

COMPASS



The Official Magazine of Sun City Lincoln Hills

October 2016

2017 Budget... page 2

**Reserves Investment
Policy... page 12**



**Association Social and Breast Cancer
Fundraiser Photos... page 100**

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On the cover

Lincoln Hills Water Volleyball member, Robert Forster, spikes the ball during a match between William Jessup Lady Warriors. Makenzie Reeder-Esparaza makes the block. Read more about their competition on pages 41 and 45. Photo by Charlie Schuman.

Board of Directors Report

2017 Budget

Molly Seamons, Treasurer, SCLH Board of Directors



The 2017 budget was approved by the Board of Directors at its September 22 meeting. A comprehensive slide show detailed the highlights, which are addressed in this article.

The Process

In July, budgeting templates were developed by each department manager to help them determine their budgeting needs for the coming year. They consider wages and salaries, payroll taxes, benefits, workers' compensation, and required headcount. For departments that generate revenue (Activities, Wellfit, Food and Beverage, and Spa), each manager develops a revenue and cost of sales plan based on projected needs.

Next, draft budgets, including general assumptions, are presented in open workshops to the Properties and Finance Committees.

General Assumptions for 2017

- 1) General labor cost increase 3%;
- 2) Benefit cost increase 6% on June 1 with the same participation level as 12/31/2016;
- 3) Workers' Compensation rate increases 5% on July 1, 2017;
- 4) Property and Casualty Insurance package cost increases of 4%;
- 5) Income taxes increase due to higher taxable income from advertising;
- 6) Combined State and Federal mandated costs are \$151,600 or equal to \$1.86 in monthly dues, including:
 - a) State mandated minimum hourly wage increase to \$10.50 will cost \$42,600;
 - b) State required sick pay for part-time employees will cost over \$60,000.
 - c) Federal Mandate on Exempt salaries will cost \$49,000;

Homeowners are presently paying \$17.38 of their dues each month into the Reserve account to keep our assets updated and replaced on a planned schedule.

Two capital assets with a combined cost of \$76,000 were submitted to and approved by the Properties Committee. They were forwarded to the Finance Committee and were included in the 2017 budget. To offset the cost of the capital assets, the Finance Committee recommended and the Board approved adding the remaining \$91,616 Revenue in Excess of Expenses from 2015 into the 2017 budget.

2017 BUDGET			
	BUDGET Dues	2017	2016
Admin	1,675,690	20.59	18.46
SPA	(8,085)	(0.10)	(0.58)
Fitness	538,400	6.61	5.91
Activities	530,154	6.51	6.63
Facilities	2,576,760	31.66	30.80
F&B	87,895	1.08	0.80
Landscape	2,728,080	33.52	32.88
	8,128,890	99.87	94.90
Reserves	1,414,622	17.32	17.38
CEF**	81,396	1.00	0.00
Capital Exp.	76,000	0.93	0.04
2015 Rev>Exp	(91,616)	(1.13)	(1.65)
Dues 2017	9,604,728	118.00	111.00

** Community Enhancement Fund

This \$7.00 increase in dues beginning January 1, 2017 is broken down as follows:

Personnel costs—State and Federal mandates	\$1.86
Personnel costs—other	1.65
Total HR services	1.43
Increase in capital asset funding	0.57
Community Enhancement Fund	1.00
Reduction in reserve funding	(0.06)
Reduction in prior-year carry forwards	0.52
Other items (increased revenues and decreased expenses through improved efficiency)	0.03
Increase	\$7.00

Every effort has been made by the Properties Committee, Finance Committee, staff, and the Board to give you an accurate and manageable Budget for 2017.

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Gorgeous fall days are ahead and so many great activities to enjoy! Hopefully you were one of the many residents who joined us for our community-wide social October 7. A great time was had by all, see page 100 for photos. Thank you to members of the Sports Car Group for bringing their cars to showcase during the event, along with resident musicians from the ever popular Lincoln Highway Band. Every year we do something for the community and this year we partnered with the WellFit Department's focus on fitness and fundraiser for Placer Breast Cancer Foundation. To date \$3848 dollars were raised for Placer Breast Cancer Foundation.

We also had 40 residents register for the annual Sacramento "Walk to End Alzheimer's." So far, Lincoln Hills residents have raised over \$2,000 dollars for research to find a cure for the disease that affects so many people today. We are proud to support funding to find a cure, and proud of the volunteer work our Alzheimer's/Dementia Support Group offers to caregivers in our community and thankful to the Lincoln Hills Foundation for their contributions to organizations that offer caregivers respite care so they can attend these informative and supportive monthly meetings. See page 27 for more details.

KVIE's "Rob on the Road" presentation of our Pickleball Group will air on Monday, October 31 at 7:30 PM and not on the October 21 as previously advised.



Tune in and see some of your friends on television!

We will be recognizing approximately 300 volunteers during our annual SCLH Volunteer Appreciation Luncheon October 26. These resident volunteers have provided many hours of service to the Association in the last year. Hundreds more volunteer their time within their clubs and other organizations. The SCHOOLS Group (Sun City Helping Our Outstanding Local Schools) is seeking additional volunteers (see page 38) to fill teacher requests. Please contact Sandy or Cindy for more information. Our community is generous with their time, talent, and dollars. Thank you for volunteering and for contributing to issues that affect our community.

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."

— Marjorie Moore

See you at the Business Showcase October 18 in the OC Lodge between 10:00 AM and 2:00 PM.

Calendar of Events

October 15-November 30

Date	Event	Page #
10/15	KS Classic Movies: Alfred Hitchcock's Psycho	44
10/16	Artisans in the Lodge	36, 44
10/17	Astronomy: Searching for Stellar-Mass Black Holes	27
10/17	Genealogy: Carved in Stone: Cemetery Research	32
10/17	Document Destruction	44
10/17	Forum: Smart Voters—Non-partisan Facts	104
10/18	Home, Health, and Business Showcase	44
10/18	Concert: Angelica Duo Violinist and Harpist	49
10/20	Book: Dead Wake: The Last Crossing Lusitania	29
10/20	Ski: "Ski Conditioning Exercises"	39
10/20	Veterans: Signals Intelligence during the Cold War	40
10/21	Tour: Scrapbook and Stamp Expo	58
10/21	Beale Air Force Base	65*
10/25	Living Through Transitions Social	45
10/26	Forum: The Eyes Have It!	23, 104
10/26	Music Club: Play and Sing	35
10/27	Eye Contact: "Safety: Moving Thru Your Living Space"	31
10/27	Garden: "Tree Talk with Tim"	32
10/28	Music Club: Open Mic Night	35, 44
10/28	SCOOP: Halloween Parade	38
10/28	Silent Movie Night: Buster Keaton's "The General"	50
10/29-30	Players: Readers Theater "39 Steps"	37, 44
10/31	Rob on the Road	3
11/01	Broadway Sacramento: The Sound of Music	54
11/01	Eye Contact: "Living Thru Living Loss and Changes"	32
11/01	Neighbors InDeed H. Helpers Maintenance Update	104
11/02	Crab Feed	10,13
11/03	Casino/Races: Off to the Races	53
11/04	Concert: Dirty Cello	50
11/07	Antiques: Tobacco Premium Memorabilia	27
11/07	Moonlight Cinema: Mission Impossible: Rogue Nation	45
11/09	Forum: Drink to Your Health	8, 104
11/09	Computer PC: "Free Photo Editing, Sharing and Tools"	31
11/09	Twelve Bridges Lincoln Library Open House	45
11/09-10	Overnight: Eldorado—The Producers!	60
11/10	Bosom Buddies: Healthy Diets	29
11/10	Holiday Open House	8,11,45
11/10	KS Comedy Night: Magic and Comedy of Ryan Kane	49
11/11	Veterans Day Ceremony	45
11/12	Tours/Leisure: San Francisco 49ers Levi's Stadium Tour	60
11/14	Casino: Jackson Rancheria	53
11/14	Bird: Featuring the International Bird Rescue	28
11/17	Book Discussion: Wish You Well	29
11/17-19	"Happy Holidays: Tribute to Movie Musicals"	19, 37
11/22	Concert: Joyous Brass: Christmas in Brass	49
11/24	Thanksgiving Feast	13
11/25	Computer PC: Ask the Tech	31
11/29	Museum: San Francisco Museum of Modern Art	53
11/30	Cirque du Soleil—Toruk	65*

Upcoming Association-Related Meetings: Date, Time, Place

October 15 - November 30

Golf Cart Registration	Thursday, October 20, November 3 & 18, 9:00 AM, OC Lodge
Finance Committee Meeting	Thursday, October 20, 9:00 AM
ARC/Architectural Review Committee	Monday, October 24, 9:00 AM
Listening Post	Tuesday, October 25, 11:00 AM
Board of Directors Meeting	Thursday, October 27, 9:00 AM, KS Presentation Hall
Board of Directors Special Meeting	Thursday, October 27, 10:30 AM
Board of Directors Executive Session	Thursday, October 27, 11:00 AM
CCOC/Clubs & Community Organizations	Tuesday, November 1, 9:30 AM
Compliance Committee Meeting	Wednesday, November 2, 10:30 AM
New Resident Orientation	Thursday, November 3, 1:00 PM
Elections Committee Meeting	Friday, November 4, 10:00 AM
ARC/Architectural Review Committee	Monday, November 14, 9:00 AM
CCRC/Communications & Community Rel.	Monday, November 14, 11:30 AM
Finance Committee Meeting	Wednesday, November 16, 9:00 AM
Board of Directors Meeting	Thursday, November 17, 9:00 AM, KS Presentation Hall
Board of Directors Special Meeting	Thursday, November 17, 10:30 AM
Board of Directors Executive Session	Thursday, November 17, 11:00 AM
Listening Post	Tuesday, November 22, 11:00 AM
ARC/Architectural Review Committee	Monday, November 28, 9:00 AM

Meetings in OC Lodge unless noted otherwise.

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

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From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Welcome to mid-October and the fall season! In honor of Vin Scully, pull up a chair, grab a cup of coffee, and let's get started ... I was very proud of how we handled the budget process this year. We put out a lot of information that was understandable for the audience attending the meetings. We did a good job of explaining the factors (internal and external) that impact the Association, and those who attended the meetings got to understand the inner workings of each department a little better. We also did something that was important: we listened to our residents. At the first budget meeting we received feedback on the lack of hand-outs (which had been standard for several years), so we decided to provide draft materials for the subsequent meetings. It was the right



thing to do, and was well received by the residents who attended the rest of the meetings. The visual presentations were well done, clear, and easy to read. I want to thank the department managers for their efforts, the Finance Committee for their input and guidance, and finally, our Board of Directors, who made a courageous decision. They did not "kick the can down the road," nor did they accept half-measures. We saw real leadership in action ... With the departure of Jerry McCarthy, Kristy Woodin has been named Director of the Food & Beverage Department. I want to pause a minute and say thanks for all of the great things Jerry accomplished in his time here, and the great team he put together, who will carry on in his absence. I wish him nothing but the best. Another change is in the Catering Department, where Meghan Louder is leaving us, and Kathy Cameron has

stepped into the manager's position. Kathy comes from Arden Hills Club, and brings a wealth of experience. We wish Meghan well, and we welcome Kathy to our team ... While we are talking about the Catering department, I would like to acknowledge Don Giles, who is our Banquet manager. I have received nothing but positive comments from residents who have attended one of our catered events. His care and attention to details are integral to the success we have had over the years, and we are quite frankly remiss for not acknowledging this fine individual more often ... September's Listening Post was well attended, and the conversation was enjoyable and informative. Mike Creasy was our guest speaker and did a great job of explaining the role of the Finance Committee. If you haven't been to a Listening Post, I encourage you to attend. It's an informal gathering where we share thoughts, and a good time is generally had by all...see you in November!

Election Campaigns Have Begun

*Your concerns may also be expressed
Elections Committee*

On October 12, the application window for 2017 Board of Directors candidates was closed. The panel of candidates is posted in both the Orchard Creek and Kilaga Springs Lodge. Various communications will tell us who will be campaigning for your vote.

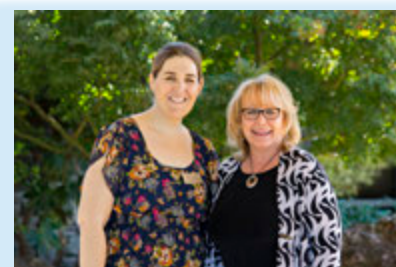
By November 4 each candidate will submit a Ballot Statement of no more than 220 words. Photos of the candidates and their Ballot Statements will be published in your December COMPASS. In accordance with the law governing Homeowners' Associations, all members of the Association are also entitled to submit a Position Statement on subjects reasonably related to the election. Such statement will be placed on the election document tables in both lodges during the period of December 12, 2016 to February 12, 2017, along with candidates' campaign materials.

Position Statement forms are available at the Membership Desk at Orchard Creek Lodge. These statements are also limited to 220 words and must be submitted to the Membership Desk before 4 PM on November 4, 2016.

Employee of the Month Award

Our September "Employee of the Month" Award goes to Amy Gonzales who joined our Lifestyle Department in September 2014. Amy works full time in two part time jobs including the COMPASS Advertising Coordinator and Membership Clerk. Here are a few quotes shared by staff:

"Amy has raised the level of service to our residents and visiting public in every aspect." "She goes beyond the extra mile." "Amy gets the job done and offers ideas for process improvements." "Amy balances both part-time positions and excels in both positions." "She is energetic and always happy to assist others."



Amy Gonzales along with HR/Payroll Manager Nancy Gabriele.

We are delighted to have Amy as part of our SCLH team, and acknowledge her outstanding customer service to residents and outside clientele. Thank you Amy, for your dedication and hard work to Sun City Lincoln Hills!

Now is the time to get to know the candidates and determine which ones you want to be your representatives on the new Board. You will have opportunities to support your candidates by hosting or attending gatherings and fund raisers, placing signs, or distributing flyers.

Become an informed and involved voter to keep Sun City Lincoln Hills the outstanding community we call home.

*Questions or issues related to
SCLHCA Facilities or Landscape?*

Please contact us!

Facilities: 645-4500

Landscape: 645-4501

*Please leave a message and
we will return your call.*

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SAVE \$15! Price: \$95 (50 Minutes)

THE ABOVE SPECIALS CAN BE BOOKED STARTING OCTOBER 15 AND NEED TO BE USED BY NOVEMBER 15.



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Activities News & Happenings

The Changing Colors of the Seasons

Lavina Samoy, Lifestyle Manager

Autumn is undeniably here. It is in the wind, the falling leaves, and the ever-changing colors in our community, including the fresh produce available at our **Wednesday Farmers Market**.



Please support our local growers and craft vendors. Enjoy nature's bounties from the **Farmers Market** until November 16 from 8

AM to noon in the Orchard Creek Parking Lot, weather permitting.

Don't miss two great activities in November: **Dirty Cello** on November 4 in Presentation Hall (page 52) and our free outdoor **Moonlight Cinema** on November 7, featuring *Mission Impossible: Rogue Nation* (page 45).

Our musical offerings are also chang-

ing with the season. **Classical Series Joyous Brass: Christmas in Brass, November 22** puts the audience in the holiday mood (page 51). **Jim Curry** is back with the **Music of John Denver and Holiday Favorites** on December 2, offering a matinee and evening performance in the Ballroom (page 52). For the grandkids, **Charlie Brown** will add flavor to our popular **Santa Adventure** on December 17 (page 52).

The biggest and grandest community party is coming soon! Registration for the annual **Lincoln Hills New Year's Eve Party (NYE)** starts November 17 at 8:00 AM. With the theme **Cirque Du New Year** (pages 50, 108), expect a magical night with dance music from DJ Tom and the Ron Davis Trio, casino gaming, fireworks display, champagne toast, and jugglers to boot. There will be four entrée options to choose from in a three-course menu to set a fun and colorful party vibe. Reserve a table with your friends by completing the special NYE

form complete with food options and table location.

Speaking of magic and color, learn a few make-up tricks and wardrobe pairing from our new class **The Magic of Color Analysis** on December 6 (page 84). Match your clothes with your handmade jewelry by registering for the last two classes offered this month under **Bracelet Bonanza** (page 80).

