyshaddox@gmail.com**



**Softball**

Congratulations to Michelle Cowles Real Estate for winning the 2023 Summer Coed playoff tournament! Team Cowles was undefeated in the tournament, while team Mitzi Anderson Realtor also impressed, losing only two games. The championship game between the two teams was a



2023 Coed League Champions

nail-biter, with Cowles winning it in the bottom of the seventh with a final score 18-17. Also, special recognition goes to Mary Olsen Century 21 for having the best season record at 24-5, an exceptional .828 winning percentage. Well done! With playoffs over, the Coed and Women's Summer seasons concluded, paving the way for some cool weather Coed Fun Ball. All club members are invited to join the fun. Kudos to all the teams for an outstanding summer season.

**Contact: Heidi Mazzola 916-716-5086, heidimaz72@gmail.com**

**Website: www.LHSSL.net**



**Sports Car**

Events keep piling up, and the Club remains active. September 22 saw a day trip for lunch at the perennial favorite, the Dancing Tomato Café, in Yuba City. October 17 will see a maximum of 20 cars heading to Kathrin's



Dining with Friends on the Occidental road Trip

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Biergarten for dinner. It's a short ride to Granite Drive in Rocklin, but then the fun begins, and it's only a few moments ride home. For those not familiar with the Club's rides, many times we have limited space, so if you have an interest in a particular outing, you need to jump at the chance absolutely ASAP. The final social event - before the annual Holiday Party will be a Western Dinner and Dance at Turkey Creek Golf Club.

Contact: Richard Pearl 916-715-9666, pennyrich@aol.com

Website: www.lhsportscars.com



### Sun City Squares

We offer a fun, active way to spend a Monday afternoon. If you have never danced before, give us a call for information on how and when to join us. Come join us any Monday or Thursday if you already know how to square dance! We meet at KS on Mondays from 1:15 to 3:30 PM. We are a fun-loving group of dancers and really enjoy the music and social camaraderie. We dance advanced Square Dancing on Tuesday at KS from 2:00 to 4:00 PM. For information about our Club, please contact us.

Contact: Jean Grupp 916-996-4718, jean@grupphomes.com



### Swimmers & Water Walkers

Since 2017, our Club has been an advocate for the Association in improving and maintaining the conditions of our pools. After two successful years as president, Jim Klein will be stepping down in February. For the Club to continue, we need someone to step up and replace him. If you have been a member who has benefitted from the Club, we need you to join the administrative team. It is time to give something back. This is your opportunity to help! Let Jim know you are interested and contact him. (He will continue to serve in an advisory role.) The next club meeting is on November 13, 3:00 PM, in the Fine Arts Room (OC). There are two gift cards remaining.

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



Water Walkers Parade at OC Lap Pool



### Table Tennis

Numerous research studies have shown that table tennis can improve cognitive awareness, concentration levels, and overall brain function. As a weight loss exercise, players can expect to burn between 200 to 500 calories per hour. Then, add fun and socializing. Many great friendships have been made. More than one couple met at Table Tennis and eventually married! We play at the Multipurpose Room (KS) on Sundays, 8:00 AM to 5:00 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 AM to Noon. There are no dues, and loaner paddles are available. Please wear non-marking court shoes. You can sign up on our email list and keep updated on club events and activities. All skill levels are welcome, from beginners to advanced.

Contact: Carl Lynch 408-203-0633, pingpongsclh2@gmail.com

Website: <https://sclhresidents.com/group/pages/table-tennis-club>



### Tap Company

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# Community Veterans Day Celebration

**Saturday, November 11**



**9:00 a.m. – Wreath laying at the Veterans Memorial Plaque at the main entrance to Orchard Creek Lodge. Musical selections by the Lincoln Hills Chorus Men’s Quartet.**

**9:30 a.m. – Concert of patriotic music by the Roseville Community Concert Band begins in the Orchard Creek Ballroom**

**10:00 a.m. – Veterans Day ceremony begins in the Orchard Creek Ballroom, to include:**

- Posting of the Colors by the Lincoln High School Army Cadets
- Patriotic Music by the Roseville Community Concert Band
- Keynote Address by Supervisor Shanti Landon
- Two-bell Ceremony Honoring Fallen Lincoln Hills Veterans

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Interested in more information about the Veterans Group? Contact Malcolm Singer at 916-645-8553



Company is coming your way in the spring. "Everybody Dance Now" is shaping up to be a lively and entertaining production with dancers, singers, and other artists performing to all genres of music. So, mark your calendar, April 4, 5, 6, 7. You won't want to miss it. Also, don't forget to sign up for tap classes. Alyson is keeping us on our toes (LOL) and exercising our brains by adding challenging new foot combinations to our technique classes on Mondays and Tuesdays at 10:00 AM. See you there.

Contact: Alison Wolfe 925-487-6902, awolfe@ssctv.net



**Tennis**

Tennis players have been eagerly awaiting the perfect tennis playing weather that fall ushers in. We will celebrate with our annual Octoberfest tournament directed by Dave Mateer on October 26. Find sign-up information on our website and in your emails. The



Preparing for Octoberfest Tennis Tournament

format will be individual sign-up with rotating partners. Club intramural tennis league will begin in October. You must be a 3.0 or above to sign up. This is a great way to meet other players and have competitive fun with club members. Our Club has donated 400 tennis balls, four Babolat rackets, and tennis gear to the Lincoln High School tennis team coached by Todd Ho. We support youth tennis! Check our website for all upcoming programs. See you on the courts!

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



**Veterans**

What better way to enjoy a hot summer afternoon than with loads of delicious ice cream and sociable friends? Veterans Club members and guests enjoyed the club's annual all-you-can-eat ice cream social on Saturday afternoon, August 12 at KS. The Leatherby's ice cream was a huge hit, and



Vets and friends enjoy a tasty summer afternoon

plenty was left over to share with guests of the Salt Mine downtown. The next social event will be the Club Oktoberfest buffet luncheon on Thursday, October 19, in the Ballroom (OC).

Contact: Dave Taylor 559-281-0868, dbtaylor10@comcast.net



**Water Volleyball**

As the days of fall are here, it's time to try a new sport. Come to Free Play Saturday at the KS pool at 9:00 AM. Join now to be a part of the fun in and out of the pool. We welcome all levels of interested players. See our website or call Jerry Grisler at 209-648-9534 for more information. We had a busy month. The membership helped the residents of Lahaina with a fundraiser in conjunction with Jessup University. We celebrated the end of summer with an outdoor game and pizza party and celebrated with our Fall Festival. We will be electing some new officers for our Board,



Water Volleyball enjoys the last outdoor game of the year

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Contact: Diane Ferrari 916-412-9599, dferrari\_56@hotmail.com

Website: www.LHWaterVolleyball.com



**Woodcarvers**

Woodcarving can be a rewarding and enjoyable hobby that allows you to connect with others who share your interest. To get started, woodcarving requires some essential tools and materials, including carving knives, gouges, and chisels. Additionally, safety equipment such as gloves and thumb guards are a



Carving by Connie O'Brien

recommended necessity. Being involved in a club, members can discuss and advise beginners about tools and resources to get started without a significant initial investment. We have tools to try and a huge library of carving books. Whether a beginner or an experienced carver, there is something new to learn and create in the company of like-minded enthusiasts. Visit us during our meeting time. We meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).

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



**Writers**

I recently sent our members a poetry list of rationales for a delay of information involving a seismograph, an earthquake, a volcano, and a

lost Key Fob at Lassen Volcanic National Park! On Friday at 10:24:38 AM, we stood near a non-functioning seismograph. I felt "the Earth move under my feet." I hit the B-side of that black vinyl 45-rpm running, headed outside, saw large, unstable conifers, and said, "It's too late!" Sure, Burney's 5.0 temblor was 50 miles away. You'll get the willies when you stand near an active volcano and a long-doomed seismograph during an earthquake! Our group meets monthly, second and fourth Mondays, from 5:00 to 7:00 PM in the Computer Room (OC). Key Fob found. It's in the mail!

Contact: Anne Constantin Birge 909-965-3556, raybirge@aol.com



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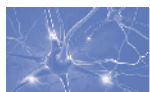
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**Alzheimer's-Dementia Caregiver's Support**

Our Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's Group meets at 1:00 PM on the first Wednesday in the Multimedia Room (OC). The Men's Group meets in the same room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the fourth Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. October's program is Karen Wood from CountryHouse Residence speaking on "Is your Loved One Ready for Memory Care?" At all meetings, you will find a welcoming community ready to hear your questions and concerns.

Contact: Jo Fratessa 916-759-8760, mfratessa4@icloud.com



**Bereavement**

Our Group offers support and friendship through sharing with others who have also lost a loved one. We meet on the second Wednesday of each month. You are invited to join us on Wednesday, November 8, and December 6, at Joan Logue's home at 3:00 PM for a group session. The December 6 date is a change—the first Wednesday. 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*. This Group is grateful for support from the Lincoln Hills Foundation.

Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net



**Bosom Buddies**

Going through the diagnosis and treatment of cancer is an experience no one wants. What helps many of us is the support we receive from friends, family and/or neighbors. Earlier this month, we had the opportunity to thank some of these special people at a "Caregivers' Luncheon" held picnic style in the Sports Pavilion. Each member invited one person to honor for his/her help in our "journey." As gifts, our guests received "comfort birds" hand carved by the Woodcarvers and provided by Dick Skelton. Bosom Buddies welcomes breast cancer survivors as well as those still undergoing treatment. To learn more about us, please feel free to attend a meeting held on the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC).

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



Special gift for our guests thanks to the Woodcarvers



**Gam Anon**

If you are affected by someone else's gambling, Gam-Anon can help. Our meetings are held the first and third Fridays of every month from 7:00 to 8:30 PM at the First United Methodist Church at 6414 Brace Road, Loomis. A Gambler's Anonymous meeting is held in another room at the same time if your gambler also wishes to

attend a meeting. For support between meetings, please call the Northern California Gam-Anon Hotline at 510-407-3898. If you call the club contact, please leave a message!

Contact: Kay F. 916-204-1624, kayfischer89@gmail.com

Website: www.gam-anon-loomis.com



**Glaucoma Support**

Fall is here, and our meeting will be on November 8 at 4:00 PM in the Multimedia Room (OC). We meet on the second Wednesday of each month. This will be our final meeting of the year. At this meeting, I would like to ask that you bring to share what you are thankful about as we navigate our lives with Glaucoma. You might be thankful for your Glaucoma Specialist, or you might be thankful for your pharmacist. Perhaps you are thankful for your friends and neighbors who give you a ride or stop by for a visit. There is much to be thankful for. Questions? Call Bonnie.