Red and green dominates the color palette when we tour the **McHenry Mansion Dickens Faire and Duarte's Poinsettia Farms** on December 3 (page 62). Our first road trip to Vegas is here! Enjoy five days and four nights with a country music flavor on **February 21-25** (page 67). Quick reminder: **last day to register** for any of the **Sacramento Philharmonic Classical Series: Vivaldi-The Four Seasons, Beethoven Violin Concerto and La Traviata** is on **October 18** (page 60).

Now get out, have fun, and savor the season!

Fall Tips and Reminders

Mark Hutchinson, Architectural Review Committee Chair

"Autumn is a second spring when every leaf is a flower." — Albert Camus

Election Season

With election season upon us, it should be noted that the Design Guidelines have very specific requirements for the display of political

signage. Design Guideline 60.2 reads as follows:

"Political signs may not exceed, in the aggregate, a total of nine (9) square feet and a maximum height of four (4) feet. Signs may be displayed up to sixty (60) days before the election and shall be removed within seven (7) days after the election as provided in City of Lincoln Municipal Code. Non-commercial banners that are larger than fifteen (15) square feet in size are prohibited."

Since most political lawn signs are 18" x 24" = three square feet, a total of three signs would not exceed the Design Guideline requirement.

Fall Landscaping

• Fall is the ideal time for doing

those projects that were not feasible to do during the heat of summer and preparing for winter.

• The months of October and November are ideal for installing new landscaping and pruning overgrown shrubbery and trees. Temperatures are moderate and the ground is warm enough to promote good root growth. It is also a great time to replant lawns that have died out and need to be re-established.

• Pruning shrubbery and trees accomplishes two major goals. First, it improves the appearance of the landscaping by keeping the size of plants and trees in scale with the size of the home and secondly pruning eliminates any potential limbs or branches that may damage your home in a winter storm. Pruning also prepares the plants for the winter and eventual blossoming in the spring. The extent and timing of pruning should be discussed with your gardener or landscape contractor.

Open Positions

There is currently one (1) position open on the ARC. If you are interested in exciting work and the opportunity to assist fellow residents with their improvement applications, please

submit your application by dropping it in the ARC drop box in Orchard Creek Lodge.

Assistance with Applications

Members of the ARC are available to meet with you at the end of our regularly scheduled meetings, to assist you by answering questions and clarifying your specific submittal requirements. Questions may also be submitted by email to arc@sclhca.com.

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; a committee with openings is shown below. Details and contact information can be found on the resident website under HOME on the menu bar. Your interest and participation is paramount to the successful governance of your Association. Committee applications at Activities Desks, or from the Association Resident Form folder in the Document Library on the resident website. Questions? Please email the committee chair, address on page 106.

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

WellFit News

Challenges and Opportunities Looking Back and Looking Ahead

Deborah McIlvain,
Director of WellFit and Spa

Taking a Look Back in Time



2015 was our first year of the switch from Independent Contractors (IC) to employees for fitness staff. The change brought us a more stable platform for our classes. For example,

Small Group Training (SGT) was stabilized when management could schedule and price programs. Previous to this, IC's priced and scheduled their own programs which could often result in conflicts. This change increased revenues and maximized our scheduling opportunities. We were also able to move some of the Wellness sessions to Punch Pass classes which increased participation. Personal Training was hardest hit as some of the current trainers declined employee status, but we now have the right people in place and we're confident our residents are in good hands!

So far 2016 has been a great year for us—all the changes we made in the last two years have paid off. Over the past nine months, Punch Pass classes have increased 3%, SGT 19%, Personal Training 34%, and Wellness classes are up 10%.

2017 brings us a few challenges: Limited space affects our ability to keep growing, and we'll have mandatory State and Federal increases in employee wages. Opportunities for 2017 include incorporating programs with the Spa, and offering more nutritional, meditation, and Parkinson's programs. Challenges always bring opportunities!

Thank You All

October's Association Social and Breast Cancer Fundraiser was a huge hit. Our College Star retirees were great sports heading up basketball free throws! Thanks again to Nick Brooks of Sunridge Coldwell Banker and Hank Rhoads of Reverse Mortgage Funding who both generously donated \$1,000 to our event. Thank you all for your contributions. "Our SCLH Community Cares!"

You're Invited

We have two invitations for you. First is our Holiday Shopping Open House at OC's Lifestyle Retail. Please stop by on Thursday, November 10 from 2:30-5:30 to see our assortment of gifts and receive 15% off your purchases this day only. We will have many exclusive SCLH logo items including golf cart flags, doggie rain jackets, and candles. In addition to stocking stuffers we're featuring delightful season themed shirts from Jess & Jane Boutique and our first limited edition Christmas ornament. (By the way, visit Kilaga's Spa Boutique this same day and use your 15% off on great retail shopping there as well).

Our second invitation is to WellFit's Appreciation Week November 21-25. See page 11 for more information on both of these upcoming WellFit events.

Well Fit Classes: pages 86-99
Class Grids: pages 101-103

H₂O, 4, 6, 8 —

It's Water We Appreciate!

Cindy Davis,
WellFit Event Coordinator



November's Health Forum will feature Audrey Gould's "Water: Drink to Your Health." She'll be focusing on hydration's crucial role in our wellbeing. Water is nothing short of

a miracle, like the air we breathe, yet many of us give it little thought, mostly because it has always been plentiful.

However, issues with infrastructure and supply are rapidly increasing, and globally, we are approaching a world in which, according to some claims, water has surpassed oil as the most fiercely contested resource for development and survival. Across the globe, women and children spend a total of 140 million hours each day collecting water, yet in America we are surrounded by faucets and garden hoses, filtered water from our refrigerators, and seemingly endless bottled water.

Let's look at three regions in crisis. In China, "400 cities face a water shortage, 110 face a severe water shortage," says

Liu Yang, a Beijing hydrologist. Yang doesn't live in the countryside with water from a village well. She lives on the seventh floor of a luxury condominium in Lintao, a city of 200,000 that has run out of water. "After Chinese New Year, water stopped coming out of the tap and now we have to stand in line each morning at the front gate with our buckets and wait for it to be delivered," she added. Some hydrologists warn that Lintao is a warning sign for all of northern China, where 500 million people live in "water scarce" regions.

In Venezuela, water is now "gold." On Margarita Island, a tourist destination with half a million residents, the reservoir on the mainland dried up and the government can only supply water every 21 days. People are stealing from swimming pools, public buildings, and tanker trucks.

The top nine U.S. cities with the worst drought conditions are located in California. Agriculture, consuming nearly three-quarters of all water consumption, is benefitting from new solutions using drones to reveal plant health, moisture levels, erosion, and yield. To utilize the Pacific Ocean, researchers are looking for ways to filter salt from seawater. A Danish company is developing technology mimicking the human body by creating the same molecules our kidneys use to separate water from waste. In Santa Barbara, officials are planning to reopen a 23-year-old desalination plant built during California's last massive drought, but which was never used because rains returned.

Let's be reminded that **water is precious**. Science says we **should** drink water. Our bodies say we **need to** drink water. Audrey teaches us that we **must** drink water, and here in the beautiful hills of Lincoln, we are fortunate that we **get to** drink water!

Drink To Your Health!

Wednesday, November 9, 7:00 PM,
Ballroom (OC).

Come learn from Audrey Gould, R.D. the basics of hydration, including signs, the amount of water your body needs, practical tips for improving hydration and recognizing how your body cries for water with acute and chronic symptoms.

(See Forum listing on page 104)

Imagine a cancer center designed by cancer survivors. It's here.



Welcome to the new Sutter Cancer Center, Roseville

Together with cancer survivors, doctors and health care professionals, we created an advanced center for cancer treatment in a peaceful, healing environment. The center provides everything you and your loved ones may need in one convenient location. Our genetic counselors, nurse navigators and financial counselors are here to help you every step of the way.

Sutter Cancer Center, Roseville

8 Medical Plaza Dr., Roseville, CA 95661
916-781-5000



To learn more about the new destination for cancer care visit sutterroseville.org/CancerCare

7TH ANNUAL

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★ ALL YOU CAN EAT ★

SALAD, PASTA & FRESH
DUNGENESS CRAB

WEDNESDAY

NOV. 2

\$42 PER PERSON
PLUS TAX & SERVICE CHARGE



DON'T MISS THE BOAT
on one of our community's
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Sit down to an endless buffet of delicious
Crab Feed staples with your friends and
family! We'll be serving up a fabulous
array of pasta, salad, and of course...

Fresh Dungeness Crab!

***Reserve your spot today - this event
is guaranteed to sell out quickly!**

**Prepayment Requested*



www.meridiansrestaurant.com ★★★ 916-625-4040 ★★★ 965 Orchard Creek Lane | Lincoln, CA

HOLIDAY SHOPPING OPEN HOUSE

Thursday, November 10th,
2:30-5:30 pm at OC Fitness

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Reserves Investment Policy

Robert Copp, Finance Committee Chair



We are asked from time to time about how we invest our Reserves. Investment of our Reserves portfolio is determined by the Association's Investment Policy, most recently updated by the Board on March 26, 2015.

The primary objectives of the policy are, in order of importance:

Safety of Principal: Mitigating both credit risk, which is the risk that the issuer fails to pay back the investment, and market risk, which means avoiding the kind of investments that are volatile and subject to large valuation swings due to changing market conditions or interest rates.

Liquidity Risk: Matching maturities to future cash needs, so that cash is available without penalty when required, known as "laddering."

Yield: Maximizing return on investments using prudent investment principles, consistent with risk limitations and cash flow trends. Maturities will be considered over yield.

All investments must be in US Government obligations like Treasuries, FDIC-insured CDs, or Corporate and Municipal Bonds and Commercial Paper of the highest quality. We do not

invest in Equities (Stocks), Foreign, or Currency risks.

Since our inception, and up to 2014, the maximum maturity permitted by our Governing Documents was six months. In the last few years that has meant virtually zero return, so an examination was undertaken in 2014 to see if we could improve our investment return without adding to risk. We felt it prudent to engage the services of a professional investment advisor with experience in HOA Reserves investments. UBS was selected and our investments remain at that bank, subject to our Investment Policy. It was determined that, given the anticipated repair and replacement schedule, we could safely extend the maturities of our various investments to a maximum of 10 years on a laddered

schedule. At maturity, if the cash is not needed, the money is reinvested by our investment advisor. Below is a chart showing the permitted types of investment, maturities, and proportions of total portfolio.

To see the full **Investment Policy**, please log onto the SCLHCA website and check under Library>Financial>Investment Policy.

For the **August Financial report**, check Library>Financial>2016>August. If you scroll down to Reserves Fund Liquidity analysis, you will find the actual Reserves investment and yield report for the month.

Please direct questions or comments to: finance.committee@schca.com, and we hope to see you at the next Finance Committee meeting, October 20.

Reserve Fund: The following table depicts the maximum percentage limitations and investment terms by instrument for the authorized investments of the Association's Reserve Fund investment portfolio. With the exception of Corporate Bonds, no single investment will reach more than 5% of its Investment Account value. No single Corporate Bond may reach more than 1% of its Investment Account value.

INVESTMENT TYPE	MAXIMUM SPECIFIED % OF PORTFOLIO	MAXIMUM MATURITY
US Treasury Obligations ¹	100%	10 Years
US Government Agency Obligations ²	50%	10 Years
Negotiable Certificates of Deposit ³	100%	10 Years
Commercial Paper of Prime Quality ⁴	15%	270 Days
Corporate Bonds ⁵	20%	10 Years
Municipal Securities ⁶	30%	10 Years
Money Market mutual funds ⁷	50%	Overnight

Statement of Operations YTD August 2016

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$5,213,618	\$5,192,036	\$21,582	\$7,787,494
Administration (Expense)	(1,238,901)	(1,155,760)	(83,141)	(1,699,540)
The Spa at Kilaga Springs	(19,896)	33,345	(53,241)	47,290
Fitness	(274,589)	(330,320)	55,731	(481,430)
Activities	(266,529)	(347,792)	81,263	(540,030)
Rec. Center / Maintenance	(1,617,408)	(1,651,580)	34,172	(2,507,150)
Landscape Maintenance	(1,708,265)	(1,823,990)	115,725	(2,675,444)
Food & Beverage	(128,294)	(75,060)	(53,234)	(65,510)
Capital Asset	20,000	20,000	-	30,000
Net Revenues (Expense)	(\$20,264)	(\$139,121)	\$118,857	(\$104,320)

The Spa at Kilaga Springs The Spa in Review, 2016

Stacey Z. Diemer, Spa Manager

Since I started as the manager in February, 2016, the Spa has seen some wonderful improvements in customer service, atmosphere, services, and retail sales. But let's be honest — "What's the bottom line?" has been a frequent question I have been asked. I hope the following information helps explain the progress at the Spa.

- Revenue increased \$20,000 a month; the Spa monthly revenue average is \$50,000.
- Client services are 1000 per month on average.
- Membership to the different Spa services has increased and continues to climb. Currently we have 195 members.
- We have added and branded a Spa Boutique.

- We added four services per hour with the addition of the nail sanctuary.
- Monthly specials are increasing with the use of the high end HydroPeptide products.
- We now have a new Spa brochure/menu.
- The Spa website has been completely redesigned for easier browsing.

What about the price of services? The Spa at Kilaga Springs offers competitive prices with top notch service from qualified, certified technicians in a relaxing and fun atmosphere. A complete 2016 Spa Price Analysis is located on the spa website. (www.thespaatkilagasprings.com). Check it out and see how your neighborhood spa is priced in a reasonable way to help you look good, feel better, and live more happily!

Looking ahead to the next few months, the Spa is introducing a new

body treat, "Facial for the Body." The service technicians use the top of the line HydroPeptide body products. The "body facial" will leave your skin smooth and soft. The treatment will help repair stretch marks, scars, arm bumps, acne, bruising, and much more. Book today and receive your HydroPeptide body treatment.

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New Fall Menu, Crab Feed, Pie Shoppe, and More Meridians has it all!

Kristy Woodin, Director of Food & Beverage



The new **Fall menu** created by Chef Ian has received many praises. If you haven't seen it yet, come on in for some mouthwatering entrees such as Grilled

12oz Ribeye with Scaloped Potatoes, Grilled Asparagus in a Boursin Demi Sauce, or Smoked Brisket Sandwich with caramelized onions and house-made BBQ sauce. Chef Ian is dedicated to using the flavors of the season and created a menu that uses fresh herbs and vegetables to compliment the new dishes. Come see us soon!

Our 7th **annual Crab Feed** on November 2 is selling out quickly. Reserve your spot at Meridians as soon as you can before it's too late. The price this year for a whole evening of all you can eat crab, pasta, salad, and garlic bread is

only \$42 plus tax and service charge. Join our "community" tables for an unforgettable experience and meet new friends. Prizes will be given away to the tables with the best "crabby" decorations!

Throwback Thursdays is back! Every Thursday from 5:00 – 8:00 PM until November 19, we are serving up some old favorites such as Mary's Pot Roast, Classic Meatloaf, and more for only \$10. Regular dinner menu will be available as well on these nights.

"**Ye Olde Pie Shoppe**" will be back in business selling your traditional holiday pies for only \$8.50. Your choice of apple or pumpkin. We will be selling the pies from November 19 to 25 and then again from December 17 to 24. Please call Meridians at 916.625.4040 to order, and at least 24 hours prior to picking up.

Our annual **Thanksgiving Feast** November 24, is on sale now at Meridians. Enjoy your day with family and friends and let Meridians do all the worrying and clean up for you, for only \$33 plus tax and service charge. Please call to make reservations.

Meghan Louder, our Catering Sales Manager for the past 7 years retired at the end of September to pursue a different line of work. Meghan provided tremendous service and support to all of our catering guests and will be missed. We are fortunate to welcome our new Catering Sales Manager, Kathy Cameron. Kathy has a strong background in catering and event sales, and comes to us from Arden Hills Club, specializing in weddings. We are excited to have Kathy on the team, and look forward to great things from her. Please stop by and say hi, and plan your next event with her.

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Julie Africa, Director

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19 — 2 pm/7 pm

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Library News

Sandy Melnick, Library Volunteer

If you are looking for a Western novel, we have made it easier to find. The library is putting on buff-colored stickers that have a boot on it. Look for these stickers if you want to find a good Western book to read.

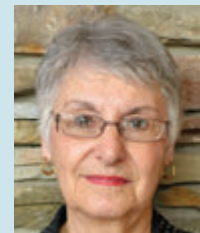
Although we don't allow you to take investment materials from the library, you now have two options for copying pages. First, of course, is using the copy machine at the lodge and the

second suggestion is use your smart phone and take a picture of the pages. After you take a picture you can download the picture to your computer and print out the page. Great idea from someone who did just that!

My good read this month is *The Taming of the Queen*, by Philippa Gregory. Ms. Gregory has written many interesting books about the Tudors in England and this book is fascinating. This is the story of Kateryn Parr the sixth wife of Henry VIII. The

author effectively delves into the period of the time and the personalities of the court. You can find this book in the hardbound novels section.

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



Share the Joy! SCLHCA Gift Cards

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

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



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Know how the tax rules change for Senior Taxpayers



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- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
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For details and other tax-cutting assistance, contact:

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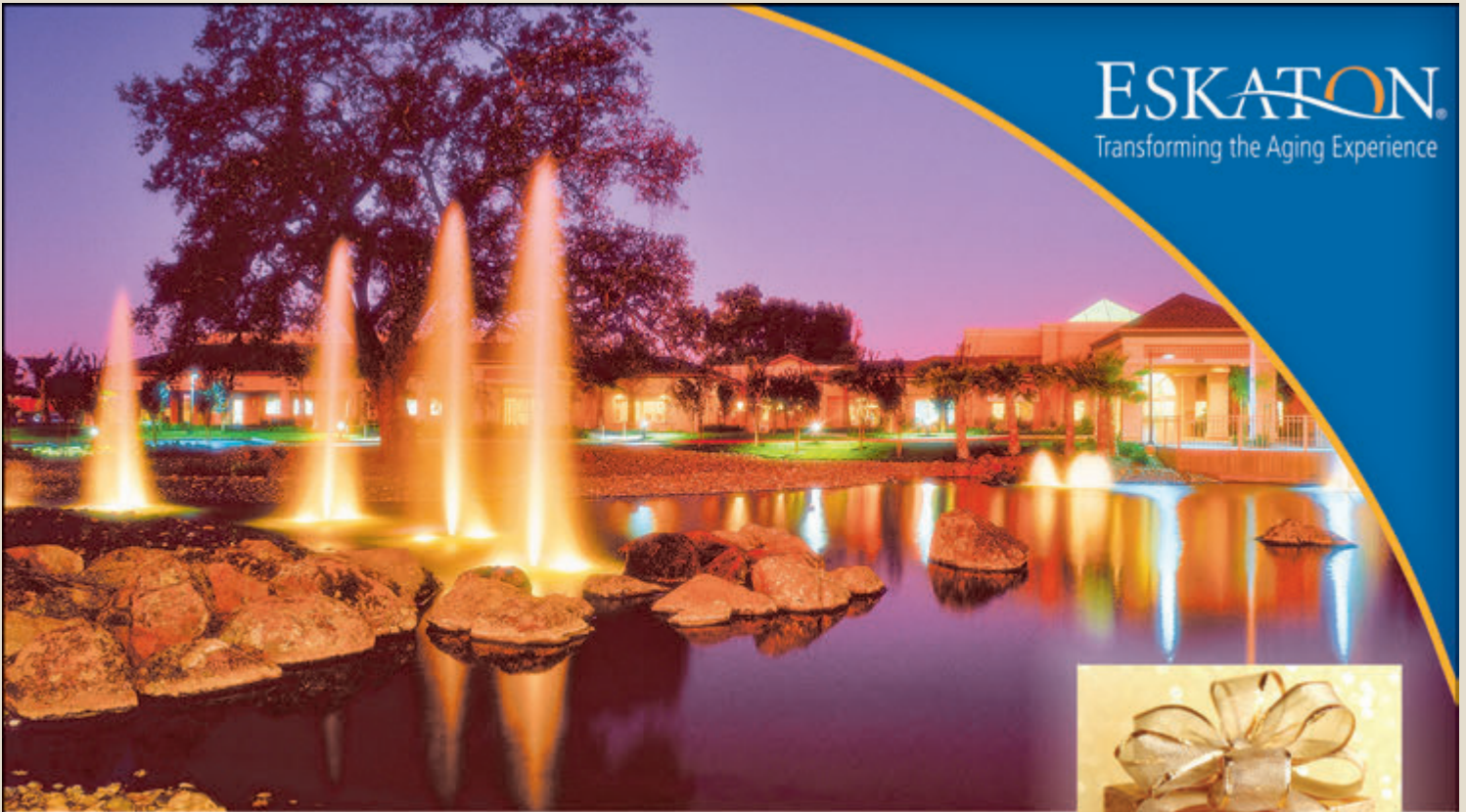
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Happy Holidays—A Tribute to Movie Musicals

LH Players' annual November blockbuster coming soon!

Doug Brown, Resident Editor

Is it “beginning to look a lot like Christmas” yet? Hmm. It’s only mid-October, but the annual Players Holiday extravaganza is right around the corner!



General “Beau” Burnside (David Africa) soaking up Auntie Mame’s (Isobel Hersch, right) affections and her maid Agnes’s (Jeri Ferris) empathetic approval.

Tickets are selling fast for the four November 17, 18, and 19 shows of “Happy Holidays—A Tribute to Movie Musicals,” so be sure to put this must-see event on your calendar.

From curtain-opening, your “hearts will be glowing...” with Andy Williams’ old favorite “It’s the Most Wonderful Time of the Year.” Then with spirited singing and dancing and humorous dialogue, the show takes you on a nostalgic journey back through memorable Christmas movies—especially *Miracle on 34th Street* and *White Christmas*. Who can forget the incomparable Bing Crosby and Danny Kaye’s spirited renditions of “Gee, I Wish I Was Back in the Army,” and the heart-tugging “I’m Dreamin’ of a White Christmas”? And the “Sisters” singing their way into their hearts? Bing, Danny, and the Haynes sisters can’t be here in person, of course, but wait until you see our LH Players delight Lincoln Hills audiences!

You’ll also be treated to some energetic jazzy dance numbers, choreographed by our own Melanie Greenwood and Becky Nicholson, and performed by a talented dance troupe. And you just may be jumping out of your seat with a surprise interpretation of the famous “Nutcracker Ballet”!

Can you imagine that Mame and Meet Me in St. Louis, Louis are also featured in the show? Christmas movies, you ask? Well, surprise! You’ll

discover each has more than a hint of Christmas with songs like “We Need a Little Christmas” and “Have Yourself a Merry Little Christmas.”

This original musical stage show was written by our own Ken Reiss, Paul Krow, and Julie Africa. Director Julie Africa, who has experience directing dozens of plays, exclaimed, “I’m so excited to be directing this wonderful play with so many highly talented actors, singers, and dancers! Everyone will love the journey back in time through memorable blockbuster Holiday movies!”

Co-Producer Paul Krow observed, “We took the heart-warming feeling of Christmas, and embodied it in this show for our Lincoln Hills friends.” And Co-Producer Ron Hanson added, “This production brings back fond memories of the Holiday movies of our youth.”

Be sure to ignite your Holiday spirit with a perennially popular show here, brought to you by your neighbors and friends in the Lincoln Hills Players Club!

For complete ticket information, see page 49.

www.suncity-lincolnhills.org/residents



Kris Kringle, a.k.a. Santa Claus (Ron Hanson), delights in attention from his elfish devotees (Becky Nicholson, left, and Danielle Pon)

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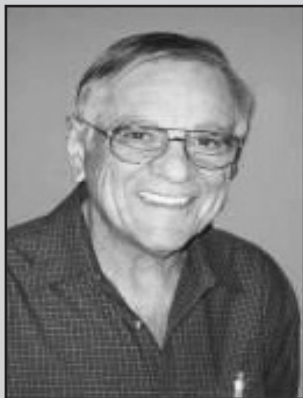
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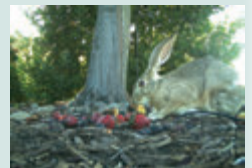
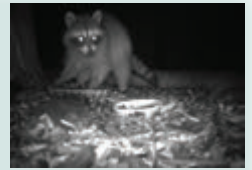
Al Roten, Roving Reporter

Nature photographer Phil Robertson works closely with our Association and Wildlife Heritage Foundation in documenting the health of our preserve areas. Phil's home is on the eastern end of Orchard Creek, where he recently embarked on an experiment to determine what wildlife may come to visit if various kinds of food items were left on the ground in his yard. For several days each, he scattered bird seed, then dog or cat food, then ripe fruit. Phil has a motion-triggered camera which was set to catch the critters who came to visit. Some visitors were quite benign and welcome, but others were potentially harmful, either for disease-carrying or property damage concerns.

The frequent visitors for the various food types were the striped skunk, opossum, jackrabbits, rats, and several species of birds. Raccoons came for the pet food. The jackrabbit and opossum actually took fruit away, apparently to eat in seclusion or share with family. There were many species of birds that visited for the seed of food. Surprisingly, the rats seemed to like the bird seed best.

Many residents have birdfeeders in their yards. Yes, it is entertaining and colorful to see their plumage and watch these little critters flit around the feeders and on spilled seed. However, the other guests who come when we are not looking may carry diseases and cause property damage. We hear reports of grass being mysteriously torn up; this is often the work of skunks digging for grubs. Rats and raccoons carry diseases that may be contagious to pets and humans.

All of these animals were living here before our homes were built. Some of them never had it better—such as the rabbits, which have succulent greens year around thanks to our watered landscaping. However, all of these critters are best in their natural wild environment. It is not a good idea to bring them near or into our homes.



Neighborhood Watch

Friendship, the Perfect Blendship Welcoming New Neighbors

Patricia Evans



“Unloading our belongings from the truck had just started when several neighbors arrived volunteering to help us unpack,” said Richard and Leni Dwyer who live in Village 10A, MS6. “Additional neighbors came over immediately to introduce themselves.” The Dwyers were welcomed by a neighborhood wine and cheese party. “We should have moved here ten years ago!” said Richard.

When we move into a new neighborhood, it becomes an important part of our lives. Feeling comfortable in our neighborhood and enjoying the friendship of our neighbors is a priceless gift.

Neighborhood Watch emphasizes looking after each other and being friends as well as neighbors.

Nancy Turner and Stephen Haberman were greeted by friendly neighbors bringing gifts when they moved into Village 4. “We were invited to the many activities in the Village 4 newsletter including monthly dinners, card games, and bocce ball,” said Nancy.

You, too, can create a warm and wonderful welcoming experience for your new neighbors and build camaraderie in your area.

If you are a newcomer or a long time resident looking for friends and new adventures, consider signing up for some of the activities listed in the COMPASS. You might be lucky enough to meet Dottie Doctor Day of Village 41A. “I enjoy welcoming newcomers with a visit and a loaf of pumpkin bread,”

said Dottie.

Please turn to page 36 for the names of Neighborhood Watch candidates for election as directors at our November 5 Annual Meeting, and news about the Boris the Burglar signs at our village entries.

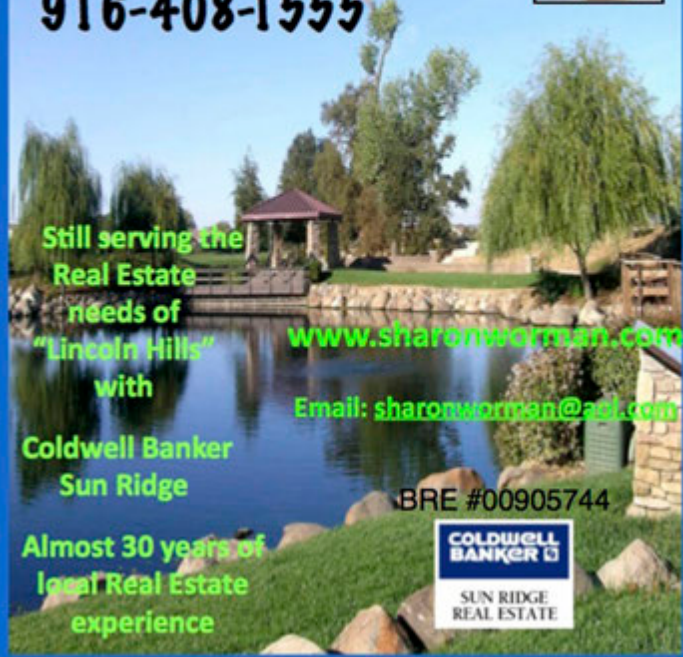


Resident Dottie Doctor Day, left, greets newcomers Richard Dwyer, Nancy Turner and Stephen Haberman (not shown, Leni Dwyer)

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In order to qualify you must:

- be male,
- be at least 18 years of age,
- be diagnosed with benign prostatic hyperplasia (BPH),
- have been bothered by nocturia for at least 1 year,
- meet additional study requirements.

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Jeffrey D. Wayne, MD (916) 434-8230

www.ctrsites.com

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Collectibles:

Bob Schooling's Big Little Books

Nina Mazzo



As an avid bibliophile, I treasure opportunities to discover unique books and recently I attended the Sacramento Antiquarian Book Fair, where one could view books from the 17th century as well as collectibles and first editions of assorted genres. Meandering the aisles, my eye was caught by a table packed with Big Little Books and the seller was Bob Schooling. He told me a bit about these books and in conversation I learned he also lives in Lincoln Hills. He graciously invited me to his home to see more of his Big Little Books.

When I asked him how he became interested in collecting, he said he grew up on a ranch in Tehama

County with a horse, gun, fishing pole, and an early interest in reading – especially comics. His parents were antique treasure hunters and he sometimes accompanied them on their searches. He entered the military and traveled with the Air Force, moving on to a career in computers and software development. He also taught and was an administrator at the college level. Collecting was always an interest and soon his acquisitions included clocks, some furniture pieces, and



Big Little Books, and he now rents a space at the Antique Trove.

Let's take a closer look at those Big Little Books that caught my eye that day at the book fair. In addition to the information Bob shared with me, I would like to acknowledge Arnold T. Blumberg's *The Big Little Book Book*. During the Depression in 1932, as comic book



sales were dropping and publishers looked for compact illustrated children's books, Whitman Publishing Company was the first to release what they called "Big Little Books." They published reprints of newspaper comic strips, and then

characters from literature, radio, film, and television. Blumberg notes in his book that although there would be other publishers, these books would always be referred to by Whitman's copyrighted title: Big Little Books.

Bob Schooling said there are over 1700 titles, which include comic characters, cops and detectives (like Dick Tracy), Little Orphan Annie, Mickey Mouse, Lone Ranger, movies, Popeye, Shirley Temple, Sports, Tarzan, Tom Mix, Westerns, and more. He added that some collectors specialize in selected genres.

As for me, I simply enjoy their historical interest and they make me smile!

The Road to Aging Well

As Eyes See It

Shirley Schultz, Health Reporter



Have you ever heard anyone say, "I am blind in one eye and can't see out of the other"? Hopefully that never applies to any of us, but the risk can exist as we age. Changes in vision are a fact of life for almost all people as they age, and some of these changes are more ominous than others. What should we expect? What can we do to keep the worst from happening? How can we treat it if it does happen? The issues are many and complex. To get answers to these and other questions, plan to attend the **Community Forum on October 26, "The Eyes Have It"**, presented by ophthalmologist, David Kira, M.D. (see page 104).

Failing vision can lead to a host of life complications such as loss of in-

dependence, inability to drive, social withdrawal, increased risks of falls, anxiety, and depression. The following are some of the most common eye problems that seniors face.