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



**Just Caregiver Support - Parkinson's**

This support group is for those caring for someone with Parkinson's. We meet the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Community Church, 950 E. Joiner Parkway. Please enter through the office.

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





### Low Vision Support

Our next meeting is Tuesday, November 7, from 2:00 to 4:00 PM, in the Fine Arts Room (OC). Dr. Glenn Yiu, Chairman of the Ophthalmology Department at UC Davis Medical School, will be speaking about advances in medical treatments for people with low vision. Dr. Yiu will be bringing along some of his young colleagues to share their insights as well. On Monday, December 4, from 11:30 AM to 2:00 PM, join us for our annual Holiday Party Luncheon in the Solarium. Details to follow soon. On Tuesday, January 2, we will have a presentation by Jerrod Seiberg, California DMV Driver Safety Manager, on how Low

Vision Individuals can obtain a driver's license. Our Support Group meetings are open to all residents.

Contact: *Stu Singer 703-864-8161, stuartsing3@gmail.com*



### Multiple Sclerosis

At our Tuesday, October 17 meeting, Placer Independent Resource Services will guide those of us who are disabled toward services to live independently. We'll also be discussing our Group's plans for the Holidays, including a November 21 Thanksgiving week Zoom meeting and a December 19, 1:00 to 4:00 PM Holiday Celebration at KS. Among other things, at the Holiday Bash, the \$1,000 donors to the MS Walk

will be honored, including the Family of Alan Weber and Real Estate hero Donna Judah. In the meantime, the October 17, 1:00 PM, Computer Room (OC) meeting needs your attendance and input to finalize all the above. Try your best to attend, please. All with MS, family, and friends are welcome!

Contact: *Jeri Di Fiore 530-401-2135, 2020jeridifiore@gmail.com*



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AARP is seeking volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2023 income tax returns in Lincoln during the 2024 tax filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week from February 5 through April 15, 2024. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2024 tax season, please email [yorke1946@gmail.com](mailto:yorke1946@gmail.com) with your name, address, phone number, and position (s) you are interested in.

**A Course in Miracles**

A Course in Miracles is a book which sets forth a psychological, spiritual training which is designed to promote inner peace by shifting our thought system from one that is fear-based to one that is love-based. Although Christian in statement, the course deals with universal spiritual themes which are found in most religions. Although primarily a self-study program that uses a workbook of 365 lessons, this study group meets to discuss the successful application of its principles in our lives. Call 916-409-5253 for more information.

**Airport Co-op**

We are open to Lincoln Hills residents to share rides to and from Sacramento International Airport. The co-op works on a point system. Give a ride, get a ride. Membership is \$15.00 per year per household. For more information and to join visit our website [www.lhairportco-op.org](http://www.lhairportco-op.org), click the membership tab, download the application form, mail it to the address provided, or for more information call phone Barb Iniguez at 916-408-7812.

**Cloggers**

Welcome to fall! Now's the time for rhythm, beat, fast action, and great music. You'll find it all when you begin clogging – the Irish Appalachian folk dance. Clogging shoes have not one but two metal taps on both heel and toe, so you can make a lot of noise with eight taps total. Even better, clogging helps ensure good balance skills, which goodness knows we need as the years roll on. We do not want to fall this Fall! For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0668

**Democratic Club**

We have some very interesting and informative programs coming up, starting with Placer County Supervisor Shanti

Landon speaking on local issues at our October 19 meeting. In November, we will hear OLLI lecturer Terry McAteer. In January, we will hear from a representative of the Placer Food Bank, where our members continue to volunteer. Our final service in 2023 is November 15. We are starting a nomination process for next year's Executive Board members, as some of our long-serving members will retire at the end of the current term. For more information, please visit our website, <https://democraticclublincolncalifornia.org>.

**Italian Club**

Turkey Bingo is set for November 5 at Sun City, Roseville. This event has become one of the club's premier social activities and the talk of the town. Hope to see you there! The Meatballs vs. Matzo Balls Bocce Ball Match is set for October 29 at 10:30 AM. at the Sports Pavilion. This annual match between the Italian Club and the Shalom Group is fun for players and spectators alike. Check the website for details. To learn more about our social club and the monthly activities, visit our website at [www.litalianclub.org](http://www.litalianclub.org). For membership information, contact Sandi Graham at 916-826-5711.

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**Lincoln Police Department  
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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 for our Patrol Division (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 916-645-4081.

**Racquetball Group**

We play Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323.) Membership to 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.

**Shalom Social Group**

We had an exciting fall season! On October 10, our Women Together heard ER doctor Linda Hermann. Our first-ever Bingo and Pizza event, complete with prizes, will be on October 25 at Kilaga. The fun continues with our annual Game Night on November 15 and our always-anticipated Hanukkah dinner on December 11. We continue to volunteer at the Placer Food Bank. Our focus is on Jewish history, culture, and food, but membership is open to all. For more information, please contact

Margie Gulko at 916-543-5303 or Deanne Iliff at 530-518-3704.

**Social Activities for Men**

The mission of SIR is to improve the lives of our members through fun activities, lunches, and events while making friends for life. We meet on the third Tuesday of the month at Catta Verdera Country Club. Contact Phil Sanderson, Membership Chairman, at 916-408-4764 or Jay James, Big Sir, at 408-533-3132. SIR, Inc. is a non-profit organization that provides social activities for men. SIR is strictly social, it does not do fundraising, has no religious affiliation, and is non-political. To learn more, visit [www.wearesir.com](http://www.wearesir.com) or [www.sirbranch13.com](http://www.sirbranch13.com). Come join us for a free lunch.

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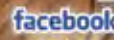
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### Golf Cart Registration

Second Thursday, 9:00 to 10:00 AM (OC)

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](http://lincolnca.gov).



### Town Hall with the Mayor and Executive Director

Tuesday, October 17, 8:30 to 10:00 AM, P-Hall (KS) Zoom

To learn more about what is happening in the City of Lincoln, join Lincoln's Mayor, Paul Joiner, and Lincoln Hills Executive Director, Kyle Bodyfelt, at this informal coffee get-together. Pick up a cup of coffee from the Kilaga Springs Café prior to the meeting. This is a great opportunity to get to know the Mayor and Kyle and share your comments and questions with them.



### Oak Woodland Walk

Friday, October 20, 10:00 AM, Canyon Oaks and Elderberry Trails

Explore our lovely Northeast Preserve with Gaylene Tupen, Wildlife Heritage Foundation's Senior Wildlife Biologist. Look and listen for some of our wild neighbors while learning about this mature oak woodland and the plant and animal communities that thrive here. We will walk about a mile, crossing Ingram

Slough on two rustic bridges to Elderberry Trail. The trails are dirt and gravel with gentle grades. Meet at 10:00 AM at Canyon Oaks trailhead, the large sign on Hidden Hills Lane. Rain cancels the walk. Questions? Call Gay Mackintosh at 916-209-3628.



### Holiday Market

Sunday, October 22, 10:00 AM to 3:00 PM (OC)

The Annual Holiday Expo is being renamed, revamped, and renewed! Mark your calendars to attend the Holiday Market, where you will find a better shopping experience than in years past. We are increasing the space for vendors and shoppers by using more of the lodge, adding places for purchasing and sitting to enjoy beverages and bites while you rest, listen to live music, and re-energize. More unique vendors

will offer handcrafted wares, artisan originals, and edible treats.



### Legal Insights for Seniors – Community Forum

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

Juliette Robertson will explore recent changes in the law and laws commonly not known that are relevant to seniors. She will also review best practices and common misunderstandings in preparing and implementing wills, trusts, and powers of attorney and provide a bullet-point list of tips to avoid stress and expense when you lose a loved one.



### Protect Yourself from Fraud – Community Forum

Wednesday, October 25, 9:00 to 11:00 AM, P-Hall (KS)

Fernando Ponce from the Department of Financial Protection and Innovation (DFPI) will present information on trending fraud and scams, current cybercrimes targeting the community, online fraud prevention, and learn tools to protect your financial and personal information. Cybercrime, especially through the Internet, has grown as computers and cell phones have become central to commerce, entertainment, and work.

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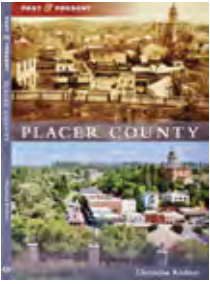


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### Meet the Author Lecture Series: Christina Richter

Wednesday, October 25, 2:30 PM, P-Hall (KS)

The author's passion for the subject is evident in her meticulous research and engaging storytelling. Placer County Past and Present is a combination of insightful narratives and a remarkable collection of archival photography. Placer is the Spanish word for gravel deposits containing gold. Placer County was formed in 1851 from portions of Sutter and Yuba Counties and was aptly named for its rich gold deposits. A decade later, new railroad lines accelerated the county's growth. Today, Placer is a thriving, growing county steeped in natural beauty and history.



### Document Destruction

Monday, October 30, 8:30 to 11:30 AM, Fitness Center Parking Lot (OC)

Red Dog Shredz offers state-of-the-art shredding trucks onsite to provide this service to Lincoln Hills residents. Paper clips and staples on files are okay, but no plastics or cardboard. Please place your items in your trunk for easy access.

\$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and number of boxes. Just look for the big Red Dog Shredz truck in the parking lot.



### Puppy Pool-ooza

Monday, October 30, 10:00 AM to 12:30 PM, Fun Pool (OC)

The Fun Pool's going to the dogs! (Don't worry; the pool will be thoroughly cleaned after the dogs have their fun!) If you would like your furry friend to participate in this annual event, stop in and register at the WellFit front desk (OC). Choose session 1: 10:00 to 11:00 AM or session 2: 11:30 AM to 12:30 PM, and don't forget to bring up-to-date vaccination records. Space is limited to 25 dogs per session. Spectators welcome! For more information, contact [Cindy.Davis@sclhca.com](mailto:Cindy.Davis@sclhca.com).