- Cataracts are the most common cause of impaired vision affecting about 25 million adults over age 40 in the U.S. A cataract is a cloudy area in the lens of the eye and causes such symptoms as blurred vision, reduced intensity of colors, increased difficulty seeing at night, and increased sensitivity to glare.
- Glaucoma, as a group of diseases, is usually associated with increase in pressure inside the eyeball, and this can damage the optic nerve resulting in vision loss especially of side or peripheral vision.
- Age-Related Macular Degeneration (AMD) results from degeneration to the central vision area of the eye called the macula. AMD can cause

gradual or sometimes sudden loss of ability to see objects clearly, and it leaves a dark or empty area in the center of vision.

- Diabetic Eye Disease, or eye disease related to systemic problems such as high blood pressure, can destroy vision because of damage to the retinal blood vessels.

Loss of vision is difficult but not impossible to adapt to. Look around our community at the shining examples of people who are legally blind who still live alone, travel the world, and participate in a myriad of activities. Learn a new way of "seeing" by joining the Low Vision Group to learn from them and from professionals about ways to adapt to vision loss for activities like reading the mail, shopping, cooking, seeing the TV, and writing. See pages 31, 32 for the Eye Contact Low Vision Group information or the Glaucoma Support Group on page 43.



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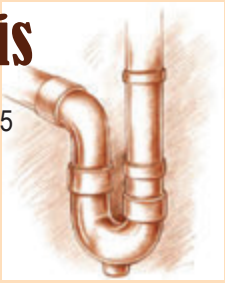
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Club News



Alzheimer's/Dementia Caregivers Support

This month's caregiver's meeting 1:00 PM Multipurpose (OC) will include a guest speaker whose name cannot be released prior to the date of our October 26th meeting. Our program Chair has been sworn to secrecy, so you'll need to be there for the big reveal. Hey, life is full of surprises. This is one of them. Go with the flow. When the caregiving flow is hard, and you need help in learning to navigate that mysterious and frustrating path, our group is designed to provide you with some guidance and support.

November is National Family Caregiver's Month. Family caregivers provide the vast bulk of care for their loved ones. They are deserving of recognition, the least of which is for keeping their wards comfortable and secure in their homes - despite the ravenous appetite of the disease and the all-too-often challenge to the caregivers personal health.

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



Amateur Radio

The Lincoln Hills Amateur Radio Group is amateur radio enthusiasts who operate the W6LHR repeater for Lincoln Hills residents with an amateur radio license. The Group conducts a weekly network at 7:00 PM every Monday evening on the W6LHR Repeater at 443.2250 MHz. The LHARG also meets at 6:30 PM every Monday at the South Lincoln Hills Entry Facility. In early October members of the LHARG supported the Tour de Rocklin, helping to provide communications at rest stops and for the safety teams monitoring the Family Ride, 20-mile, 40-mile or 100K tours. The Tour de Rocklin is a charity event supporting Helping Our Heroes Big & Small and the Placer 10-35 Foundation, which provides assistance to Placer County and regional peace

officers and their families.

Contacts: Jim Darby 408-8599;

Clare Schloenvogt 253-9155

Website: www.lharg.us



Antiques Appreciation

In October two members shared their collections featuring beautiful antique Salt Cellars made from cut glass, sterling and porcelain, as well as a charming collection of vintage novelty Salt and Pepper shakers.

On November 7 Judi Fibush will present Tobacco Premium Memorabilia (1910-1914) and FDR New Deal (1933-35) items. The first part will consist of items and quilts from tobacco premiums made from flannels, silks and satins given in cigarettes and cigars in the early 20th century before WWI. The second part will have many smaller items and quilts referencing FDR's New Deal from 1933-1935. A brief history of both parts will be given.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. If you collect or just appreciate antiques, we'd love to have you join us!
Contacts: Rose Marie Wildsmith 409-0644; Barbara Engquist 434-1415



Astronomy

Monday, October 17, the Cosmology Interest Group (CIG) continues the DVD series "Black Holes Explained", by UC Berkeley professor Alex Filippenko. This month's lectures will be Lecture 3 - "Gamma-Ray Bursts—The Birth of Black Holes" and Lecture 4 "Searching for Stellar-Mass Black Holes" in the Fine Arts Room (OC) at 6:45 PM. On Thursday, October 27, LHAG members are welcome to join The Telescope Interest Group (TIG) to view the stars in a Docent sky tour using the large telescopes at the Cameron Park Community Observatory in Placerville. On Wednesday, November 2 at 6:45 PM, John Combes will present "Numbers and the Vastness of Space" in the P-Hall (KS). John's presentation will describe and demonstrate using audience participation how by apply-

ing numbers to different scales and time periods provides us with an easy way to understand and appreciate the vast and unbelievable distances to the planets, stars and galaxies.

Contacts: Morey Lewis 408-4469,

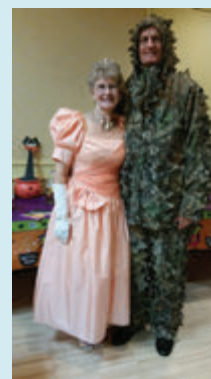
eunmor@pobox.com; Cindy Van Buren 253-7865, rvbcvb@att.net

Website: www.lhag.org



Ballroom Dance

Don't let life pass you by, discover the joy of dancing! Join our group for weekly dancing and fun dance themed events! Each month one dance style is "spotlighted." In October, we will learn the spicy Cha Cha. In November, the mellow Fox Trot will be taught. Our club meets Tuesdays at KS, except December. Beginning lessons are from 2:00 to 3:00 PM. Then, open dancing follows from 3:00 to 4:00 PM. Intermediate lessons are from 4:00 to 5:00 PM. Club dues are still only \$7 annually.



Two costumed dancers (Gary and Karen Allington) from last year's Halloween dance. Who or what will we see this year? Come and find out.

That includes all lessons and the weekly open dance hour! On October 29, our Halloween dance at KS will be held from 6:00 to 9:00 PM. Costumes are encouraged. Refreshments will be provided. Tickets are advance sale only, limited to 100. You may purchase tickets at our weekly meetings or from Chris Geist. Life is good, dancing makes it better.
Contacts: Sal Algeri 408-4752; Chris Geist 543-0176



Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings

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

are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be November 9 and December 14. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at the Casino Buffet on Tuesday, October 25. Meet in front of Orchard Creek Lodge at 11:15 AM to carpool or meet us at the restaurant about 11:40 AM. For more information or to put a Memoriam in the COMPASS, contact Joan.

Contact: Joan Logue, joanlogue@sbcglobal.net

Billiards

Women's Billiard Tournaments will be every Tuesday 12:45 to 3:00 PM. The Billiards Group is offer-



Challengers 6 of 7 games Wes Hamamura 5 1/2 of 7 games Bob Wehner



Players 7 games Tom Thornton Ken Hawley



Cuemasters first place Phil Delany second place Jim Pacini

ing free lessons at KS for all residents on Tuesdays from 9:00 to 10:00 AM. This is for new and returning players (men and women.) You do not need anything to start other than the desire to play, just show up and see what we have to offer. Remember it's free.

Contact: Dan Oden 408-2687, Tony Felice 955-0501, afelice@wavecable.com



Bird

Our next meeting, Monday, November 14 will feature the International Bird Rescue. This organization is celebrating 45 years of work with injured aquatic birds. I know you will find their program very interesting. So,

Walking our open spaces is a great way to see the birds that spend the Fall and Winter here in Lincoln Hills.



The Red-shouldered Hawk; The Great Blue Heron



The Virginia Rail

join us at 1:30 PM in the P-Hall (KS).

October 21, our field trip will be to the Consumnes River Preserve. This area has well maintained walking trails and a nice variety of wetlands, woodlands and grasslands. Bring your binoculars and cameras and enjoy the many birds that spend the winter at the preserve.

Then on November 4 we head down to the Yolo Bypass Wildlife Area for a driving tour of its large wetlands. We often see over 45 species of birds which include waterfowl, shorebirds, raptors and song birds. After a busy morning we drive to Davis for an enjoyable lunch at our favorite Mexican restaurant. Always a great place to relax.

Contact: Kathi Ridley 253-7086, kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

Beginning Thursday, November 3, the Mad Hatters will switch to their winter start time of 10:00 AM. Yes, we know it's not really winter on November 3 but the days are getting much shorter and the temperatures are dropping and no one wants to play in the dark and we're not even sure if the lights would come on at that early hour. For the record, sunrise on November 3 will be at 7:35 AM so we're only exaggerating slightly.

We have in the past tried playing in the afternoons. Several years ago the Mad Hatters tried starting at 2:00 PM and then tried starting at 1:00 PM. Neither one of those options seemed to

work out for people then. It appears people like their afternoons free for other things. Again, beginning November 3 the Mad Hatters will switch our play sessions to 10:00 AM.

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



Book, OC

"Today a reader, tomorrow a leader."

Margaret Fuller, American journalist.

You may recall the story—one of the greatest disasters of history—about a British ocean liner whose sinking by a German U-boat dragged the United States into World War I. *Dead Wake: The Last Crossing of the Lusitania*, by Erik Larson, a modern master of narrative non-fiction, recounts the event, bringing to life its characters with drama and detail. Join us October 20 for the discussion.

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

Schedule, remainder of 2016:

- November 17, *Wish You Well*, by David Baldacci
- December 15, Holiday Luncheon

Contacts: Darlis Beale 408-0269;

Penny Pearl 409-0510; Dale Nater 543-8755

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

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



Bosom Buddies

October, "Breast Cancer Awareness Month," is always a busy one for Bosom Buddies. So, instead of holding a meeting, members met up with other residents at the community-wide Breast Cancer Benefit and Association Social, October 7. This fun-filled event offered music, entertainment, food and a number of activities, including a Zumba class, large chair exercise class and basketball competition. We may not have set any records, but we had a good time watching those who tried.

Our November 10 meeting will include a speaker on healthy diets for can-

cer patients and survivors. Nutritional options don't have to be tasteless; there is a world beyond kale. This is a talk you won't want to miss.

Before each meeting, members and guests are invited to lunch at Meridians -- a good way to get to know one another in a casual setting. To make a reservation, call Val Singer, 645-8553.



Patty Brown, from Wellness Within, speaks at September meeting.

Bosom Buddies welcomes cancer survivors as well as those still undergoing treatment. We meet the second Thursday of the month.

Contacts: Marianne Smith 408-1818;

Val Singer 645-8553

Website: www.suncity-lincolnhills.org/residents



Bridge, Duplicate

Our regular summer Sun City Exchange between our club and the Sun City Roseville Duplicate Bridge Club occurred in Roseville, on August 29. Barbara Swan and Steve Holms of Roseville won honors of the North/South competitors. Vince Marek and Daniel Rogers of Lincoln won the East/West honors. It was a fun day for everybody.

Duplicate games are played in the KS Lodge on Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (includes a 299er section). Game fees are \$2 per person for club members and for the first three games of non-member SCLH residents. The fee is \$5 for non-resident visitors. If you need a bridge partner for any of the open

games, call Barbara Dorf (434-8234), Squeak Conner (645-9085) or Lynne White (253-9882). For a partner in one of the limited games call Sheila Ross (434-6165) or Lynne White (253-9882).

Contact: Sharon Neff 543-8897

Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for signup, or show up with your partner in the Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:50, with standbys seated immediately thereafter, and we must finish by 8:30 PM. Please play at a pace to finish each table in 25 to 28 minutes. Winners: August 25 -First: Kay/Ben Newton; second: Nancy Turrini/Lydia King; third: Susan Petersen/Gay Gladden with the high round of 1670; fourth: Nancy Griffin/Lynda Sader. September 1 -First: Rose/Joe Phelan with a bridge trifecta, high score, high round of 2980, and a grand slam; second: Barbara/Tom Moran; third: Bruce Fink/Stan Mutnick; fourth: Erica Wolf/Edith Kesting. September 8 -First: Hilla/Bob Fawcett; second: Carol Mayeur/Dolores Marchand; third: Barbara Bryan/Reta Blanchard tied with Jodi Deeley/Frank Kamienski who also had the high round of 1930. September 15 -First: Edith Kesting/Erica Wolf with the high round of 2150; second: Beverlee/Allan Blaine; third: Helene/Ed Karcher; fourth: Jodi Deeley/Frank Kamienski.

Contacts: First & Third Thursdays: Kay & Ben Newton 408-1819; Second & Fourth Thursdays: Dolores Marchand 408-0147; Carol Mayeur 408-4022



Bridge, Social

August/September Winners— First Place: Byron Hansen (twice), Judy Olson, Linda Scott, Pat Fraas. Second Place: Joan Singer, Joe Phelan, Lynda Sader, Jyoti Sitwala, Viren Sitwala. Third Place: Lois Burke, Joanna Haselwood, John Woodbury, Pat Mullins, John Butler. Fourth Place: Randy Rasmussen, Joan Singer, Chet Winton, Jaylene Gerdes, Jim Breden.

Join us on Fridays for singles' rotation bridge. Arrive 12:30 PM. For reserva-

tions in October, contact Ralph Madsen, 408-7670, ralphjane2@gmail.com; for reservations in November and December, contact Joanna Haselwood, 209-3392, ajhaselwood@yahoo.com.

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

Reminder: Our Halloween Social Bridge Party will be held in KS on Friday, October 28, 4:30 PM. Please sign up by October 21. We'll have lots of fun! Contact: Jodi Deeley 208-4086, jodideeley2@gmail.com



Happy Halloween!

Bunco



In September, the Bunco group welcomed two new players Cathy Rubino and Caryl Luis. If you happened by the OC Card Room you would have heard the cheering and laughter with a lot of dice flying, which made for a fun time! Shirley finally won!

The Bunco group plays the third Thursday of the month in the Cards Room (OC). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. Drop in when your schedule permits. It's a fun way to meet new friends!

September Winners: Most Buncos - Marsha Pimentel; Most Wins - Shirley Mohler; Most Losses - Phyllis Papagannis; Traveler - Paulette Rhoads.

Next Bunco is Thursday, October 20. Contact: Kathy Sasabuchi 209-3089, ksasabu@icloud.com

Ceramic Arts



There are elephants everywhere!!

Have you visited the studio windows at OC this month? An entire herd of elephants has made their home in these windows. The students of the Tuesday

classes have put their considerable talent into sculpting the most wonderful heavy weights in the world. Also, we hope that you have enjoyed our Art in the Lodge display. If all goes well, we will return with an encore next year.

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

CAG workshops at OC Saturdays 9:00 AM to 3:00 PM, Sundays 12:00 to 4:00 PM. KS workshops Monday 1:00 to 4:00 PM Earthenware, Sundays 1:00 to 4:00 PM Spanish Oils. Open studio available to all residents: OC Fridays 12:00 to 4:00 PM; KS Sundays 1:00 to 4:00 PM. Please check bulletin boards and studio windows for changes or closures.

Contacts: Janet Roberts 543-6015; OC Pottery Mike Daley 474-0910; KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils Margot Bruestle 434-9575 Website: www.suncity-lincoln hills.org/residents, Groups, Ceramic Arts

Chorus



The Community Chorus welcomed several new members when we returned from summer recess last month to start rehearsing for "Holiday Joy," our mostly Christmas concert on December 11-13.

As a few examples will indicate, our music is delightfully varied. "Winter



Tenors ready for first rehearsal: Barry Mackintosh, Carol Engstrom, Marian Casey, Gay Mackintosh, Joe Stewart

Pathétique" is drawn from Beethoven's beautiful Pathétique Sonata. "Goin' Now to See the Baby" is a rhythmic contemporary spiritual. "Sabbath Prayer" comes from "Fiddler on the Roof." And a marvelous medley takes "fa-la-la"

from "Deck the Hall" to familiar themes from Rossini's William Tell Overture, Beethoven's Fifth Symphony, Strauss's Blue Danube Waltz, and Tchaikovsky's 1812 Overture.

We'll be perfecting these and 12 more splendid selections during our sectional and full rehearsals every Tuesday afternoon until concert time. This annual event is a highlight of our community's holiday season and always fills the Ballroom, so see page 51 for concert details and get your tickets soon!

Contacts: Suzanne Rosevold 587-3035, Bill Sveglini 899-8383, svdglini@gmail.com Website: www.lincolnhillschorus.org Email: lhchorus@yahoo.com

Computer



Lincoln Hills Apple User Group

Apple Users Group-LHAUG

Well, ya shoulda been there! Lots of the Lincoln Hills High Rollers, along with their Guys and Dolls, attended the annual Apple User Group Dinner in the OC Ballroom on September 13. The theme this year was Casino Night, presided over by Don Antonio Petro,



Nina Mazzo and Bonnie Esker - Event Co-Chairs



Table Settings



Vic Albertazzi, Our Music Director

assisted by Capo Vitorio Albertazzi, and a whole gang of helpers. Event Chairs Nina Mazzo and Bonnie Esker and their merry band, saw to it that the evening couldn't help but be a rouser. The buffet, created by our talented Catering Department, was terrific, even down to the cupcakes for dessert. A highlight was the great drawing which saw the distribution of many excellent Apple-oriented gifts to the lucky winners. Here are a few of the choice photos of the occasion.

Contact: Vicki White, vickiawhite@me.com

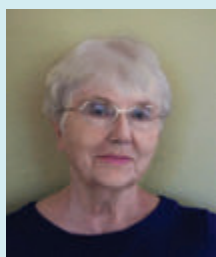
Website: lhaug.org



PC

Main Meeting—November 9, 6:30 PM—"Free Photo Editing, Sharing, and Organizational Tools" Photo Club gurus Patrick Jewell and Truman Holtzclaw will show us Yahoo's Flickr, popular image hosting and sharing site along with Nik "a powerful set of image enhancement tools and photographic filter plug-ins", originally \$500, and its free!

Clinic November 11, 3:30 PM "More Photo App's" A new Photo app was installed with Windows 10 upgrade. Klara Kleman will demonstrate editing,



Klara Kleman



Gary Sloan

enhancing, saving, e-mailing and sharing photos with this app. Gary Sloane

will give us an overview of Picasa as well as some not so well known photo programs, like On1 and InfanView. Lots of choices! Both meetings at P-Hall (KS).

Ask the Tech: November 25, 10:00 AM Informal Q & A session for any and all technical questions Multipurpose Room (OC).

Contact: Karl Schoenstein, sclhcc@gmail.com

Website: www.sclhcc.org



Country Couples

Summer temperatures are hot but the members of our dance club looked pretty cool at the two end-of-summer dances. The first, in Roseville on the afternoon of August 28 at the Sun City Ballroom, combined both



Margo & Marv Zamba; September Hoedown dancers



country and ballroom music and moves along with a spicy Mexican buffet meal that was scrumptious. Our feet barely cooled off before we were dancing again at our own Hoedown September 9. Phyllis Svetich and her crew outdid themselves with their decorations turning our dance floor into what was overheard as "The prettiest barn we ever danced in." Dinner was a potluck feast that I guarantee nobody went away hungry from. Our DJ was Ed Lawson.

Ghosts and goblins will haunt the dance floor October 29 from 5:30-9:00 PM at Sun City Roseville's Ballroom with Jim & Jeanie Keener our hosts. Tickets now on sale.

Contacts: Marsha Brigleb 434-5460, Laura Wermuth 253-7092



Cyclists

Valve stems are not created equal. There are two types that we usually see. The "car type" or Schrader which is used on inexpensive bikes and the Presta which is found on higher end bikes. A different pump head is required for each type. Most floor pumps have a dual head so make sure you are using the proper one. Newer pumps have a common head to fit either valve stems. Presta stems come in different lengths to fit your rim style. Stems also are threaded or smooth. If the replaceable cone shaped gasket in the pump head becomes worn, the head will slip off the smooth stem when you pump. Presta valves are better because the hole is smaller, improving rim strength. Also, the valve seals tightly based on pressure in the tube. On tubeless tires, the presta valve on the rim can be replaced. Check air pressure frequently.

Contact: Steve Valeriote 408-5506, lhcyclist.com

Website: www.LHcyclist.com



Eye Contact

Low Vision Support

Eye Contact holds two monthly meetings; a Living Skills meeting and a General Meeting featuring a speaker of interest.

Living Skills Meeting, Multimedia Room, (OC), Thursday, October 27, 10:30 AM-12:00 PM. Topic: "Safety - Moving Through Your Living Space." After many years our Living Skills facilitator, Patricia Locke, Director of Third Sector Resources, will be retiring after



Ron Bogue, Ralph & Phyllis Svetich

this meeting. We are grateful for her contributions to our group and wish her the joys of retirement.

General Meeting, Fine Arts Room (OC), Tuesday, November 1, 2:00–3:30 PM. “Living through Vision Loss and Changes” Rev. Maryellen Garnier, an RN and Hospital Chaplain will discuss emotions arising from changes in our daily lives due to vision loss. She will explore how we can successfully face these challenges.

Eye Contact meetings are open to all SCLH residents and can be especially helpful to those with low vision or those supporting loved ones with low vision. **Contact: Cathy McGriff 408-0169, cathy.mcgriff@yahoo.com**



Fishing

Conservation! A very substantial topic. If it weren't for conservation and repairing fishing locales, many fishing holes/places/bays/estuaries would be resorts and private homes and water ways today.

Connect with one of these many organizations or your favorite, to help your fishing environment, it is our responsibility, especially if we want to include newer generations in our happy place:

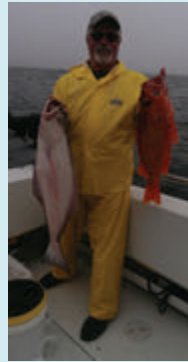
- <http://auburnravine.org>;
- <http://www.arpf.org/weed.shtml>;
- <http://www.friendsoftheriver.org>;
- <http://caltrout.org>;
- <http://salmonaid.org>;
- <http://www.tu.org>



Fall River, sunset

Alaska's Bristol Bay is under pressure again to open to Chemical mining! Call your representative! The club gets together on the second Monday, 7:00

PM, P-Hall (KS), to discuss the latest hot spots, equipment or changes in



Gary's halibut and yellow eye; Group photo



the fishing world which might interest our members. If you wish to join our outstanding group contact Jim, jmalcolm2@aol.com or Henry, hsandigo@icloud.com.

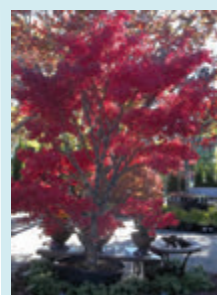
Contact: Henry Sandigo (415) 716-0666, hsandigo@icloud.com



Garden

“Tree Talk with Tim” is the presentation for the October 27 General Meeting, 2:00-4:00 PM, P-Hall (KS). Tim Dant is currently working with the City of Lincoln to plant/replace trees at McBean Park. Tim worked in the landscape industry, the garden nursery business at High Ranch Nursery in Loomis, and at the Tree Foundation for the Sacramento Municipal Utility District. The last twenty years Tim spent teaching elementary school in Marysville where he continued to plant trees every year with his students.

This month marks the last Gen-



Colorful Fall Trees

eral Meeting of the year. Home Depot donates plants for “door prizes” that will be available to members seated by 2:00 PM. Master Gardeners will be present to answer any of your garden questions before the meeting as well as Brown Bag sales for plants, pottery and garden items-proceeds for Lincoln Civic Projects.



Tim Dant-Tree Presentation

Contacts: Lorraine Immel 434-2918, limmel@sscvt.net; Larry Clark 409-5214 lkclark@surewest.net
Website: www.lhgardengroup.org



Genealogy

October 17 brings Pamela Bell Dallas to share how to gain more from your cemetery research. *Carved in Stone: Cemetery Research*. She will cover: preparing for a cemetery visit, and gleaning valuable information from related research. Cemetery rubbings are also discussed and demonstrated. Pamela has done personal and client research for more than 25 year and has presented genealogy lectures at national, regional and local meetings. The meeting is October 17 at 6:30 PM at P-Hall (KS). Members sign in a bit earlier to get a raffle ticket for the door prize: Amazon Gift Cards. The social will be held across the hall after the meeting where refreshments will be served and you can avail yourself of an opportunity to chat with others who have similar interests. Special interest groups (for members only): DNA and Irish are meeting separately.



Pamela Bell Dallas

In November Glenda Lloyd will be discussing Probate Records

Contact: *Maureen Sausen 543-8594;*

Arlene Rond 408-3641.

Website: *lincolnhillsgenealogy.com*



Golf, Ladies

Ladies XVIII

At the conclusion of the Captain's Cup, at the end of August, Dodd and Habecker were atop the leaderboard by two strokes over the field. During the first week, they recorded a low net of 59, an amazing round which proved to be the clincher over a strong field. McNiff and Sanderson were two strokes off the pace, and placed first in flight two. Flight three winners were Brinkerhoff and Tamanti with 129; and in flight four, Hamilton and Robinson recorded 131. Dennis and Heckman were first in the fifth flight.

Dodd continued her run for the NetChix in the first week of September, netting 60. Week two, Tilton, Valencia, Petersen and Storer beat the field by eight strokes in an ABCD tourney. Mid-September, a foursome 2 BB was played, resulting in Dong, Eckstrom, Green and Raquiza winning by one stroke.

Congrats to all of the winners.

Candice Koropp, Publicity.

Contact: *Donna Sosko 434-5527*

Website: *lhlxviii.com*

Lincsters

Congratulations to the new Lincster Club Champion, Ranny Eckstrom. She had a total gross score of 95 for the two days of the tournament, which was held on September 13 and 14. Following the

tournament, an awards luncheon was held in The Secret Garden, where Ranny was presented with her 'green jacket'. Way to go, Ranny! First place winner in Flight A was Kate Gold; Meredith Nelson took second, and Kay McAdam was third. Sharon Grimes was first in Flight B; Cindy Atkinson was second, and Jeannine Wuschnig was third. In Flight C, Charlotte Raifaisen took first;



Ranny Eckstrom, Lincster Club Champion

Barbara Parsons was second, and Kimberly Schultz was third. Flight D was won by Mary Magnum; Judy Josse was second, and Carole Cain was third. The August Golfers of the Month were Charlotte Raifaisen of Flight C, and Kate Gold of Flight A. Welcome to new members Ann Beede and Connie Rocereto.

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

Website: *lincsters.com*



Golf, Men's

The LH Men's Club currently has 288 members, 47 new this year. With a tournament each month, most men play on the other Tuesdays through the Golf Shop, called the Tuesday Sweeps. The greens on both courses were recently punched and are in great shape. As golfers it is always courteous to fix our ball marks or any blemishes as we wait our turn to putt. Filling any fairway divots will keep the course looking and playing good. Concerning the height of the rough, Billy Casper Golf is following their normal protocol of mowing rough weekly. It takes one week to cut the rough on both courses before starting again. This schedule is being maintained. The combination of



Tom Gorley and Dennis Plattner getting ready to putt to the new colorful flag

water, fertilizer and sun causes the grass to grow faster, of course. As we move out of summer into cooler weather the rough will grow slower. Results of the Member/Member/Guest tournament will be in the next COMPASS. October 25 will be the Tournament of Champions and Just For Fun, stroke play on the Hills Course. Sign up by October 18.

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



Healthy Eating

The Healthy Eating Club's annual Potluck Supper is Wednesday October 19 at the Sports Pavilion. Members prepare favorite healthy dishes for everyone to share in and every year it's one of our most enjoyable gatherings. We met October 6 for a Chinese dinner and we tried out a new vegetarian restaurant in September. At our recent monthly club meetings we sampled local fruits, melons and several varieties of local grape tomatoes.

Recent meeting topics included presentations on healthier breakfasts, the



Vegetarian Restaurant Visit



Good Produce

importance of cooking “from scratch” on a regular basis, a presentation to help improve our local food shopping skills, helpful tips in the kitchen, how to read the new and improved FDA Nutrition Labels and how the lowly bean is a true superfood.

Our club meets every fourth Monday of the month at 2:00 PM in P-Hall (KS) and enjoys a sampling of healthy foods after each meeting, guests welcome.

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



Healthy Eaters



Hiking & Walking

Walkers and hikers join us for a great event on November 8 (Election Day!). We will start with a club sponsored Breakfast in the Sports Bar (OC); we'll walk around Sun City afterwards. Reservations required, so look on the website for details. Your cost \$5.

If you missed April Cederburg's talk at our annual meeting it has been recorded and you'll be able to access it on our website. The room was packed. Everyone enjoyed hearing about her accomplishment and enjoyed the photos.

The Woodford's Getaway was enjoyed by almost 30 club members. Thanks to Arlene Boyd for arranging rooms and



The Woodford's Getaway Group; Taking a Break; The Beautiful Sierra's

food options, and Dan Cortinovis for providing some very fun and challenging hikes around the area. Woodford's is located by Markleville on the eastern side of the Sierra's. Great weather!

The Walkers are now on fall schedule and start at 8:00 AM. Join them for easy walks.

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

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

Website: www.lincolnhillshikers.org



Lavender Friends

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

Upcoming activities include: Dog walkers and friends gather on Saturdays

at 9:00 AM, followed by a Coffee Klatch at the Kilaga Springs Café. October 18 and November 15 are Movie Day, with Happy Hour afterwards. Check the website for movies, times, and location of Happy Hour get-together.

An IKEA shopping outing with lunch is planned for November 10. The group will be meeting at 10:00 AM at the OC parking lot.

Mark your calendar for the Christmas Dance, on December 10. (more information later.)

Community Activities: Greater Placer PFLAG meets on the second Monday of the month from 7:00 to 9:00 PM at First Congregational Church of Auburn/ United Church of Christ, 710 Auburn Ravine

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

Gina 209-3925

Website: www.lavenderfriends.com



Line Dance

We're in the full swing of Fall Line Dance classes now, and if you want to get more line dancing in by the end of the year, please sign up for classes in November. November classes are especially important, since there will be lots of practice for the Holiday Party and Dance on December 5. Tickets for that event will be on sale the week of November 6. The Steering Committee will be at KS before or after each class. They will also be on sale at the weekend practices. Back by popular demand, there will be Open Dancing once again during the first hour of the party while we are eating our appetizers, salads and desserts. Depending on your last name, you will be assigned one of these categories from which



Dancing in the Ballroom!

to choose something to share for the potluck. The event should be fabulous!

Contact: Sheridan Brown 408-5674, shrdnbrwn@yahoo.com



Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 5-10 minutes before 9:00 AM. Play continues until Noon, with an optional extension to 12:30 PM (which is to be decided at the table where you play).

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

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

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



Mixed Media Collage Arts

Check out the display case this month for samples of our mixed media art form. We also encourage members to participate in the Art League of Lincoln - collaboration of the arts is a great way to foster creativity as well provide an artistic challenge. Have you ever thought of weaving interesting papers or perhaps a catalog image onto a canvas? Perhaps you could paint over a canvas that no longer appeals-these are a few of the ideas we share each month as we work on individual projects. Meeting time: third Wednesday of each month in the Ceramics Room (OC) from 1:00-5:00 PM.

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



Motorcycle

RoadRunners

In September Vice President/Road Captain Patrick Chaves organized an overnight trip to Yosemite

National Park. Riders enjoyed a scenic ride to the park and then through Yosemite Valley.

With the arrival of fall and some slightly cooler temperatures, the RoadRunners held their annual Barbeque and Bocce Ball tournament on October 1. Everyone had a chance to show off their Bocce Ball skills along with plenty of tasty barbeque! On October 8, Road Captain Dan Harlander led riders to the beautiful Pope Valley for a nice days ride



Enjoying some cool air at Alpine Lake



Lunch at Topaz Lake, Nevada



Taking a break at Pardee Dam

through northern Napa County.

Coming up on November 12 will be the club's annual "Icicle Ride." This year Road Captains John Marin and Dan Harlander will be leading a ride west to Santa Rosa.

If you like motorcycle touring and have a road worthy motorcycle or trike—check us out!

The RoadRunners meet the fourth Thursday of the month at 6:00 PM

Multimedia Room (OC) The next meeting will be on October 27. "Ride Safe - Ride With Friends"

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



Music

Calling all musicians! SCLH residents and guests welcome. We play and sing next on Wednesday, October 26, 6:30 to 8:30 PM, Fine Arts (OC). Come join the fun and connect. Interested in a guitar jam or other special interest group?