### KS At The Movies: Field of Dreams (1989)

Monday, October 30, 1:00 PM P-Hall (KS)

A heartwarming and magical drama directed by Phil Alden Robinson. Kevin Costner stars as Ray Kinsella, a farmer who receives a mysterious message: "If you build it, he will come." Intrigued, Ray plows his cornfield to construct a baseball diamond, unleashing a supernatural journey. As legendary baseball figures, including "Shoeless" Joe Jackson (Ray Liotta), materialize to play, Ray discovers that the field offers not only a connection to the past but also a chance for redemption and reconciliation. This beloved film explores themes of family, dreams, and the unwavering power of belief. Rated PG. 107 mins. Drama. Fantasy. Sports.



### KS At The Movies: The Father (2020)

Monday, November 6, 1:00 PM, P-Hall (KS)

Prepare to be emotionally captivated by "The Father," a poignant and powerful drama directed by Florian Zeller. Sir Anthony Hopkins delivers a tour de force performance as Anthony, an older man grappling with memory loss. The film artfully navigates his shifting reality, blurring the lines between past and present. Olivia Colman shines as his devoted daughter, Anne, who must navigate the heart-wrenching challenges of her father's deteriorating condition. "The Father" is a profoundly moving exploration of the fragility of the human mind and the enduring love that prevails amidst the confusion. Rated PG-13. 97 mins. Drama.

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**The Spa at Kilaga Springs**

We are stirring things up just a bit this October at The Spa at Kilaga Springs. We are featuring some downright Spook-tacular Halloween deals that you will find completely bewitching. Carve out some time for yourself or grab your best Ghoulfriend and book a Mummy Makeover featuring our beloved Jane Iredale Cosmetics, or Dazzle those paws and claws with our delightful Nail Services. Don't forget to check out our fabulous Retail Boutique, which is filled with our many beautiful Spa Lines: Hydrafacial MD, HydroPeptide, Comfort Zone, Dazzle Dry, Sonoma Lavender, Grande Lash, R&R Medicinal CBD Line, and much more.

**Facial Services****DDG Brighten and Firm Facial with LED**

75-minutes \$199

Transform your skin with our newest age-defying facial that gently cleanses, exfoliates, and deeply nourishes your skin with Vitamin C. Experience our new secret of combining our firming Vitamin C Biocellulose Mask with our DDG LED Light Therapy to stimulate collagen, reduce inflammation, hyperpigmentation, and deeply rehydrate your skin.

**Kilaga Springs Custom Facial**

70-minutes \$159

This potent and patented Vitamin C facial is the perfect restorative treatment to restore youthful firmness and radiant glow. Our gentle Vitamin C enzyme peel, combined with our unique delivery system and vibrant double mask, encourages firming and brightening. As a result, you will experience a more radiant, natural glow.

**Revitalize & Renew Facial**

30-minutes \$99

60-minutes \$149

Treat your skin to the rejuvenating effects of our restorative treatment, featuring the synergy of a rejuvenating facial combined with gentle detoxification that combats accelerated aging from environmental stress, sun damage, and pollution to rejuvenate and transform your skin.

**Massage Services****All About The Feet**

30-minutes \$69

A refreshing Peppermint balm is applied using a combination of Reflexology, Swedish, and Pressure Point Massage. This treatment helps stimulate the muscles in your feet and reduces stiffness and pain in the ankles, heels, and lower legs. Great for soothing those tired soles and pampering your feet with a little TLC.

**Back and Shoulder Rescue**

30-minutes \$69

This deeply relaxing neck and shoulder massage targets the prime area of stress and provides relief with warmed massage oils and our muscle relief cream.

**CBD Herbal Massage**

60-minutes \$149

90-minutes \$169

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





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This therapeutic full-body massage uses stretching and a trigger point method to soothe areas of tight, painful muscles and is beneficial for clients suffering from muscle tension and fibromyalgia. Stretching the muscles of the back, shoulders, forearms, hamstrings, hip flexors, and wrists, sports massage therapy can help improve a player's range of motion and golf game.



## Nail Services

### Classic Manicure

\$45

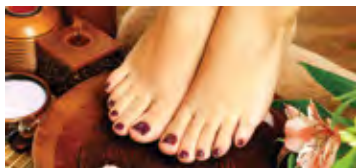
Our classic manicure will rejuvenate over-stressed nails. This service will give you a delicate cleansing, gentle exfoliation, nail shaping, cuticle care, a relaxing massage, and polish to freshen and renew your hands.



### Classic Pedicure

\$49

Our classic pedicure will keep your feet looking and feeling clean and groomed. With this service, you will receive a toenail trim file and shape to your liking, callus removal, gentle exfoliation, and a wonderful massage and toenail polish to have you walking on cloud nine.



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Dazzle Dry is the only vegan nail care system to dry in just five minutes and lasts up to three weeks. It is non-toxic, hypoallergenic, and ideal for even the most sensitive skin. This treatment will enhance and strengthen your natural nails while giving them an amazing seasonal sparkle.



### Men's Manicure

\$45

An excellent service for men on the go. Gentlemen, you will receive a nail trim file and shape to your liking, cuticle clean-up, an excellent extended massage, and buff and polish to rejuvenate even the roughest hands. *Includes extended Massage and Buff Shine for Nails.*



### Men's Pedicure

\$49

A great service for men on the go. Gentlemen, you will receive a toenail trim file and shape to your liking, callus removal, a wonderful extended massage, and buff and polish to make you feel relaxed and rejuvenated. *Includes extended Massage and Buff Shine for Nails.*



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\*Indicates on sale October 17

## Events

### \*Tuesday Dance Night

Tuesday, October 17

— LSE541

Tuesday, November 7

— LSE555

Tuesday, November 28

— LSE549

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

\$8 per person/per dance night

These nights are geared toward those dancers who prefer an unstructured, more “let loose” night-club dance atmosphere. Dance alone, dance in a group, dance any style. Line, Disco, Cha-Cha, Rumba, Swing, Waltz, Salsa, or Chicken Dance—all welcome. DJ Tom will provide music. A No-host bar is open from 6:00 to 8:30 PM. Doors open at 6:00 PM.



### \*Structured Dance Night

Wednesday, November 8

— LSE548

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

\$8 per person

These nights are tailored for those dancers who prefer traditional structure and dance etiquette for Ballroom and Country Couples dancing. The music and dances are pre-selected for the night. The DJ will play a rotation of two Ballroom and then two Country Couples dances, with requested Line dances thrown into the mix. A No-host bar is open from 6:00 to 8:30 PM. Doors open at 6:00 PM.



### SAVE THE EVENT!

#### New Year's Eve Party

Sunday, December 31

9:00 PM to 12:30 AM, Ballroom (OC)

Plan to attend this after-dinner dance party in the Ballroom to ring in the new year! Tickets go on sale November 17.



## Performances

### Two-time Grammy Winner

#### Mads Tolling: Solo Mads

Wednesday, October 18 — LSE535

7:00 PM, P-Hall (KS)

Reserved Seating \$25



Get ready for a mind-blowing musical experience unlike anything you've seen before. Join phenomenal violinist, composer, and two-time Grammy Winner Mads Tolling as he unveils his innovative Looper Show and takes you on a captivating journey extending the boundaries of musical expression, seamlessly blending classical virtuosity with cutting-edge looping technology. With only his violin, he creates mesmerizing layers of sound, transforming solo performances into full-bodied orchestral experiences right before your eyes.

### Hipper than Hip Dance Concert

Friday, October 27

— LSE536

7:00 PM, Ballroom (OC)

General Admission

Lounge Style \$25



Hipper than Hip is a local band that delivers industrial-strength funk and a healthy dose of classic R&B and soul that is sure to keep you dancing all night. Playing the music of iconic artists and horn bands like Tower of Power, Earth, Wind & Fire, James Brown, Stevie Wonder, Chicago, Bruno Mars, Aretha Franklin, Tina Turner, and more, with stellar vocals, a powerful horn line, and on point percussion. Don't be surprised if some ghosts and goblins join in on this funky night, with Halloween just around the corner. Any attire, whether spooky or not, is welcome.

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**A Tony Bennett Songbook with Jonathan Poretz and His Trio**

Friday, November 3  
7:00 PM, Ballroom (OC)  
— LSE542

Premium Reserved Seating \$25  
Standard Reserved Seating \$22



A program of favorite standards and classics made famous by Tony Bennett performed by 'The Rat Pack is Back' Star Jonathan Poretz. Poretz recently concluded a 52-city tour of Germany as "Ol' Blue Eyes" in "Happy Birthday Frank Sinatra," reprising his role from the Las Vegas Production of "The Rat Pack Is Back," in which he performed in San Francisco, Boston, Springfield, and Memphis.

**Andy Kahrs A Country Songbook**

Friday, November 10  
— LSE543

7:00 PM, P-Hall (KS)  
Reserved Seating \$25



Andy Kahrs is a singer, songwriter, and guitarist with a distinct roots sound based on blues, soul, and classic country. Experience an intimate solo evening with Nashville recording artist Andy Kahrs. Featuring a collection of Country, Blues, and R&B classics from through the years and for all Time, from the songbooks of such greats as Willie Nelson, Glen Campbell, Sam Cook, and many more favorites.

**The Lincoln Hills Players Club presents**

**"The Shame of Tombstone"**

Thursday, November 16  
Ballroom (OC)

7:00 PM — LSE544

Friday, November 17

Ballroom (OC) 7:00 PM — LSE545

Saturday, November 18

Ballroom (OC) 2:00 PM — LSE546

Sunday, November 19

Ballroom (OC) 2:00 PM — LSE547

Premium Reserved Tickets: \$22

Standard Reserved Tickets: \$19



In the hilarious melodrama "The Shame of Tombstone," the Lincoln Hills Players will take you back to that renowned Arizona town in 1881, the year Wyatt Earp and his three brothers had that infamous shootout at the OK Corral. Audiences will be transported to Tombstone's Lucky Cuss Saloon (a.k.a. Orchard Creek Ballroom), where a villainous judge, a one-time Boston theater starlet, a local society watchdog, and a cast of wacky, outrageous characters all get ridiculously mixed up in the mystery of the "Masked Canary." The comical play features singing troubadours and a live vaudevillian show in the Lucky Cuss.

**\*Jim Martinez: Charlie Brown Christmas Jazz Concert**

Tuesday, December 5  
— LSE550

7:00 PM, P-Hall (KS)  
Reserved Seating \$25



Enjoy a live performance from pianist Jim Martinez as he performs the music from A Charlie Brown Christmas Show. A favorite on everyone's holiday "must-do" list, this festive jazz concert features songs from the 1965 Peanuts Christmas animated special and other traditional holiday favorites. Pianist and Steinway Artist Jim Martinez and his jazz trio will be featured. Animated special songs, including "Christmas Time Is Here" and "Linus and Lucy," were written by pianist Vince Guaraldi, composer of the Grammy-winning song "Cast Your Fate to the Wind."

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**\*The Lincoln Hills Chorus presents "Dreamin' of the Season"**

Friday, December 8

Ballroom (OC)

7:00 PM — LSE552

Saturday, December 9

Ballroom (OC)

2:00 PM — LSE553

Saturday, December 10

Ballroom (OC) 2:00 PM — LSE554

Premium Reserved Tickets: \$22

Standard Reserved Tickets: \$19

Voices blending in harmony continue to fill the Lodge each Tuesday afternoon when the Chorus holds its weekly rehearsals. We're well on our way to preparing "Dreamin' of the Season," our upcoming Holiday concert series. The range of songs we'll perform include stirring classics such as "Ave Maria" and "O Holy Night," along with traditional favorites "Silent Night" and "Oh Come All Ye Faithful." Fun novelty tunes, "Cold Snap" and "Holly Jolly Christmas," should brighten your holiday spirit. And our audience sing-along is always a hit. We expect a sell-out program, so don't wait to get your tickets!



**Branden and James – A Holiday Celebration**

Tuesday, December 12 — LSE551

7:00 PM, Ballroom (OC)

Premium Reserved Seating \$26

Standard Reserved Seating \$23

Branden and James from TV's America's Got Talent, return to Lincoln Hills directly from New York City to play their wildly popular holiday show. The dynamic duo will play a thrilling evening of familiar holiday favorites, including "White Christmas," "O Holy Night," "Mary Did You Know," "It's The Most Wonderful Time Of The Year," and much more.

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Lifestyle Trips Coordinator  
Scott.Cason@sclhca.com



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## Day Trips

– Destinations –

### Apple Hill - High Hill Ranch and Boa Vista Orchards

Thursday  
November 9  
\$80 — **LST481**



Explore the best of Apple Hill desserts, shopping, and crafts. The Apple Hill Farm High Hill Ranch features the top-selling apple donuts, the largest apple pies, flavorful, crisp apple ciders, and the greatest selection of hand-made arts and crafts. After lunch, we will head over to Boa Vista Orchards, where they have a wide selection of ciders, wines, pastries, and apple donuts. Wheels roll from OC at 9:30 AM ~ return 5:00 PM.

### San Francisco Shopping Two Dates Available!

Saturday  
December 2  
\$65 — **LST479**



Saturday, December 16  
\$65 — **LST480**

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 and Powell) for a day of shopping, lunching, and people-watching. Lunch on your own. Departure from San Francisco will be at 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.

### Nevada City Victorian Christmas

Wednesday  
December 6  
\$55 — **SOLD OUT!**  
Sunday  
December 10  
\$55 — **SOLD OUT!**



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 and 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. There are holiday activities for all ages, including live entertainment, yuletide treats and libations, and Father Christmas! Wednesday, December 6 Wheels roll from OC at 4:00 PM ~ return 10:00 PM - Sunday, December 10 Wheels roll from OC at 12:30 PM ~ return 6:30 PM.

### Crocker Art Museum/ DOCO

Thursday  
January 18  
\$85 — **LST482**



The Crocker Art Museum features the world's foremost display of California art and is renowned for its holdings of European master drawings and international ceramics. The Crocker serves as the primary regional resource for the study and appreciation of fine art and offers a diverse spectrum of exhibitions. After the museum, we will head to the DOCO shopping area in Sacramento to give everyone time to enjoy an early dinner. Wheels roll from OC at 9:15 AM ~ return 6:00 PM.



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## – Performances –

**Les Misérables**

SAFE Credit Union  
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Tuesday, October 24  
\$150 — **LST468**



Set against the backdrop of 19th-century France, “Les Misérables” tells an enthralling story of broken dreams and unrequited love, passion, sacrifice, and redemption – a timeless testament to the survival of the human spirit. The magnificent score of “Les Misérables” includes the songs “I Dreamed a Dream,” “On My Own,” “Bring Him Home,” “One Day More,” “Master of the House,” and many more. “Les Misérables” is undisputedly one of the world’s most popular musicals. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~return approximately 11:00 PM.

**Mannheim Steamroller**

Gallo Center for the Arts  
- Modesto  
Wednesday, November 29  
\$165 — **LST477**



Mannheim Steamroller Christmas by Chip Davis has been America’s favorite holiday tradition for over 35 years! Grammy Award-winner Chip Davis has created a show that features classics in the distinctive Mannheim sound. The program celebrates the group’s recent anniversary of 35 years since the first Christmas album and includes dazzling multimedia effects performed in an intimate setting. Experience the magic as the spirit of the season comes alive with the signature sound. Wheels roll from OC at Noon for a 3:00 PM show ~ return 7:00 PM (Stop on return.)

**Disney’s The Lion King**

Orpheum Theater  
San Francisco  
Wednesday, December 13  
\$175 — **LST478**



Experience the phenomenon of Disney’s “The Lion King” when San Francisco’s best-loved musical returns to the Orpheum Theatre. Winner of six Tony Awards®, including Best Musical, this landmark musical event brings together one of the most imaginative creative teams on Broadway. Tony Award®-winning director Julie Taymor brings

to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. It also features some of Broadway’s most recognizable music, crafted by Tony Award®-winning artists Elton John and Tim Rice. Wheels roll from OC at 9:30 AM for a 1:00 PM show ~ return 8:00 PM (Stop on return.)

**Dr. Seuss’ How the Grinch Stole Christmas! The Musical**

SAFE Credit Union  
Arts Center

Friday, December 29

Matinee – Children ages 6+ welcome  
\$150 — **LST470**



This is the record-setting Broadway holiday sensation that features the hit songs “You’re A Mean One, Mr. Grinch” and “Welcome Christmas” from the original animated special. Max, the dog, narrates as the mean and scheming Grinch, whose heart is “two sizes too small,” decides to steal Christmas away from the holiday loving Whos. Wheels roll from OC at 12:15 PM for a 1:30 PM show ~ return approximately at 5:30 PM.

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**SIX The Musical**

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Tuesday, February 6  
\$150 — **LST471**

From Tudor Queens to Pop Icons, the six wives of Henry VIII take the microphone to remix five hundred years of historical heart-break into a Euphoric Celebration of 21st-century girl power! This new original Musical is a global sensation everyone is losing their head over. "SIX" has won 23 awards in the 2021/2022 Broadway season, including the Tony Award® for Best Original Score (Music and Lyrics) and the Outer Critics Circle Award for Best Musical. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

**Annie**

SAFE Credit Union Arts Center  
Tuesday, April 16  
\$150 — **LST472**

Little Orphan Annie has reminded generations of theatergoers that sunshine is always right around the corner, and now the best-loved Musical of all time is set to return in a new production. Annie, directed by Jenn Thompson, features the iconic book and score written by Tony Award®-winners Thomas Meehan, Charles Strouse, and Martin Charnin. This celebration of family, optimism, and the American spirit remains the ultimate cure for all the hard knocks life throws your way. Wheels roll from OC at 6:15 PM for a 7:30 PM Show ~ return approximately 11:00 PM.

**\*Sacramento Kings**

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Help cheer on the Kings as they try to reach the playoffs for a second straight season. Seats for all games are located in the lower bowl with easy access. All rates include round trip motorcoach transportation, lower bowl seating, and driver gratuity. Book early to guarantee your seats before they sell out!

**Kings vs. Atlanta Hawks**

Monday, January 22

\$139 — **LST485**

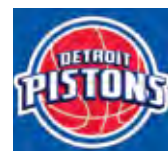
Wheels from OC at 5:15 PM for a 7:00 PM Tip Off - Return approximately 11:00 PM.

**Kings vs. Detroit Pistons**

Wednesday, February 7

\$139 — **LST486**

Wheels from OC at 5:15 PM for a 7:00 PM Tip Off - Return approximately 11:00 PM.

**Kings v s. New York Knicks**

Saturday, March 16

\$199 — **LST487**

Wheels from OC at 5:15 PM for a 7:00 PM Tip Off - Return approximately 11:00 PM.

**Kings vs. Utah Jazz**

Sunday, March 31

\$159 — **LST488**

Wheels from OC at 4:15 PM for a 6:00 PM Tip Off - Return approximately 10:00 PM.

**- Sports -****49ers vs. Rams**

Sunday, January 7  
\$445 — **LST483**

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## Overnight/Extended Travel

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Saturday, February 17 -  
Thursday, February 22



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#### Cruise Itinerary:

**Date:** Saturday, February 17

**Port:** San Francisco

**Depart:** 4:00 PM

**Date:** Sunday, February 18

**Port:** At Sea

**Date:** Monday, February 19

**Port:** San Diego

**Arrive:** 8:00 AM

**Depart:** 10:00 PM

**Date:** Tuesday, February 20

**Port:** Ensenada, MX

**Arrive:** 8:00 AM

**Depart:** 5:00 PM

**Date:** Wednesday, February 21

**Port:** At Sea

**Date:** Thursday, February 22

**Port:** San Francisco

**Arrive:** 7:00 AM

Wheels room from OC at 8:30 AM ~ Return Thursday, February 22 approximately 2:00 PM.

**ONLINE:** SCLHRESIDENTS.COM

## SOLD OUT:

Canine Companions/Schultz Museum  
— LST466

Broaway on Tour Ain't Too Proud  
— LST469

Victorian Christmas - Wednesday  
— LST475



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Belly Dance .....	70	Nutrition.....	80
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Country Couples .....	70	Posture Perfect.....	79
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\*Indicates on sale October 17

## Dance

### \*Belly Dance Class – L1

Fridays, November 3 and 17  
1:00 to 2:00 PM (KS)  
\$14 (two sessions)  
— LSC4378

Designed for new and returning students who want to learn and review the basics of Middle Eastern dance, “Belly Dance.” 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 Hirvela*.



### \*Clogging – Step Workshop

Tuesday, November 14  
10:00 to 11:00 AM (KS)  
\$10 — LSC3881

Review of steps learned.  
Instructor: *Janice Hanzel*.