Open Mic occurs next on Friday, October 28, 6:00 to 8:30 PM, P-Hall (KS). Performance sign-ups start at 5:30 PM. Open to SCLH musicians, guests and audience. No karaoke is permitted.

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

Contacts: Jay Stryker jaycstryk@yahoo.com; Steve Beede, sjbeede@att.net
Website: LincolnHillsMusicGroup.org



Needle Arts

Threads of Friendship

As the calendar year winds down, Needle Arts members are busy making gifts for family and friends but also for the many community organizations we support.

Mark your calendar for our General Meeting on Tuesday, November 8 when all 10 Needle Arts sub-groups (break-out groups) will show some of their



Baltimore Album Quilt (Hand Applique) shown by Sandra Mollon

finished products and tell about each group. This is a great tribute to the creativity and enthusiasm of our members. It's also an opportunity to get you thinking about what needle art you might want to begin in 2017. Please join us at P-Hall (KS) at 1:00 PM.

Our year will conclude with a Holiday Tea on December 6 at Catta Verdera Country Club. Members will receive details next month.

Please visit our website www.sclhna.com for a complete list of sub-groups and activities.

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



Neighborhood Watch

Have you noticed the Boris the Burglar on the street signs guarding every Lincoln Hills village arterial road intersection? Look for them at Del Webb Blvd., East Joiner Parkway, Ingram Parkway, Spring Valley Parkway, Stoneridge Blvd., and Sun City Blvd.

Resident Elaine Small oversees this important protection. Every year she inspects 79 Boris the Burglar signs to see if his forbidding countenance is still looking fresh and fierce. The signs subjected to our summer sun need replacement every three to five years. Those basking in the shade last almost indefinitely.

Elaine requests the purchase of replacement signs by our Association and asks the Lincoln Police Department to requisition installation by the City of Lincoln Maintenance Department.

Candidates running for election at our November 5 Annual Meeting are: Lodge Carlton, Leeann Fischer, Tom Groves, Klara Kleman, Julie McVey, and Stan Orr.

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

Painters

October is time for the Artisans in the Lodge! Stop by Orchard Creek Lodge on Sunday, October

16, 9:00 AM to 3:00 PM. There will be paintings, crafts, jewelry, woodwork, photography and greeting cards. Lots to choose from for gifts (or just for you).

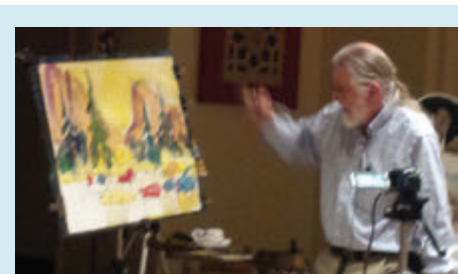
The presenter at the September club meeting was David Peterson, a very active local (Sacramento) watercolorist. He did a demo sharing his talent, techniques and joy in painting. His comfortable, up-beat presentation was thoroughly enjoyed by the audience. October will be an informal competition of painted birdhouses. In November



David Peterson, Stage 1 of painting

the members will compete again, with paintings that include figures – members have been working on their entries for some time and the results should be great.

Don't forget to stop by the Waffle Corner to see the club members' show.



Stage 2, painting in process



Finished in less than an hour! Great!!

Work is rotated so there is always something fresh and new to view over breakfast or lunch!

Contact: *Joyce Bisbee 672-7252, Website: <http://lhpainters.org/index.html>*



Paper Arts

The Stamp and Scrapbook Expo (rubber stamping) takes place October 21-22 at the Sacramento Convention Center. A bus will take us from OC Lodge to the event on the first day. The annual expo features lots of vendors, exhibits and workshops. We plan to shop, learn about new tools and techniques, and have fun. Check the COMPASS pages 60, 62 for details.

Halloween is right around the corner, with Thanksgiving and Christmas close behind. Our group is extra busy these days working on creative paper projects. The annual Christmas project



Rachelle Paiz and Margaret Hornsby show September's project



Another winning window display (OC)

has become the centerpiece of our December meeting and luncheon and one we will be making in November.

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta

Room (KS). New members are always welcome. Come for the paper crafting and enjoy the camaraderie.

Contacts: Shirley Rainman 253-9534;
Pat DeChristofaro 408-1360



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro before, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the card Room (OC) on the first and third Friday of the month from 9:00 AM to 12:00 PM. We hope to see you there.

Contacts: Denise Jones 543-3317,
djonesea@att.net; Doris DeRoss
253-7164, dorisdeross@gmail.com



Photography

The club recently pursued a new challenge of shooting only with the available moonlight (the moon is not usually in these pictures). This presents a number of technical and artistic challenges. The technical issues involve low light situations (requiring longer exposures) while the artistic challenges involve recalibrating your mind to new techniques with new possibilities. The results can be rather amazing. The night we chose to attempt this, the moon was essentially



Bodie Boiler by P. Hammond



Utah Capital by J. Hammond



The King by D. Kaufman

full, giving us good light to experiment with shadow effects, making stars visible, making colors visible, keeping the camera from shaking and not annoying others with our flashlights. Another variable caused by the use of long exposures causes moving objects to blur such as streams or waves or even shadows. This is truly a style where you can let your imagination run wild to achieve such a variety of effects that are so different from day light photography.

Contact: Brad Senn, (530) 409-2499,
LHPhotoClub_President@mail.com
Website: www.lhphotoclub.com



Pickleball

Changes on the courts:

A new association-approved signup policy affecting court use is now in place on Wednesdays and Saturdays. All Pickleball Club members, residents and guests must comply. Details posted at the courts.

Volunteer Barry Cunningham recently marked his final weekly intermediate lesson. Over the years he helped improve the games of many Lincoln Hills players. Thanks Barry.

Ladder play, similar to a league, has restarted each weekday afternoon after a summer hiatus.

New officers will be elected in November.

September wrapped up with the popular Wells Fargo Advisors Tournament. It drew about 120 entries. The Fall Rookie Invitational for Women is Oct. 22; men play Oct. 29.

The Club celebrated the end of summer with a yogurt social organized by

Sherry Mosby and Marilyn McCullough. Lincoln's HomeSpun Yogurt catered.

Want to play? Cal Meissen offers a free introduction at 1:00 PM Wednesdays. Paddles are provided. No reservations are required.



Barry Cunningham closes chapter on his instruction; Ron and Pam Slagle enjoy the yogurt social.

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



Players

Can you believe it October is already here and the Players are working on two shows for the end of the year. One: November 17, 18, and 19-- being presented in the Ballroom (OC) titled "Happy Holidays: A Tribute to Movie Musicals." A show with all the wonderful things that make the holidays sparkle: beautiful music, lovely dancing, and wonderful renditions of the old familiar songs like "White Christmas". The Tickets went on sale in September, see page 51 and remember the best tickets go fast.

Two: October 29 and 30. The Readers Theater presents their annual Halloween show at P-Hall (KS)—a Mystery

Comedy called “39 Steps” see page 44. It is fun and fast paced about a young man who goes on holiday in London, and finds himself accused of murder. His trials and tribulations will provide you with fun entertainment—and it is our free theater just for your enjoyment.

New members are welcome at our monthly meetings, the second Monday of each month at 4:00 PM in the P-Hall (KS).

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

Website: www.lincolnhillplayers.com



RV

Twenty-two rigs visited River's Edge RV Resort in September, camping beneath the pines in Clio, near Graeagle. Wagon masters Renee and Steve Honnoll organized the event which included golf, hiking, potlucks, campfires, and plenty of time to catch up with friends. Many of the campers took day trips to Portola, Sardine Lake, and Gold Lake. The quaint little town of Graeagle was a shoppers delight. Bob and Barbara Miller, and Bob and Sherlene Zielinski treated everyone to champagne to christen their new rig, a tradition in the RV world. Many in attendance were headed



Zielinski's new rig

to Bodega Bay the day after they left Clio, the last rally of the year. Next year's trips include Chula Vista, Lake Almanor, Calistoga, San Juan Bautista, and Albuquerque for the balloon festival. The club meets the second Thursday of each month at 4:00 PM P-Hall (KS).

Contact: David Africa 708-0009, lhrvg.com

Website: www.lhrvg.com



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

How do you define our unique group? Our first unofficial meeting with eight residents was in April of 2002, so we are now 14 years old. We have received numerous awards, have one meeting a year, a celebration picnic in June, and spend many hours in Lincoln schools. But the heart of our existence and success is the relationship our members have with the teachers and the students they tutor. Last school year our 120 volunteers donated 200 hours every week with 1000 student contacts. We welcomed 15 new volunteers in September, they are assigned and motivated. We need additional residents to come forward as there are many teacher requests waiting to be filled. It is a win-win intergenerational experience and a teaching background is not required. All our members are committed to making a difference in the community of Lincoln. We are shaping our future by serving our community.

Contacts: Sandy Frame 408-1453, ssframe1963@gmail.com; Cindy Moore 408-1452, cindymoore@me.com

SCOOP

Our last SCOOP meeting of



2016 was held on Tuesday, October 4. We learned all about our dogs' hearts from Dr. Lori Siemens. Dr. Siemens is a Board certified veterinary cardiologist. We are so fortunate to have so many dog experts speak to our SCOOP group. Our speakers come from suggestions of our members. If you know of someone who would be of interest in speaking to SCOOP in 2017, please let us know. We are planning next year's calendar. We took a vote about having the Christmas Luncheon at the October meeting. Stay tuned for the result in the November COMPASS. Because there are so many holiday luncheons and parties, we may not have a SCOOP Holiday Luncheon this year. We will be having a Halloween Parade and refreshments on Friday, October 28, at 3:00 PM at the Sports Pavilion. Come with your dog with or without a costume. You may also dress up. Costumes are optional. In any case, please join us for some Halloween fun with our dog friends and their owners. Guests are also welcome to join us!

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Fourteen members of the Scrabble Group gathered for a farewell lunch at Meridians for Connie Protto in August. A good time was had by all!

Scrabble players meet every Monday afternoon at 1:00 PM in the Card Room (OC). Players of all abilities are welcome to join us. If you enjoy crossword puzzles and other word games in the newspaper, you will probably like Scrabble.

Come try it out and get some extra brain exercise and meet some new friends.

Contact: Anne McMaster 409-5408, wiltonanne@yahoo.com

Singles

Dynamic Singles

September's highlighted event was our Singles Bocce Ball Tournament. Dennis Beldon was in charge of the games, refereed, and scored the teams. Great job again! That



Clio; Miller's new rig

evening, we had our Mexican Fiesta Dinner/Dance at the Sports Pavilion featuring the Lincoln Highway Band with vocalist Debbie Hamon.

Upcoming events: October 20, Dining Out at Fat's Restaurant, Roseville; October 27, our Social Halloween Mad Hatter's Ball Dinner/Dance with Costumes Prizes and Pumpkin Contest in Ballroom (OC); November 3, Cocktail Time at Buonarroti's in Lincoln, November 6, Birthday Celebration in Sports Bar (OC); November 10, General Meeting - Turkey Bingo in Ballroom (OC); November 12, Second Saturday Breakfast in Sports Bar (OC).

Weekly Activities: Tuesdays - Lets Dance, Wednesdays - Bocce Ball, Fridays - Golf, 18 holes at various courses.

Pick up a Dynamic Singles Flyer at OC for contact person and times for each event. Join our club for \$15.00 a year and meet great people.

Contacts: Kathy Shaddox 209-3307



Ski

Our first general membership meeting of the year will be on October 20, but don't wear your ski gear. In fact, come prepared for a little exercise. We are repeating a very successful event from last year, as we will meet in the Aerobics Room at the OC Fitness Center.

Fitness Supervisor Jeannette Mortensen, along with other Fitness personnel, will lead us through ski conditioning exercises. This is also an opportunity for Club members to learn about other Fitness Center programs that could be used to ready our bodies for the upcoming ski season.

About 50 club members and guests



Potluck Party Animals

enjoyed our annual pre-season potluck party in September. A wonderful time was had by all! Thanks to Chuck Frevle and Jean Benson for hosting this great event.

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



Softball

The 2016 Summer League concluded on August 31 with Coldwell Banker Sun Ridge staging a thrilling 7th inning comeback win over Wells Fargo Advisors to capture the 2016 Championship Trophy. It was a back and forth battle with neither team backing down. Fine hitting and some outstanding defensive plays made the difference. Congratulations to manager Dave Rahm and his team. The Fall League will begin Wednesday, October 5 and run until November 23. Recycling



2016 LHSSL Champions

to support our college scholarship program will continue on Wednesdays and Sundays through November 23.

LHSSL Board elections concluded on October 4 and the new board will be introduced at the November monthly meeting. The new website is now up and running, LHSSL.net. It is really nicely done and has a lot of information. Go ahead and take a look. Many thanks to Wendy Green for her efforts and time in updating and improving our website.

Contact: George Sylvia 295-1957,
[lh.geo2softball@gmail.com,](mailto:lh.geo2softball@gmail.com)
Website: LHSSL.org

Coyotes

The Coyote 75s ended their 2016 season playing in the 17th annual Sun Eagles Classic in the third week of Au-

gust. Winning their first game 31-20 it looked very promising. Alas, not to be, as they lost the next four by a combined eight runs and could have easily won two of those. The offense was led by Gym Mikaelson, Pete Savoia, John Parks, and Roger Lopossa. George Bugarz and Larry Manley did outstanding pitching.



Softball in Maui?

A mixed team of Coyotes, accompanied by their significant others, competed in a four team tournament in Maui. Playing under the field leadership of Montie Boatwright with assistance from Terry Truesdale, the Coyotes went 3-3 losing two close games to the tournament winners. The remaining Coyote teams have completed their seasons.

Players thinking about joining the Coyote program should monitor the LHSSL website for information concerning tryouts and the 2017 season.

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



Sports Car

After a short drive on August 27, the LHSCG "went to college" with a visit to the Sierra College Natural History Museum. The group then lunched at Cabos in Granite Bay followed by dessert at Taylors Drive-in in Loomis. While the drive was short all members enjoyed the museum and the restaurants.

The fifth Third Thursday Tour was held on September 15 with a ride that travelled on a loop from Lincoln via Salmon Falls Road and home. These short day trips have been popular and



Alison, Michelle and Chere Ready to Roll



Third Thursday in Cool

are sure to be held again beginning next spring.

The last weekend of September was busy for the Club. On Saturday 40 Members attended the 20th Ironstone Concourse d' Elegance in Murphys where they saw a wonderful array of classic and antique automobiles. The Fall Social Event was held on Sunday at the renovated Beermann's Brewery in Downtown Lincoln. By Rob Phillips

Contact: Tom Breckon 434-6989,

Tom.Breckon@sbcglobal.net

Website: Lhsportscars.com



Square & Round Dancing

The Square Dance Club meets at 1:15 PM at KS. We are always ready to welcome experienced Square Dancers, at any level. Feel free to come in and watch or join. If you are not a square dancer, but have an interest in dancing, please contact Jean Grupp. Times for our dancing are listed below:

* Round Dance Class, Mondays 1:00-1:45 PM

* Plus level dancing/Round Dancing between Tips, Mondays, 1:45-3:30 PM

* Advanced Dancing, Mondays, 3:30-4:00 PM

* Advanced Dancing, Thursday 1:00-3:00 PM

Scot Byars, Caller. Erin Byars, Round Dance Cuer.

Officers are: Louis Bobrowsky, President and Jean Grupp, Vice President, Contact: Jean Grupp, jean@grupphomes.com 916-408-1868



Tap Company

Fall has officially arrived - my thermometer says it's only 72 outside. Yea!! All the better to begin learning our dance numbers for our annual Tap Show, April 6, 7 and 8, 2017. It is held in the Ballroom at Orchard Creek so we expect to see everyone there. This is always an exciting and energizing time for the tappers as we love to perform for family and friends. Auditions for speaking and singing parts will be held later in the year so keep an eye out for dates and times. While you're marking you calendars be sure to reserve December 14, 2016 for our annual Tap Luncheon and General Meeting.