### \*Clogging – Introduction/ Foundations - L1

Thursdays, November 2-16  
9:30 to 10:00 AM (KS)  
\$24 (three sessions)  
— LSC4452

Come sit and clog if you need to, but come join in the fun. We work at a relaxed pace, developing skills in the foundations of clogging. Special attention to balancing skills. Instructor: *Janice Hanzel*.



### \*Clogging – Beginners/Easy - L2

Thursdays, November 2-16  
10:00 to 11:00 AM (KS)  
\$30 (three sessions) — LSC4604

Review of all foundation and beginner steps. We'll continue to work on easy steps. Still working at a relaxed pace. Continue learning new steps and dances. Dust off those clogging shoes and come back to class. If you've been away for a while, this class is for you! Instructor: *Janice Hanzel*.

### \*Clogging – Intermediate/Intermediate Plus - L3/L4

Tuesdays, November 7 and 14  
9:00 to 10:00 AM (KS)  
\$20 (two sessions) — LSC4439

We will be working on some solid intermediate-level dances. Lots of new routines to learn and choose from. I have new routines from various workshops around the area. We'll continue with low intermediate dances to start with and progress rapidly to some more challenging dances. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*.

### \*Clogging – Technique and Advanced - L4/L5

Tuesdays, November 7 and 14  
11:00 AM to 12:30 PM (KS)  
\$20 (two sessions) — LSC3892

November's focus will be reviewing dances that have been learned. Plus, there are loads of step reviews before we get into the dances. **Prerequisite:** Instructor approval. Instructor: *Janice Hanzel*.

### \*Country Couples Western Dance – L3/L4

Mondays, November 6-27  
6:00 to 7:00 PM (KS)  
\$28 (four sessions)  
— LSC3914

Join us for a fun-filled hour of Country Couples pattern dancing. Similar to Line Dancing but with a partner. Featuring a variety of “old” popular dances as well as fun new dances. Many of the dances are done in a Circle, and some are done in lines. This class is intended for those who have had previous Line Dance experience. Instructors: *Dennis and Georgi Dawson*.



**\*Hula – L1-L3**

Thursdays

November 2-16

1:00 to 2:00 PM (KS)

\$39 (three sessions)

— LSC3925



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 at 916-521-0474 to learn about Hula basics instruction. Instructor: *Pam Akina*.

**\*Jazz Performance**

– L2-L4

Tuesdays, November 7-28

1:00 to 2:00 PM (KS)

\$36 (four sessions) — LSC3947

This is an intermediate class geared to performing in various shows throughout the year.

Must be a strong technical dancer with good coordination and the ability to memorize new dance steps. Currently, the class is not accepting new dancers. Instructor: *dancer/choreographer Becky Nicholson*.

**\*Line Dance, Country – L3-L4**

Fridays, November 3-17

3:00 to 4:00 PM (KS)

\$21 (three sessions) — LSC4042

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*.

**\*Line Dance For Fun**

Thursdays, November 2, 16 and 30

4:30 to 5:30 PM (KS)

\$21 (three sessions) — LSC4006

This class offers line dancing to many different genres of music. Levels of dance range from high beginner to very easy intermediate. *About the instructor: Cathy Paris* is a lively and enthusiastic dancer and instructor. One of her greatest passions and joy in life is teaching dance. Her

dance background began in the early 80s when she was introduced to clogging. She incorporated line and partner dancing into her repertoire about 15 years ago and has since been sharing her passion and expertise with her students.

**\*Line Dance, “Wake Up and Warm Up”**

Tuesdays, November 14-28

8:00 to 9:00 AM (KS)

\$21 (three sessions) — LSC4463

Start your day with this “dance jam” style Line Dance class, with less instruction and more dancing. Each week, we dance a mix of classics and popular line dances (L2-L4) that are danced at major line dance events and internationally, such as American Kids, Cold Heart, Havana Cha, Late Night Habits, Pontoon, Sugar Honey I.T., Tush Push, and much more. **Prerequisite:** L-1. *About the instructor: Ellen Hirvela* is an experienced teacher and loves to dance. Ellen studied Belly Dance and enjoyed performing with a troupe. In 2002, she became “hooked on” line dance. Ellen has taught all in senior communities since 2012.



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**\*Line Dance, Absolute Beginner - L1**

Thursdays, November 2, 16 and 30  
9:00 to 10:00 AM (KS)  
\$21 (three sessions)  
— **LSC4766**



Instructor: *Yvonne Krause-Schenck*  
**OR**

Mondays, November 13-27  
4:00 to 5:00 PM (KS)  
\$21 (three sessions) — **LSC3960**  
Instructor: *Cathy Paris*

This class is an introduction to line dance. Basic steps will be taught to a variety of fun music. The focus is on having fun while learning to dance. *About instructor Yvonne Krause-Schenck:* A Lincoln Hills resident and coming from a musical family, she started dancing at an early age and has been line dancing since the 90s. She loves teaching and finds joy in seeing her student's progress. She knows the importance of movement and staying healthy as we age and knows that line dancing provides that opportunity in a fun and stimulating way.

**\*Line Dance, Beginner - L2**

Thursdays, November 2, 16 and 30  
10:00 to 11:00 AM (KS)  
\$21 (three sessions) — **LSC4765**  
Instructor: *Yvonne Krause-Schenck*

**OR**

Thursdays, November 2, 16 and 30  
3:30 to 4:30 PM (KS)  
\$21 (three sessions) — **LSC4030**  
Instructor: *Cathy Paris*

**OR**

Fridays, November 3-24  
2:00 to 3:00 PM (KS)  
\$28 (four sessions) — **LSC4053**  
Instructor: *Sandy Gardetto*

Level 2 is for those who have some line dance skills or are moving up from Level 1 and wish to learn more steps and rhythms like cha cha, waltz, and rumba. *About the instructor: Sandy Gardetto* is an excellent line dance instructor with over 18 years of experience. She has been trained in all disciplines of dance since she was eight years old. To encourage people to sign up for her classes, she has simplified her Beginner Class (L2) as well as her High Beginner/Improver (L3) class.

**\*Line Dance, Beginner-Intermediate – L2-L4**

Mondays  
November 6, 13 and 27  
4:00 to 5:00 PM (KS)  
\$30 (three sessions) — **LSC4283**



Learn it! Love it! Dance it! Steps, styles, and music make each class come alive based on R&B, Funk, Latin, Oldies, and Country genres. Dance steps include Jazz, Salsa, Belly Groove, and Country. *About the instructor: Anna Woods* love for dance goes back to her childhood tap, jazz, & ballet. This led to a professional dance career of 15 years as an instructor and performer spanning the country from LA to DC. Check out her YouTube Channel: "Anna Woods Just Dance" and/or email [annawoodsjustdance@gmail.com](mailto:annawoodsjustdance@gmail.com).

**\*Line Dance, Improver – L3**

Wednesdays, November 1-29  
9:00 to 10:00 AM (KS)  
\$35 (five sessions) — **LSC4064**  
Instructor: *Sandy Gardetto*

**OR**

Mondays, November 6, 13 and 27  
9:00 to 10:00 AM (KS)  
\$21 (three sessions) — **LSC4087**  
Instructor: *Yvonne Krause-Schenck*

Level 3 ranges from high beginner to easy intermediate. The dancer will be offered additional exciting steps, combinations, and rhythms.

**\*Line Dance, Intermediate – L4**

Wednesdays, November 1-29  
10:00 to 11:00 AM (KS)  
\$35 (five sessions) — **LSC4075**  
Instructor: *Sandy Gardetto*

**OR**

Mondays, November 13-27  
5:00 to 6:00 PM (KS)  
\$21 (three sessions) — **LSC4017**  
Instructor: *Cathy Paris*

Level 4 focuses on challenging step combinations, teaching at a faster pace, and keeping current with what is popular and danced around the world. **Prerequisite:** L3.

**\*Line Dance, Advanced – L5**

Thursdays, November 2, 16 and 30

5:30 to 6:30 PM (KS)

\$21 (three sessions) — **LSC3995**

Level 5, with more difficult dances featured, is suitable for the experienced dancer. More turns, combinations, rhythms, and challenges will be mastered. Come join this enthusiastic group and see how much fun you can have. **Prerequisite:** L3 or L4. Instructor: *Cathy Paris*.

**\*Tap – Technique**

Mondays, November 6,

13 and 27

10:00 to 11:00 AM (KS)

\$33 (three sessions) — **LSC4109****OR**

Tuesdays, November 7,

14 and 28

\$33 (three sessions) — **LSC4137**

Learn and hone your tap techniques through fun musical exercises and routines. Instructor: *Alyson Meador*.

**\*Tap – L1**

Mondays, November 6, 13 and 27

11:00 AM to Noon (KS)

\$33 (three sessions) — **LSC4123**

Grab a friend and come join us in this beginner class. We are starting from scratch, learning all the basics of tap dance. We will work at a pace comfortable for everyone. Bonus effect, new friends, improved balance, and the act of repeating, reversing, and counting patterns are excellent for brain health. Instructor: *Alyson Meador*.

**Music****\*Folk Guitar for Fun Folks – Beginning**

Tuesday, November 28

1:00 to 2:00 PM (KS)

\$10 — **LSC4421**

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



performer. He was a member of the New Christy Minstrels, appeared on a PBS special, toured with Glenn Yarbrough, and performed alongside the Kingston Trio and Peter, Paul & Mary. Questions? Call Darrell at 916-989-8532.

**\*Folk Guitar – Intermediate**

Tuesday, November 28

2:00 to 3:00 PM (KS)

\$10 — **LSC4428**

This class emphasizes 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 and they have met the prerequisites. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum. Instructor: *Darrell Effinger*. *About the instructor:* See Folk Guitar for Fun Folks. Questions? Call Darrell at 916-989-8532.

**\*Guitar – Beginner**

Thursdays, November 2-16 and 30

1:30 to 3:00 PM (KS)

\$60 (four sessions) — **LSC4694**

Enjoy learning to read and make music with your guitar, whether it's the blues, pop/rock, jazz standards, or the classics from absolute beginner to an intermediate-level musician. You'll be introduced to elements of all genres while gaining knowledge and technique through a modularized course curriculum. Prior guitar skills or an understanding of music theory is not required; new students' skills are assessed and started at an appropriate module level. Module lessons are self-paced with a combination of individual/group instruction, individual study, and group participation. Instructor: *Rodger Mohme*.