In preparation for the coming show, we have some changes to our class schedule beginning in October. The new schedule is: Performance Tap Classes Mondays, 11:00 AM and 12:00 PM, and Thursdays at 12:00 PM. Tech Tap Classes Mondays 10:00 AM, Tuesdays 10:00 AM and Thursdays 11:00 AM. We are always looking for new tappers to join our group, so anyone interested in becoming a tapper should get in touch with either Natalie Grossner or Jennifer Lauchner. Contact information is listed below.

Contacts: Celeste Martella 253-7272,

celeste7272@att.net; Jennifer Lauchner

543-2858, jenniferlauchner@yahoo.com



Table Tennis

Thank you Cindy and Betty for organizing and scouting out places for our October 22 potluck and bocce ball event at the Sports Pavilion and our year end party at Skipolinis restaurant.

In his book The Brain Gain, Dr. David Perlmutter lays out a four-week-plan to keep your brain healthy, sharp and vibrant. With the average human brain at three pounds and 70% fat; exercise, such as ping pong will spur the generation of new brain cells. Wow! So,

we invite you Fridays 8:00-11:00 AM, Sundays 12:00-5:00 PM and Tuesdays 6:00-9:00 PM Placer (KS) to energize your endorphins!

Contact: Warren Akey 916-408-1658 akeywarren@att.net Temporary writer for Table Tennis Club, replacing Henk van Empel



Tennis

October finds the tennis courts busy with LHTG membership and the addition of new residents who have moved to Lincoln Hills because of the vibrant tennis groups and courts. During the day, various groups are playing and Fall LITT is in full swing Tuesday evenings. We have six teams with 8+ members on each team. Captains: Miguel Cuevas; Jack Williams, Linda McDermott; BJ White; Ron Schuler and Bob White. Much fun with a "tinge" of competition!!

Our Mixed Doubles Tournament was held Thursday, September 29, with all 11 courts filled with participants.

Our final 2016 tournament, Oktoberfest, is scheduled for Saturday, October 29. For the eighth consecutive year, Schaack Physical Therapy will sponsor this tournament. Comparable levels of players will be competing against each other. The format will include three mixed matches, each with a different partner. Sign up as an individual and pairings will be done by Tournament director.

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



Veterans

Lincoln Hills resident James Moon will be the featured speaker at the October 20 general membership meeting at 1:00 PM in the P-Hall (KS). Jim will speak about signals intelligence (SIGINT) during the Cold War.

SIGINT is intelligence derived from electronic signals and systems used by foreign targets, such as communications systems, radars, and weapons systems. SIGINT provides a vital window for our nation into foreign adversaries' capabilities, actions and intentions.

SIGINT is one of the most useful

sources of information and can often provide a new and different perspective on a critical intelligence topic for the nation's policymakers.

Contact: **Bob Ringo** 543-5310, bobringo@starstream.net



Videography

Our meeting for October will be a special programming meeting to determine the activities and presentations the members prefer. All members and non-members are invited to give their input as to the future events for our club. The next meeting is October 18 at 9:00 AM. We meet monthly at this time on the third Tuesday of each month, in the Multipurpose Room (OC). For more information contact Jeff Hanner at 916-769-2871 or email to jeffhanner8@gmail.com.

Contact: **Jeff Hanner** 769-2871, jeffhanner8@gmail.com



Water Volleyball

We are very excited to have the William Jessup Lady Warriors join us in the KS pool again. The initial event was such a success. I will keep you informed once a date is established.

We are so fortunate to have such varied talent here in our community. Special thanks go out to Charlie Schuman, Jeff Andersen, and Jim Cormier. They are members of the Lifestyle Photography Group. Through their cooperative efforts of the before mentioned, our club has been provided a Blue Ray video, memorializing this incredible event. They contributed much of their time, expertise, and use of specialized equipment to make this possible. If



Mel Switzer, our trainer, serving in perfect form



Manny Pick spikes against a double block by the Lady Warriors



Sidne George dinks over the block

you have an interest in viewing it, both OC and KS have Blue Ray equipment. Please contact Linda Scott if you want to participate in the viewing.

Also check out our website and the Lincoln Messenger on line.

Contacts: New players contact Ginger Nickerson, Red Ball Liaison, (916) 253-3322

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

Website: www.lhwatervolleyball.com



Woodcarvers

Do members of the Woodcarvers Club carve or do they whittle? Actually they probably do both. The American term "whittling" is when knives are used in lieu of carving tools. The knives in question are pocket knives whereas carving tools consists of various shaped gouges, chisels, and specifically shaped carving knives. In either case, whittling or carving is removing wood to create interesting and attractive objects.

Many of our club members have had little or no experience in woodcarving when they joined. However, like any craft all it takes is an interest and a desire and some direction to get them started. Some of our members have been in the club when it was started and have become quite proficient and have produced award winning carvings.

Besides our library we have tools

that you can use.

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

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



Writers

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Writers-in-Training

to get to know us. We encourage you to bring 15 to 18 copies of your story or poem to read with the group. Just please keep it to under 1,500 words so everyone will be able to present their story too. Don't let the thought of receiving suggested changes keep you from sharing your work. After all, we're all just "Writers-in-Training", learning and inspiring others. Come join the fun every second, fourth and fifth Monday in the Ceramics Room (OC) at 6:30 PM.

Contacts: **Bruce Robinson**, bbrob1281@gmail.com; **Mike Hensley**, mike.1943.ok@gmail.com; **Susan Gust**, srg2266@gmail.com

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Bulletin Board

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

AARP Become a Volunteer!

AARP Foundation Tax-Aide is looking for volunteers as counselors and schedulers to help taxpayers complete their 2016 income tax returns in Lincoln during the 2017 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week during February 1 through April 15. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2017 tax season, please e-mail Yorke1946@gmail.com with your name, address, phone number, and position(s) you are interested in. Mark Burke 878-6249.

Friends of the Lincoln Library

Annual General Membership Meeting on Tuesday, November 1 at the 12 Bridges Lincoln Library at 2:00 PM. The program will feature Guide Dogs for the Blind that are in training by Scott Fischer and Anne Torkelson. All are welcome to attend to learn more about these special animals and their ability to even help persons with diabetes. For additional information contact Jo Jones 408-3955 or www.FriendsOfTheLincolnLibrary.com.

Glaucoma Support Group

Yesterday, Today, and Tomorrow - The Society for the Blind. Sheri Roeseler, Executive Director of the Society for the Blind, will join us for our November meeting and share with us some exciting news for the future of the Society for the Blind. You won't want to miss her presentation to learn about the Society and the services they provide for the Blind as well as those living with Low Vision. The meeting will be held in the Multipurpose Room (OC) on November 9 beginning at 4:00 PM. For additional information, please contact Bonnie Dale at 543-2133 or Bjdale@aol.com.

Greif Support Group

GriefShare is a weekly faith-based

You are invited to attend...

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

- **Thursday, October 20** • **9:30 AM** C.R. Abrams Revocable Trust Seminar, Solarium (OC)
- **Monday, October 24** • **9:45 AM** Summerset of Lincoln Presentation, Solarium (OC)
- **Tuesday, October 25** • **3:00 PM** Club Cruise Presentation, Oaks & Gables (OC)
- **Thursday, November 3** • **10:00 AM** Preparing is Caring Seminar, Heights (OC)

seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time. The group goes from September 13 through December 6. We meet each Tuesday from 9:30-11:30 AM at Granite Springs Church, 1170 E Joiner Parkway, Lincoln. Contact Cheryl Edwards at 916.505.5777 or email LincCa.GS@gmail.com.

Lincoln Democratic Club

This meeting offers a great opportunity to consider Pros and Cons of the 17 propositions which will be on the November ballot. The speaker for Thursday, October 20, is Randi Swisley, President of the Placer County League of Women Voters. Please join us at 6:30 PM. The meeting starts at 6:45 PM in the Placer Room (KS). For questions, see our club website <http://www.democraticclublincolnca.org/> or email Al Witten c/o lincolndems@gmail.com.

LH Italian Club (LHIC)

After an event-filled October, November ushers in Thanksgiving with our Turkey Bingo celebration on Sunday, November 6. It will be held in the Ballroom at Sun City Roseville, where you can enjoy both a turkey dinner and a fun night of games, with some big prizes.

December's event will be our Christmas luncheon at Catta Verdera on Thursday, December 1. It will begin at 11:30 AM with a delicious lunch, along with entertainment: the Lincoln High School Choir. We will also have our annual collection of Toys for Tots. Visit our website at www.lhitalianclub.org for information about any Club-related questions.

LH Travel Group www.lh-travelgroup.com

We will not meet in October. The next meeting is on Tuesday, November 1, 6:30 PM, KS. Everyone is welcome to attend our meetings. Jay Fehan, Collette Vacations, is our speaker. See our website for details about the following trips to Ireland; Berlin/Prague/Vienna; New Orleans to Miami, Melbourne to Sydney & Amsterdam to Basel Cruises; South Africa w/London; Croatia; New England; Canada & Glacier Natl. Park; Niagara to NYC; NewOrleans/Memphis/Nashville.

Committee Member Contacts: Teena Fowler — 543-3349, sfowler@starstream.net; Linda Frazier — 434-8266, fraz1774@sbcglobal.net; Sheron Watkins — 434-9504, sheron55@att.net; Louise Kuret — 408-0554, lkuret@sbcglobal.net; Judy Peck — 543-0990, judyvolk@outlook.com.

Multiple Sclerosis Group

The November Multiple Sclerosis meeting will focus on good nutrition, especially during the Holidays. All interested are welcomed to attend on Tuesday, November 1, 1:00 PM Kilaga Springs Sierra Room.

Contact Marilyn Sharp, 916-837-4464 for further details and information regarding the Lincoln MS Group.

Open Play Games

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

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club in Roseville (916-781-2323). Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

Shalom Group

The Shalom Social Group meets bi monthly on Monday evening at Kilaga. Membership meetings feature a guest speaker, an update on future events

and discussions. Membership is open to everyone. We are a diverse group of folks who enjoy Jewish experiences through friendship and fun.

We can help you find activities like, Mah Jong, Canasta, hiking, bowling, holiday celebrations, monthly Sabbath dinners, women and men's groups and so much more. In September, we had a Bocce Ball tournament with the Italian Club (matzoh balls vs. meat balls), and a miniature golf outing.

Questions, call Vida Morrison, membership chair at 916.984.1043.

Shooting Group

Our purpose is to make friends among residents who are interested in

shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome.

We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and 5 Stand. For shooting schedule hours and trap or skeet shooting, please contact John Kightlinger at (916) 408-3928 or johnnpat@sbcglobal.net.

Residents interested in rifle or pistol shooting can contact Jim Trifilo at (916) 434-6341 or trifilo@sbcglobal.net.

~ Community Perks ~

LH Certified Farmers Market & Vendor Fair Every Wednesday

Support your local farmers every Wednesday at OC Parking Lot, 8:00 AM-12:00 PM. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. Weather permitting, the Farmers Market will be open until November. Interested to be a vendor for handmade and hobby-related items? Contact Shelvie Smith, 625-4021 or shelvie.smith@sclhca.com.



Home, Health and Business Showcase

Tuesday, October 18 — Free

Learn about the latest products and services for your home, health, garden, auto and personal/financial matters. Meet your COMPASS advertisers and other local businesses that will showcase their products. Please come by the Ballroom between 10:00 AM and 2:00 PM to thank them for supporting the COMPASS and many of our Association and Club activities. Additional info: Amy Gonzales, 625-4014.



KS Classic Movies on Saturday: Alfred Hitchcock's Psycho Saturday, October 15 — Free

1:30 PM, P-Hall (KS). Rated R, 109 minutes—Horror/Mystery/Thriller. Starring Janet Leigh, Anthony Perkins, Vera Miles and John Gavin. A Phoenix secretary steals \$40,000 from her employer's client, goes on the run and checks into a remote motel run by a young man under the domination of his mother.



Living Through Transitions Social Hour

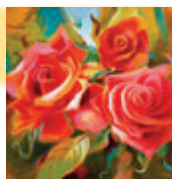
Tuesday, October 25 — Free

11:00 AM - 1:00 PM, **LIVING THROUGH TRANSITIONS**™ Oaks & Gables Breakout Room. Your future in Sun City Lincoln Hills is about being prepared for the changes in your life, health, and environment that occur as you grow older. Get your keys to unlock the six secrets to meeting the predictable challenges ahead. The Six Keys support your planning: personal finances, legal protection, dealing with loss, navigating the healthcare system, housing options and driving and end of life choices. Join prior session Alumni for a better look into these key issues.



Artisans in the Lodge Sunday, October 16

9:00 AM - 5:00 PM Lots of original artwork by resident artists to add to your own collection or to start your Christmas gift list!



Document Destruction Monday, October 17

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

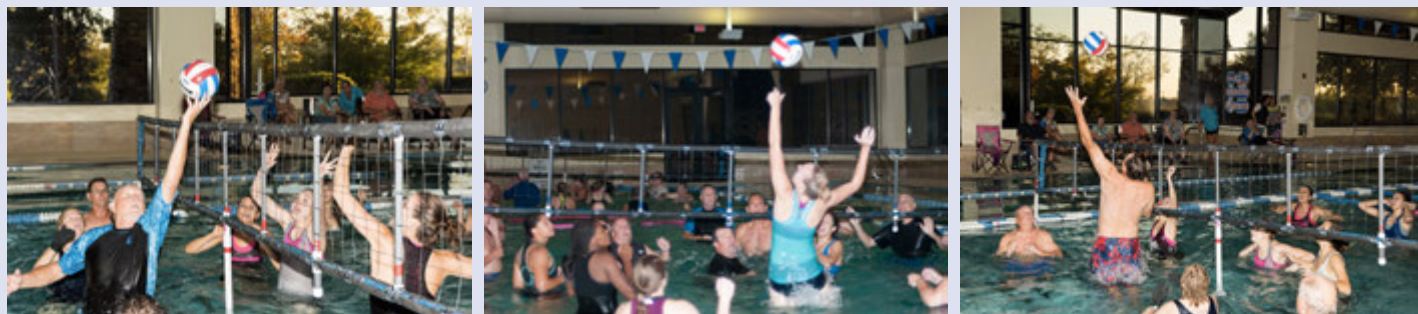


Music Group Sponsored "Open Mic Night"

Friday, October 28 — Free

6:00 to 8:30 PM. P-Hall (KS). Performance sign-ups begin at 5:30 PM. Open to SCLH performing musicians, guests and audience members. Singers must be accompanied by a musician. No karaoke.





SCLH Water Volleyball club hosted the William Jessup University Lady Warriors Varsity Volleyball team to a match in the Kilaga Springs pool. It was a fun evening filled with friendly intergenerational rivalry and competition. Check out the club website at: lhwatervolleyball.com and join the fun. A rematch against the Warriors will be held Wednesday, November 16 at 5:00 PM. Pool (KS) — Photos by Charlie Schuman and Jeff Andersen.

~ Community Perks ~

Readers Theater Presentation: *The 39 Steps* Saturday & Sunday, October 29 & 30 — Free

October 29, 7:00 PM; October 30, 3:00 PM. P-Hall (KS). “The 39 Steps” a comedy/mystery involves a young man on vacation in London, who accidentally finds himself involved with murder, intrigue and espionage. The murder occurred in his apartment, and he goes on the run to find the evidence he needs to clear himself. The only clue he has in the espionage involves “39 Steps.” He continues sleuthing and keeps running into a young lady who insists on turning him over to the police. A “bit of a stumbling block” but as all heroes do, he triumphs and gets a bit of a surprise in the process.



12 Bridges Lincoln Library Open House Wednesday, November 9

5:30 - 7:00 PM

This free Lincoln Chamber of Commerce net/mixer is an opportunity to visit and tour the library facilities after hours. Please join us at 485 Twelve Bridges Dr, Lincoln.



Holiday Shopping Open House Thursday, November 10, 2:30-5:30 PM

WellFit Retail area and The Spa at Kilaga Springs Boutique Stop in and shop SCLH logo exclusives, Stocking Stuffers, Clothing and our 2016 Limited Edition Ornament! Enjoy a 15% Discount during our Open House.