## Visual Arts & Crafts

### \*Card Making – Beginning, Introduction

Friday, November 10  
9:00 AM to Noon (KS)  
\$25 — LSC4503



Have you ever wanted to make a greeting card, but you weren't sure how to get started? Then this class is for you. This class will teach you all 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. All supplies and tools will be provided. Class size is limited, so sign-up early to reserve your space. Instructor: *Dottie Macken*. Registration deadline: October 24.

### \*Card Making – Intermediate/Advanced

Monday, November 6  
9:00 AM to Noon (KS)  
\$25 — LSC4764



**OR**  
Wednesday, November 8  
9:00 AM to Noon (KS)  
\$25 — LSC4502

This class offers more complex and challenging projects and papercraft techniques. It 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: October 24.

### \*Ceramics – L1-L3

Thursdays, November 2-16  
and 30  
9:00 AM to Noon (OC)  
\$64 (four sessions) — LSC4369



**OR**  
Tuesdays, November 7-28  
1:00 to 4:00 PM (OC)  
\$64 (four sessions) — LSC3857

This is an introductory class for residents who have never worked with clay and continuing students who want to continue to develop their skills. This course covers basic hand-building and wheel-throwing techniques, demonstrating craft and sculpture projects. First-time students will be

provided clay and may use the instructor's tools to create their first art piece. Supply list provided at first class. Instructor: *Jim Alvis*.

### \*Ceramics – L4/L5

Thursdays, November 2-16 and 30  
1:00 to 4:00 PM (OC)  
\$64 (four sessions) — LSC3869

### **OR**

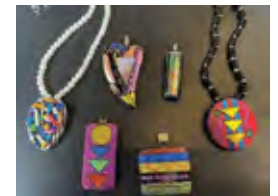
Tuesdays, November 7-28  
9:00 AM to Noon (OC)  
\$64 (four sessions) — LSC3845



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*.

### \*Fused Glass

Mondays, November 6-20  
1:00 to 4:00 PM (KS)  
\$60 (three sessions) — LSC4148  
\$45 supply fee paid to instructor on first day of class



November classes are all about the holidays. Create gorgeous, fused glass jewelry, ornaments, and decorations to keep or give as gifts. Students will learn glass cutting, compatibility, safety, kiln forming, finishing techniques, and the proper methods for applying various findings to complete your designs. Class size is limited. *About the instructor: Kate Uppal* has been working and exploring different forms of fused glass for the past 18 years. glass fusing as well as dichroic jewelry and glass frit artwork. She has created a portfolio of jewelry and glass artwork that expresses her joy and love of working with glass.

### \*Jewelry Making

Monday, November 13  
1:00 to 4:00 PM (OC)  
\$25 — LSC4693  
\$20 supply fee paid to the instructor



Create your own masterpiece. This class will offer a variety of color bead choices for you to make your own pattern and style of any length. Beginner to intermediate welcome. It will be great for giving from the heart or wearing it proudly to any get-together. Instructor: *Nancy Bell - Lincoln Jewelers*.

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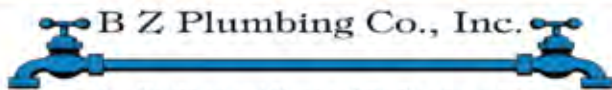


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**\*Mixed Media Art Journaling**

Tuesdays, November 14 and 28  
9:00 AM to Noon (OC)

\$45 (two sessions) — **LSC3809**  
\$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**.

**\*Needle Felting, Beginner:  
Soft Sculpture, Santa Gnomes**

Monday, November 6  
Noon to 4:00 PM (OC)

\$35 — **LSC4761**

\$15 supply fee payable to instructor

We’ll create this jolly Santa Gnome using wool fiber and special needles. He’s suitable for a tree ornament or tucking into a holiday wreath. Please email me if you’d prefer a color other than red. We will try to finish in less than four hours, but I would like to reserve plenty of time for those who want it. All supplies are provided. Most people find the repetitive motion of poking the fiber relaxing, but it can aggravate conditions such as arthritis. And occasional finger pokes are possible. Instructor: **Donna Miller**, [Donnamillerfelt2410@gmail.com](mailto:Donnamillerfelt2410@gmail.com).

**\*Needle Felting, Beginner:  
Soft Sculpture,  
Snow Buddies**

Mondays, November 20  
and 27

Noon to 2:30 PM (OC)

\$35 (two sessions) — **LSC4762**

\$15 supply fee payable to instructor

Using wool fiber and special needles, we will create one Snow Buddy over the course of two classes. They make cute tree ornaments or a sweet addition to the centerpiece or wreath. All supplies will be provided including the twig arms. An assortment of colors will be available on a first-come basis. Most people find the repetitive motion of poking the fiber to be relaxing, but it



can aggravate conditions such as arthritis, and finger pokes are possible. Instructor: **Donna Miller**, [Donnamillerfelt2410@gmail.com](mailto:Donnamillerfelt2410@gmail.com).

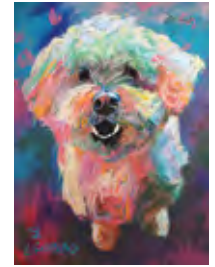
**\*Oil and Acrylic Painting –  
L4/L5**

Wednesdays, November 1,  
8, 22 and 29

9:00 to 11:30 AM (OC)

\$80 (four sessions) — **LSC3821**

This ongoing painting class will help you become a better painter (while having fun), whether you work in oil, acrylic, or pastel. Art demonstrations are created based on class needs. The beginning stages of “how to” to the finish are shown regularly. Lots of individual instruction! Class critiques are done toward the end of the class. Sporadic projects are offered and, of course, optional! If you don’t know what to bring, please go to [www.sandylindbladd.com](http://www.sandylindbladd.com). You can also email Sandy with your questions at [sandski2@yahoo.com](mailto:sandski2@yahoo.com). Instructor: **Sandy Lindblad**.

**\*Sip and Paint: “Snowman”**

Friday, November 17

5:00 to 8:00 PM (OC)

\$65 — **LSC3833**

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, and pallet knife techniques. All supplies are included. Canvases are underpainted and ready to hang. The fee includes a glass of wine, a selection of cheeses, crackers, and fruits. About the Instructor: Artist **Unni Stevens** studied art in Norway, Japan, and at the Laguna College of Art with 30+ years of painting experience. More information at [unniart.com](http://unniart.com).



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or online on the Resident Website



\*Class Schedules are not included in Compass, please see Group Ex Section.

## WellFit Orientations

### Free Orientations: WellFit Staff

Unsure where to start in the fitness centers? Sign up for our free orientation and learn how fitness centers work and how to use 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, October 17**  
3:00 to 4:00 PM
- **Tuesday, November 7**  
4:00 to 5:00 PM

#### Fitness Floor (KS)

- **Thursday, October 26**  
1:00 to 2:00 PM

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

*Events go on sale on the 17 of each month at 8:00 AM. Register at the fitness center desks or online enrollment on the Resident Website. Classes fill up quickly. Please sign up at least seven days prior to class start. No refunds, no make-ups. All classes, times, and locations are subject to change. See up-to-date information and schedules on the Resident Website in the WellFit section or online enrollment.*

## Mindful Movement

### Guided Meditation

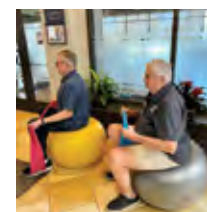
Thursdays, November 2-30  
(no class November 23)  
4:30 to 5:30 PM  
Aerobics Room (OC)  
\$72 (four sessions)



Struggling with anxiety, stress, or depression? Learn how guided meditation can help improve your mental health and provide relief. Meditation is known to release “happy” chemicals (Endorphins, Serotonin, Oxytocin and 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*.

### Posture Perfect

Mondays, November 6-27  
2:00 to 3:00 PM  
Aerobics Room (OC)  
\$15 each, Wellness Pass drop-In



This class will concentrate on pulling exercises to strengthen back muscles and build stamina, core stability to support spine alignment, glute isolation to protect your back, stretches specific to posture, and overall awareness to carry your body straighter and taller throughout your day. Instructor: *Danielle Merrill*.

\*All Tai Chi classes are available for dropping in and paying for one at a time. Tai Chi drop-ins, also known as Wellness Pass: \$15. \*All passes and sessions are non-refundable and expire one year after the purchase date. Tai Chi drop-ins are allowed in all Tai Chi classes. Purchase at fitness center desks or through online enrollment under class passes on the Resident Website.

### Tai Chi / Qigong L1

Fridays, November 3-24  
2:00 to 3:30 PM, Aerobics Room (OC)  
\$52 (four sessions)

#### OR

Tuesdays, November 7-28  
2:00 to 3:00 PM, Aerobics Room (OC)  
\$52 (four sessions)

\*See above

Tai Chi is a centuries-old practice focusing 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 2

Fridays, November 3-24

3:30 to 4:30 PM, Aerobics Room (OC)

\$52 (four sessions)

### OR

### Tai Chi / Qigong L3

Tuesdays, November 7-28

3:10 to 4:40 PM, Aerobics Room (KS)

\$52 (four sessions)

\*See above

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

### Tai Chi 24 Form Outdoor/Indoor L1-L3

Thursdays, November 2-30

(no class November 23)

2:00 to 3:00 PM

Amphitheater/Aerobics Room (OC)

\$52 (four sessions)

\*See above

Open to all levels, come join in for an enjoyable time learning the Tai Chi 24 form in a beautiful outdoor setting when weather permits. The class will warm up with Qigong to help build your mind-body connection, then learn the 24 moves in this Yang-style Tai Chi, which 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. Instructor: *Shifu Anney Siegel-Wamsat*.

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### Cost?

\$84 for 60-minute session

\$45 for subsequent 30-minute sessions

(Additional sessions are up to the resident and are not required.)

*Policy: There are no refunds, and all training expires one year after purchase. Please observe our 24-hour cancellation policy and contact the Coach directly to reschedule, or you may be charged in full for the session.*

### Reach out to a Coach to schedule:

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**Rex Owens**  
WellFit Fitness Supervisor  
Rex.Owens@sclhca.com



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

- **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.
- **Clinical Training:** One client and one trainer. One-hour session \$69, three session package \$180 (\$60 each). Half-hour session \$45, three session package \$120 (\$40 each).
- **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) and Posture Assessment. One-hour session \$99.
- **Goal Assessment:** Meet and greet the trainer, discuss medical history, and talk about and establish goals. Posture Assessment. Trainer assesses general ability level. Half-hour session \$39.
- **One-on-One Training:** One client and one trainer. One-hour session \$59, half-hour session \$39.  
**New Packages:** One client and one trainer. Package of three one-hour sessions \$54 each. \$162 total.
- **Posture Analysis:** We use a special grid background to assess you. Three photos are taken. Learn what muscles you need to stretch. Balance is very affected by posture. One-hour session \$59.

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- **ZIBRIO Balance Scale:** Get your balance score. Created by NASA/MIT. Learn what to do for better balance. Free ZIBRIO app included. One-hour session \$59.

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

## Personal Improvement

### Athletic Conditioning and Agility L2/L3

Thursdays, November 2-30  
(no class November 23)

12:55 to 1:55 PM

Aerobics Room (OC)

\$56 (four sessions) or

\$15 each with Wellness Pass drop-in

Start with movement prep and dynamic stretching warm-up to increase your range of motion and flexibility, then move through exercise stations that focus on strength and power for your sport, core rotation and stability, speed and agility, balance and coordination, and rotator cuff conditioning. Finish with static stretches to reduce your risk of tendonitis-style injuries. Prepare your body for some fun sports activities! Instructor: *Lisa Fisher*.



### Brain Gain® Turkey Trot New!

Friday, November 10

9:30 AM to Noon

Multipurpose Room (OC)

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Reduce your risk for dementia while completing Thanksgiving-themed brain exercises. It will be a pumpkin-spiced latte' fun as you meet new people and fire up your neurons in new ways. No having to worry about post-meal food coma, only grateful brain cells and enhanced brain health! (Fee includes all materials and door prize drawing.) Instructor: *Alice Jacobs Ed.D, MA, MS, MCHES Director, braingain.info*.



### Hypnosis for a Good Night's Sleep

Thursday, November 2

9:30 to 11:30 AM

Computer Room (OC)

\$20

Are you frustrated with your sleep? Are you having trouble falling asleep, staying asleep, or going back to sleep? Join this restful and helpful



class to find out how Hypnosis can help. This class is designed to take multiple times to increase your prior results exponentially. Instructor: *Kelley Moreno CPH.*

**Living with Neurological Impairment**

Wednesday, November 29  
1:00 to 2:00 PM  
Computer Room (OC)  
\$25



Learn about how a stroke can impact function and independence in your daily life. Hear from an occupational therapist on different approaches to improving the function of an affected extremity, using adaptive equipment and community resources to return to independent living. Instructor: *Lisa Kwon, Occupational Therapist.*

**Thriving with Grace - Let's Talk about Intimacy**

Wednesday, October 25  
4:00 to 5:00 PM  
Multimedia Room (OC)  
\$35



Grace hosts Date Nights as a way to explore and capture the magic in building relationships. Taking it to the next level, she is hosting an open conversation to explore intimacy and connection. Are you looking for ways to spice up your already vibrant relationship? Maybe you want to reinvigorate something that may not be what it used to be. Let Grace guide the conversation in any direction you would like while making you feel comfortable to discuss and ask questions. Class price includes a Spa gift. For questions about the class, email Grace. [Smith@sclhca.com](mailto:Smith@sclhca.com). Instructor: *Grace Smith, Sexual Wellness Coach.*

**Thriving with Grace - Movement**

Wednesday, November 15  
3:30 to 4:30 PM, Aerobics Room (OC)  
\$20

Learn why your body stiffens as you age and what you can do about it. Mobility is how you move and how well your joints move through a full range of motion. This class is about gentle mobility exercises and the whys to keep you motivated and moving. Explore movements that can be done anytime throughout your day, even seated in your recliner. Movement helps you to keep your joints loosened up, decreases pain, and helps fight depression. Instructor: *Grace Smith.*

**Thriving with Grace - Women's Wellness Workshop**

Wednesday, October 18  
2:00 to 3:00 PM Multimedia Room (OC)  
\$30

October is Breast Cancer Awareness Month. How does age affect a woman's risk of breast cancer, and what can she do about it? Do you know women above 50 are more likely to receive a breast cancer diagnosis? This class is about preventative measures women over 50 can take to help reduce their risk. Take this class and be the first to receive a new product being sold at the Spa. Wellness Instructor: *Grace Smith.*

**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](mailto:Danielle.Merrill@sclhca.com).

*Prerequisite: If you have not taken Reformer before, all Pilates Reformer classes require completion of the Introductory Reformer Session (purchase at fitness centers) or completion of a session-based wellness class: Introduction to Movement on the Pilates Reformer – offered every other month.*

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

Our Reformer packages are as follows:

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

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

**Drop-in non-reformer member, \$20 per class.**

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

### Introductory Reformer Session L1

Continuous dates  
scheduled with  
Reformer Specialists  
Reformer Studio (OC)  
\$40 (one hour)



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 after getting an account. 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. Please contact Danielle Merrill for more information regarding Private Reformer Training and scheduling with one of the reformer instructors.

**One-on-One Training and Buddy Training: Prices are the same as Personal Training Rates.**

### Pilates Reformer - Introduction to Movement

Saturdays, November 4-25  
11:30 AM to 12:30 PM  
Reformer Studio (OC Fitness)  
\$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 class starts with the basics of safely introducing your body to the fundamentals of Reformer. It slowly builds up to teach proper body alignment, core strength, posture, gentle strength training, balance, and injury prevention. Learn what it feels like to engage your core muscles correctly and move your body in a healthy way. This class fulfills the prerequisite requirement of Introductory Reformer session L1 before taking other Reformer classes. Instructor: *Sarah Jenan, Reformer Specialist.*

## Pop Up Classes

### Pop Up - Fitness Festivities

Wednesday December 20  
4:00 to 5:15 PM  
Ballroom (OC)  
\$14



We'll jingle our way through a holiday workout, then mingle at the hot cocoa bar that includes spiked options. Enjoy different instructors as we start the hour with a cardio dance inspired warm up, followed by strength, and finish up with a stretch. Please help us by signing up in advance. Instructors: *TBA.* Registration Deadline: December 17.

### Pop Up - Halloween Dance Party

Tuesday, October 31  
1:00 to 2:00 PM  
Aerobics Room (OC)  
\$10



Do the Monster Mash at this Halloween Bash! You'll love the playlist and the fun while getting in great exercise. Come in costume, best one wins a treat. Light refreshments will be served after a 45-minute dance cardio workout. Instructors: *Hannah Lucho and Danielle Merrill.*

### Pop Up - Turkey Tail on the Trail

Monday, November 20  
2:00 to 3:00 PM  
Meet at OC Fitness Center  
\$10



Let's "Wobble before we Gobble"! Our Lincoln Hills Trails are the perfect place to burn those pre-Thanksgiving calories. Follow instructors on the Wetlands trail with exercises along the way that will challenge your balance, core stability, strength, and footwork. Take a pit stop halfway and enjoy the beverages provided. Instructors: *Danielle Merrill and John Ramos.*

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## Group Ex Pass – Wellness Pass – Fast Pass

Group Ex Pass, Wellness Pass, and Fast Pass classes are drop-in, group exercise classes on a first-come, first-served basis in our Aerobics Rooms (KS and OC) as well as the Sports Plaza and OC pools. You may arrive and sign in up to one hour before the start time of the class. Good for one session each.

\*Group Ex Passes are \$5.50 for 55 minutes.

\*Wellness Passes are \$15 for 60 minutes.

\*Fast Pass Classes are \$3.50 and can only be used in our 30-minute classes.

Group Ex Passes and Fast Passes are not interchangeable. Purchase these passes through online enrollment on the Resident Website or fitness center front desks. There are no refunds for class passes, and all passes expire one year after purchase date. For a list of class descriptions, please refer to the Resident Website under WellFit. Guests must pay \$7 per Group Ex 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.**

**\*Group Ex, Fast, and Wellness Passes expire one year after the purchase date.**

**NOTE: Group Ex Passes purchased before December 1, 2019, will never expire.**

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

\*\*For all class schedules, please refer to the WellFit section of [sclhresidents.com/WellFit/Group Ex Pass Classes](http://sclhresidents.com/WellFit/GroupExPassClasses), pick up a class schedule at our front desks, or scan our QR code with your smartphone camera.

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AND HAVE  
SCHEDULE ON  
YOUR PHONE



## Small Group Training (SGT)

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

### Balance and Fall Prevention L1

Mondays and Wednesdays

November 1-29

2:00 to 3:00 PM

Aerobics Room (KS)

\$153 (nine sessions)



Learn simple stretches, exercises, and techniques to help improve balance, core strength, and reflexes to prevent falls. We will use chairs, bars, and the wall for support. Instructor: *Gilmer LaTorre*.

### Bootcamp – Progressive L2/L3

Mondays and Wednesdays

November 1-29

3:05 to 4:05 PM

Aerobics Room (KS)

\$153 (nine sessions)



### OR

Friday, November 3-24

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

\$68 (four sessions)

Are you looking to change things up? Try this Bootcamp class that gives 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: *Gilmer LaTorre*.

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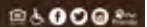
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**Boxing – Rock Steady**

Fridays, November 3-24  
11:50 AM to 12:50 PM  
Aerobics Room (KS)  
\$68 (four sessions)

Instructor: *Gina Turner*

**OR**

Tuesdays, November 7-28  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$68 (four sessions)

Instructor: *Gilmer LaTorre*

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.*

**"Fun"ctional Fitness L3**

Tuesdays and Thursdays  
November 2-30  
(no class November 23)  
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 keeps the body from getting bored. The intensity is up to each individual. Intermediate to advanced fitness levels are encouraged. \*This class is eligible for the SGT drop-in if space is available. Instructor: *Deanne Griffin.*

**Get Golf Ready**

Tuesdays, November 14-  
December 5  
9:15 to 10:00 AM  
Lincoln Hills Pro Shop  
\$110 (four sessions)

*\*Receive \$10 off Get Golf Ready when you sign up for the Small Group Golf class.*

Are you curious about the game of golf, or returning to the game after an extended break? This



Get Golf Ready clinic is for you. Not only are you going to learn the basics of how to play the game, but we'll help you navigate through the things you might be too embarrassed to ask. Work with a PGA Coach on putting, chipping, full swing, and more. Sign up at the Lincoln Hills Pro Shop. Instructor: *Shannon Kahahane, PGA Coach.*

**Golf Class**

Tuesdays, November 14-December 5  
8:30 to 8:55 AM, WellFit (OC)  
\$50 (four sessions)

*\*Receive \$10 off Small Group Golf class when you sign up for the Get Golf Ready program.*

In this class, you will learn a home mobility program, how to enhance balance/stability for golf and a dynamic warm-up to prep for golf. Get Golf Ready participants will start at Orchard Creek WellFit for warm-up and prep and then go to LH Golf Course. Instructor: *Rex Owens, MSc. Titleist Golf Fitness Certified.*

**Parkinson Strong Combo**

Thursdays, November 2-30  
(no class November 23)  
3:05 to 4:05 PM, Aerobics Room (KS)  
\$68 (four sessions)

**OR**

Mondays, November 6-27  
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.*

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**Posture, Core, and Balance L1/L2**

Mondays and Wednesdays

November 1-29

12:55 to 1:55 PM

Aerobics Room (KS)

\$153 (nine sessions)

Instructor: *Rena Schmidt***OR**

Tuesdays and Thursdays

November 2-30

(no class November 23)

10:45 to 11:45 AM

Aerobics Room (KS)

\$136 (eight sessions)

Instructor: *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 proper 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.

**TRX Circuit L2**

Tuesdays and Thursdays

November 2-30

(no class November 23)

12:55 to 1:55 PM

Aerobics Room (KS)

\$136 (eight sessions)

Instructor: *MaryAnn DePietro*

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.

**TRX, Strength, and Stretch**

Mondays and Wednesdays, November 1-29

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$153 (nine sessions)

The perfect blend of intensity and restoration. This innovative take on strengthening and lengthening fuses strength movements and stretching with the amazing recovery ability of breathwork, alignment, and balance. Instructor: *Gina Turner*.

**Water Exercise – Therapeutic L1/L2**

Wednesdays

November 1-29

10:45 to 11:45 AM and

11:50 AM to 12:50 PM

Indoor Pool (OC)

\$85 (five sessions)

Instructor: *Nina Baldi***OR**

Fridays, November 3-24

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

\$68 (four sessions)

Instructor: *Lisa Fisher***OR**

Mondays, November 6-27

9:40 to 10:40 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. Do not forget your towel.

**Sports Plaza - Lessons**

To make a reservation for Bocce Ball, Croquet, Multi-Court, Pickleball, or Shuffleboard or for more information and guidelines, go to the Resident Website, WellFit, and choose from the drop-down list. The softball field is available for open play on Mondays, Wednesdays, and Sundays from 2:00 to 5:00 PM. Please visit the Resident Website, WellFit, and click on Sports Pavilion for more information and guidelines. For tennis, courts are available on a first-come, first-served basis. Sign up at Sports Pavilion for drop-in play.

**Pickleball – Introduction**

Bi-monthly, Wednesdays

9:00 to 10:30 AM, Multi-Court

(Courts 14 and 15)

Free

This bi-monthly class is for any resident interested in learning about Pickleball. All equipment is provided. Please wear clothing and tennis shoes appropriate for Pickleball. Please





bring water. Meet on the Multi-Court by the softball parking lot. You must pre-register for this class. Eight spots are available. Email Carol Judd at [welcometopickleball@gmail.com](mailto:welcometopickleball@gmail.com) to register.

### Pickleball – Intermediate Clinic

Thursday, November 16

9:00 to 10:30 AM, Multi-Court

Skill level 3.0-3.75 Min/Max: eight students

\$45

Learn to impede your opponent's progress to the NVZ utilizing the "Roll Volley". When and how to "Poach" will be the topics for this clinic. Analysis and suggestions for improvement during game time play portion of the clinic. Instructor: *Ian Dickson, Pickleball Pro.*

**Pickleball Training Services – Purchase at fitness centers or through Online Enrollment on the Resident Website.**

- **Buddy Training:** Two clients and one trainer/pro. It is more fun to train with a friend. One-hour session \$59 per person. Each billed for shared session.
- **One-on-One Training:** One client and one trainer/pro. One-hour session \$98.

*\*\*Pickleball Training Policy: There are no refunds, and all training expires one year after purchase. Please observe a 24-hour cancellation policy and contact the Pro directly to reschedule. If you do not give 24-hour cancellation notice, you may be charged in full for the training, and no make-up will be provided.*

**How to Set Up One-On-One or Buddy Training Services with the Pickleball Professional**

1. Purchase a training service at the fitness center desks or through online enrollment on the Resident Website.

2. Email or text Ian Dickson, Pickleball Pro, to schedule a session at 916-712-4337 or [Ian.Dickson@sclhca.com](mailto:Ian.Dickson@sclhca.com).

3. Show up at the multi-court in the Sports Plaza for your training session.

*Please note: Once you have purchased a training service, it is your responsibility to reach out to Ian for scheduling. Ian is not able to book your session until it has been purchased.*

**Small Group Training:** 3-4 students and one pro/trainer. Once you have your group together, reach out to Ian directly to schedule. He will give you a code to take to the fitness center desks to purchase.

*For clinics or camps, please see online enrollment – WellFit or inquire with Ian.*

**For questions, email [Danielle.Merrill@sclhca.com](mailto:Danielle.Merrill@sclhca.com).**

### Tennis - Introduction

Saturdays

11:00 AM to Noon, Tennis Courts

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](mailto:stevebringman@yahoo.com) to register. Class size is limited to three each session.

### Tennis Small Group Training

Once you have your group together, reach out to Eva directly to schedule. She will give you a code to take to the Fitness Center front desks to purchase. Instructor: *Eva De Mars, Tennis Coach.* Minimum of three students, maximum of four. [Eva.DeMars@sclhca.com](mailto:Eva.DeMars@sclhca.com)

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## Wellness Life Coaching

**Why A Wellness Coach?** A Lincoln Hills Wellness Life Coach is a professional who assists people in making progress toward attaining greater fulfillment in relationships, careers, day-to-day life, or extracurricular activities. Schedule with one of our Coaches to better navigate your path, clarify your goals, identify obstacles holding you back, and learn new strategies to move forward. Our coaches will provide the support you need to achieve long-lasting change!

**What Can I Expect?** Discerning "the why" is paramount to the coaching - because the subsequent checkpoints and milestones are built upon the why of what the client wishes to work toward - and developing a reasonable plan to achieve it. Each 60-minute session includes a personally tailored, written, 30-day goal summary to include measurable, time-bound behaviors and tasks to be completed by the client. This helps each client maintain progress, overcome challenges, and achieve their desired outcomes.

**What Does It Cost?** Each one-on-one session runs sixty minutes \$84.00. Your Wellness Life Coach will recommend the frequency of sessions as you go.

Invest in Yourself. We have four dynamic Wellness Coaches ready to book appointments at Orchard Creek WellFit fitness center. Their Bio's can be found at the fitness centers or on the Resident Website under the WellFit drop-down menu. Contact Danielle Merrill for more information about this exciting new program.

*Policy: There are no refunds, and all training expires one year after purchase. Please observe our 24-hour cancellation policy and contact the Coach directly to reschedule, or you may be charged in full for the session.*

### Reach out to a Coach to schedule:

Alice.Vestergaard@sclhca.com

Grace.Smith@sclhca.com

Nina.Baldi@sclhca.com

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Main Phone: 916-625-4000  
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Main Phone: 916-408-4013  
Resident Website ..... SCLHResidents.com  
Public Website ..... SunCity-LincolnHills.org  
Help Desk ..... Help.Desk@sclhca.com

**HOURS** SUBJECT TO CHANGE

<b>Orchard Creek Lodge &amp; Kilaga Springs Lodge</b> MON–SAT: 8:00 AM–9:00 PM SUNDAY: 8:00 AM–5:00 PM	<b>Membership Desk</b> MON–FRI: 9:00 AM–5:00 PM
<b>Lifestyle Desks (OC/KS)</b> MON–SAT: 8:00 AM–8:00 PM SUNDAY: 8:00–4:00 PM	<b>Meridians Restaurant</b> SUN–THU: 7:00 AM–8:00 PM FRI–SAT: 7:00 AM–9:00 PM
<b>WellFit (OC/KS)</b> 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	<b>SPORTS BAR:</b> SUN–TUE: 7:00 AM–8:00 PM WED–THU: 7:00 AM–9:00 PM FRI–SAT: 7:00 AM–10:00 PM
<b>The Spa at Kilaga Springs</b> MON–FRI: 9:00 AM–6:00 PM SATURDAY: 9:00 AM–5:00 PM	Curbside: 11:00 AM–7:00 PM Delivery: 4:00 PM–7:00 PM
	<b>Kilaga Cafe</b> MON–FRI: 8:00 AM–3:00 PM SATURDAY: 8:00 AM–1:00 PM

**ADMINISTRATION**

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**FOOD & BEVERAGE**

**Meridians Restaurant**..... MeridiansRestaurant.com  
Reservations & Info: 916-625-4040..... To-Go: 916-625-4044  
**Kilaga Cafe** ..... To-Go Orders & Info: 916-408-1682  
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**THE SPA AT KILAGA SPRINGS**

**Spa Concierge**..... KilagaSpringsSpa.com  
Appointments & Info: 916-408-4290  
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**Landscape Supervisor**  
Willie Mayberry.....916-645-4501 ..... Willie.Mayberry@sclhca.com

**GENERAL NUMBERS**

Curator Security .....916-771-7185  
LH Golf Club .....916-543-9200 .... lincolnhillsgolfclub.com  
Lincoln Police & Fire .....916-645-4040  
Neighborhood Watch ..... SCLHWatch.org  
Linda Minor: 707-235-0778  
Neighbors InDeed .....916-223-2763 ..... neighborsindeed.org  
Lincoln Hills Foundation...916-434-0749 . lincolnhillsfoundation.org  
Lodge Library Contact..... Sarah Kevin: 408-858-0880

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**COMPASS** — A monthly magazine established August 1999**COMPASS Editor:** Theresa Renken 916-625-4014**Resident Writers:** Linda Lucchetti, Shirley Schultz, Teresa Tanin, David Wright**Layout/Design and Printing:** Sierra Office Supplies & Printing

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