Moonlight Cinema — *Mission Impossible: Rogue Nation* Monday, November 7 — Free — 100300-09

~5:00 PM, Amphitheater (OC). Join us for our first outdoor movie showing! Bring a blanket, a chair, your appetite for fun and enjoy the action and suspense of “Mission Impossible: Rogue Nation” starring Tom Cruise on a 25’ screen. In this latest installment, Ethan and team take on their most impossible mission yet, eradicating the Syndicate—an International rogue organization as highly skilled as they are, committed to destroying the IMF (Impossible Mission Force). This action-packed adventure will not disappoint on gadgets and incredible stunts. Drinks, popcorn and food concessions will open an hour prior to movie showing. Movie will start 10 minutes after sunset. So we can be prepared accordingly, please register for this free event at the Activities and WellFit Desks (OC/KS) and Online. Chairs are welcome anytime on the day of the event. In case of rain, event will be canceled.



Veterans Day Ceremony Friday, November 11

11:00 AM, the Veterans Group will conduct its annual Veterans Day ceremony in the Orchard Creek Ballroom on Friday, November 11. At 10 AM, a memorial wreath, honoring all Lincoln Hills veterans, will be placed at the veterans monument outside the main entrance to Orchard Creek Lodge. Patriotic music by the Roseville Community Concert Band will begin in the Orchard Creek Ballroom at 10:30 AM. The formal ceremony will begin at 11:00 AM. All residents are invited.



“We Are Thankful For You!” WellFit Appreciation Week November 21-25

Kicks off on Monday with our Free Mind & Body Master Class in the Ballroom (OC) special Free classes all week plus the chance to win a Grand Prize Holiday Gift Basket! See page 11 for additional information.



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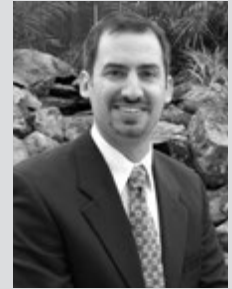
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In Memoriam

Eileen Boobar

Growing up on a farm in North Dakota, Eileen migrated through Illinois, eventually settling in Orangevale, California. She survived an early bout with breast cancer and raised her two daughters while going to school and working part time. She worked in IT for the Board of Equalization. Eileen and her husband, Rob, met at a support group for widowed and divorced people and married in 2001. Eileen enjoyed playing cards, bocci, and riding her bicycle. Her health was up and down while battling leukemia. She also enjoyed her grandchildren and traveling while she was able. She was a kind person who everyone liked and will be missed by her family, friends and especially her husband, Rob.

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

Donna Salmela

Donna Salmela was born in Oshkosh, Wisconsin. She graduated with highest honors from Oshkosh High School and attended the University of Wisconsin at Madison where she earned a degree in art education. At the university she also met her future husband John. They enjoyed the American dream traveling the world and living in six different locations while raising two children. Donna used her creative skills in sewing, quilting, beading, silk screening and batik. She volunteered at school, her church and neighborhood organizations. Donna was kind, considerate, and warm. She smiled a lot. She was a beautiful wife, mother, grandmother, sister, aunt and friend. She is now teaching artistry to the angels.

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When you sign up for preauthorized electronic payments, your Association will process your payments in the first few days of each calendar quarter through the Federal Reserve System's ACH program. Your payments are sent automatically from your bank directly to Community Association Banc.

A simple one-page form is all it takes. Please go to the resident website, the Membership Desk (OC), or call Marcy at 625-4024 and sign up today to receive the peace of mind knowing your assessments are paid on-time every quarter.

Did You Know?

When choosing a contractor for your home services, you should always ask for and sign a written contract prior to agreeing to the work. It is also advisable to ask for at least two evaluations, references and bids to ensure you are receiving the appropriate service for your money.



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

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

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

Tailored Dinner Package options start at \$100 per person. Purchase the Dinner Package prior to November 14 and be entered in a chance to win two 2017 Summer Amphitheater Series Packages.

For those who wish to have dinner elsewhere, join the celebration from 9:00 pm-Midnight with our Entertainment Only option for \$60. Open seating in designated areas for Entertainment Only ticket patrons are available throughout the Lodge.

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

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

*No refunds or exchanges. Tickets required for entry.
Wristbands issued at entry. Table locations and complete menus
with pricing and dinner selections available at the
Activities Desks and Lifestyle Online.*





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

Entertainment

—Club Performance—

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

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

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

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

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

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



SCLH Community Chorus presents Holiday Joy

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

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

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

HOLIDAY JOY!



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

—Comedy—

Back by Popular Demand! KS Comedy Night: The Magic & Comedy of Ryan Kane

Thursday, November 10

6:00 PM performance — 5410-09A

8:00 PM performance — 5410-09B



If you missed this amazing and entertaining show last year, make sure to get your tickets before it sells out... *again!* Ryan Kane is the current San Francisco magic champion, having taken first place when competing against the best magicians in the Bay. Known for his comedic edge, high energy, and original magic, Ryan has performed from New York to Las Vegas and his corporate appearance clients include such prestige names as Microsoft, Intel, and Louis Vuitton. Ryan Kane began learning magic in 1995 when he was six years old. He would spend his childhood grasping the fundamentals of this sophisticated and complex craft. In his early teens, Ryan began using his magic and bright personality to gather audiences on the streets of Old Sacramento. The results of these challenging early performances are evident today in the quick wit and charm he demonstrates as a featured performer at casinos in Reno and at the top tourist destination in San Francisco, Pier 39. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall (KS). **Reserved seating, \$13.**

—Concerts—

Single Seats Now On Sale!

KS Music Night Presents

Fall Classical Series

The Angelica Duo featuring violinist Anita Fetsch Felix and harpist Beverly Wesner-Hoehn

Tuesday, October 18 — 5416-06B

Classical Guitarist Matt Bacon

— Tuesday, December 20 — 5416-06D



We are pleased once again to present some of the finest classical musicians in the Northern California area in a four concert series performed at Presentation Hall, (KS). Coming in October, **The Angelica Duo** comprised of violinist **Anita Fetsch Felix** and harpist **Beverly Wesner-Hoehn**. They will present newly composed virtuoso music mixed with old favorites to delight audiences in an intimate chamber music setting. The Angelica Duo will present the works of Saint-Saens, Massenet, Bach, Izmaylov, Donizetti and others with commentary on the composers. Their performances have been met with “enthusiasm and high praise for their transparent sound, and artistry.” In November, **Joyous Brass**, Northern California’s only British Style Brass Band, featuring 30 musicians will perform Holiday themed music, including original compositions, jazz, classical and traditional carols. Rounding out our series is **Classical Guitarist Matt Bacon** from San Francisco.

Continued on page 50

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



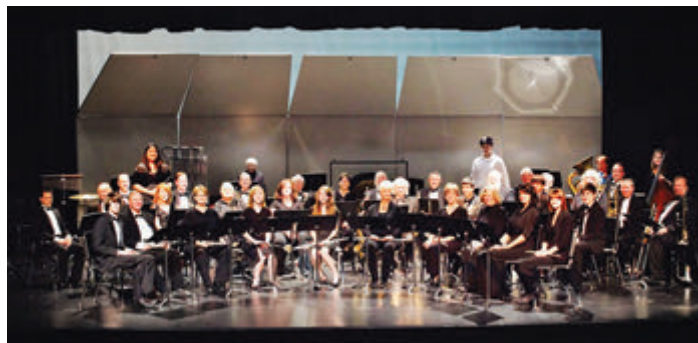
Joyous Brass: Christmas in Brass
 — Tuesday, November 22 — 5416-06C

He is an international artist and Top Prize winner at the Texas National Music Festival's "Classical Minds" competition. He is a highly sought after performer and composer. **Single tickets are now on sale.** Save \$1 off \$4 or more at KS Café on show night. All shows 7:00 PM, P-Hall (KS). Reserved Seating, \$15.

Silent Movie Night with the Roseville Community Concert Band

Buster Keaton's 1926 Classic Comedy, "The General"
 Friday, October 28 — 5428-08

The Roseville Community Concert Band will thrill us once again with great music that will bring a silent movie to life! This year



they will accompany Buster Keaton's 1926 classic comedy, "The General." Silent movies, whose era lasted from film's beginning to the late 1920's, were shown in theaters with live musical accompaniment. We are recreating this experience with the Roseville Community Concert Band performing the musical score live. A fun night for the classic film fan as well as families (not recommended for kids under the age of seven). Enjoy a "Movie Dinner Special" at Meridians prior to the show. Movie patrons will receive a 20% discount, day of the show only (ticket required). Movie with live music 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$10.** General admission, \$8.

Dirty Cello
 Friday, November 4 — 5404-09

From China to Italy, Dirty Cello brings the world a high energy and unique spin on blues and bluegrass. Led by vivacious cross-over cellist, Rebecca Roudman, Dirty Cello is cello like you've never heard before. From down home blues with a wailing cello to virtuosic stompin' bluegrass, Dirty Cello is a band



that gets your heart thumping and your toes tapping! "The band plays every style imaginable, and does some fantastic covers. (Their rendition of 'Purple Haze' is incredible.) But what is most spectacular about them is hearing the depth of soul in Roudman's playing—it goes beyond what most people would expect from the instrument. She plays it with so much heart, you'll wonder why more bands don't have a cellist." *Good Times Santa Cruz.* Save \$1 off \$4 or more at KS Café on show night. 7:00 PM. P-Hall (KS). Reserved seating, \$16.

Two Performances!
Jim Curry's "A Rocky Mountain Christmas"
The Music of John Denver and Holiday Favorites

Thursday, December 1
 2:00 PM show — 5401-10A
 7:00 PM show — 5401-10B



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

—Grandkids Event—

Santa Adventure
 Saturday, December 17 —
 5417-10

Santa, Mrs. Claus and the Elves will be coming to Lincoln Hills for a special visit! Share holiday memories and magical activities with your grandchildren at "Santa Adventure." Your grandchildren will be greeted by Santa's Elves and enjoy interactive activity stations offering treats, glitter tattoos, and lots of fun! Start the morning off by taking photos of the grandkids with Santa. We will be showing "The Peanuts Movie (2015)" at 11:30. Limited space available, so buy early. *Important: Each child must be accompanied by a grandparent for all activities (multiple siblings would require two grandparents or parent present), all children need to be pre-registered and wristbands will be provided during registration and are required for participation.* Lunch will not be provided as part of this ticketed event. Kilaga Springs Lodge. 10 AM. Doors open at 9:45 AM; activities and games 10 AM to 12 PM. Toddler to 12 years old. **General admission, \$14.**





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Day Trips

—Casino/Races—

Off to the Races

Thursday, November 3 — 1846-09

Take a break before the holidays and enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$80



Jackson Rancheria

Monday, November 14 — 1951-09

Very popular with residents, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Enjoy a nice fall drive to Amador County and spend four hours at the recently remodeled and expanded casino. Enjoy a nice drive in the Amador foothills! Leave OC 9:00 AM, return ~ 5:00 PM. \$23.



—Museum—

San Francisco Museum of Modern Art (SFMOMA)

Tuesday, November 29 — 1751-09

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



—Performances—

“Hamilton an American Musical”

San Francisco ticket release has been delayed until the fall, keep an eye on COMPASS as it will be listed as soon as we get the tickets.

Just Added!

Cirque du Soleil—“Toruk”

At the new Golden One Arena Sacramento

Sunday, December 4 — 1718-09G

Six busses and two dates sold out! See Cirque du Soleil in a stunning new light at the brand new Golden One Arena in downtown Sacramento. Toruk—The First Flight takes place on Pandora, the fantastical, jungle-like world depicted in “Avatar,” but is set thousands of years before the events of the movie. The show features the tall, blue creatures known as the Na’vi who inhabit the colorful world. Cirque du Soleil transports you to the world of Pandora in a visually stunning live setting. Experience a storytelling odyssey through a new world of imagination, discovery and possibility. Seats to accommodate two busses for this trip. Leave OC at 3:00 PM, return ~ 8:30 PM. \$79.



Two Dates! Beach Blanket Babylon Holiday Edition

Thursday, December 15 — 1915-09

Or Wednesday December 21 — 1921-09

It's that time for everyone's favorite show, the Holiday Edition of the famous Beach Blanket Babylon in San Francisco at Club Fugazi. This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. The 90-minute show continually evolves its hilarious parodies of popular icons, updating spoofs and adding new characters and songs throughout the year. We have the whole center balcony section reserved for our group with open seating, including limited front cabaret floor seating. *Please advise if you require accessible seating upon purchase. There are stairs to where the balcony seating is located with no elevators.* Both trips depart 11:45 AM, show exclusive to adult audience, alcohol is served. *Dinner on your own before the show. Return ~ 12:00 AM. \$101. *Reservations highly recommended for dinner, restaurant list is available at time of registration. For more info on show, check <https://beachblanketbabylon.com>.



The Five Irish Tenors-Harris Center in Folsom

Tuesday, February 28, 2017 — 1786-10

Following in the footsteps of the great John McCormack, these five exquisitely trained singers—David Martin, Morgan Crowley, Ciarán Kelly, George Hutton, and Alan Leech—have amassed more awards and prestigious performances than can be men-

Continued on page 54

tioned: from the London Critics Choice Awards to a Grammy; from the Royal Albert Hall to the White House, the Academy Awards, and the Olympics. We'll be seeing the *Salute to Ireland* where the Tenors present a sensational program of the most famously beloved Irish Songs, fusing Irish wit and boisterous charm with lyricism, dramatic flair and operatic style. Program includes "Toora - Looora - Loooral," "My Wild Irish Rose," "When Irish Eyes Are Smiling," "As She Moved Through the Fair," and the glorious "Danny Boy." Center orchestra seating. Leave OC at 6:00 PM, return ~ 10:30 PM. \$85



Broadway Sacramento 2016-2017

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



The Sound of Music

Tuesday, November 1 — 1793-06A

The Hills Are Alive! A brand new production of *The Sound of Music*, directed by three-time Tony Award® winner Jack O'Brien, is coming to Sacramento. The spirited, romantic and beloved musical story of Maria and the von Trapp Family will once again thrill audiences with its Tony®, Grammy® and Academy Award® winning Best Score, including "My Favorite Things," "Do-Re-Mi," "Climb Ev'ry Mountain," "Edelweiss" and the title song. \$97.



Kinky Boots

Tuesday, January 31, 2017 — 1793-06BB — Sold Out

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

A Gentleman's Guide to Love & Murder

Tuesday, March 7, 2017 — 1793-06C

Getting away with murder can be so much fun... and there's no better proof than the knock-'em-dead hit show that's earned unanimous raves and won the 2014 Tony Award® for Best Musical—*A Gentleman's Guide to Love & Murder!*, *Gentleman's Guide* tells the uproarious story of Monty Navarro, a distant heir to a family fortune who sets out to jump the line of succession



Continued on page 58

Important Information: Entertainment, Trips, Classes


- **Registration:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final.** SCLHCA Rules and Regulations states "Activities expenses are generally paid in advance of the event. Therefore, the fee would not normally be refunded." Registration for **Entertainment** is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For **Trips**, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For **Classes**, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.
- **Want to Sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.
- **Weather:** Association trips and events are held regardless of inclement weather.
- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.
- **Activities that include a Meal:** Please advise the coordinator/monitor if you have any dietary restrictions upon registration. We will work with vendors for your dietary accommodations.
- **Special Accommodations:** Please inform the Monitor during registration as follows. For Entertainment, special needs patrons will be seated first. For Trips, we accommodate wheelchair bound passengers to the best of our abilities.
- **Show Time:** For Entertainment, doors open 30 minutes prior to show time unless noted.
- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.
- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.
- **Parking:** For all trips, please park beyond OC Fitness Center in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center on return.
- **Event Ticket for Trips:** Are handed to guests when boarding.
- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.

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by—you guessed it—eliminating the eight pesky relatives (all played by one fearless man) who stand in his way. All the while, Monty has to juggle his mistress (she's after more than just love), his fiancée (she's his cousin but who's keeping track?), and the constant threat of landing behind bars! Of course, it will all be worth it if he can slay his way to his inheritance... and be done in time for tea. \$97.

The Bodyguard

Tuesday, April 18, 2017 — 1793-06D

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



The Phantom of the Opera

Tuesday, May 23, 2017 — 1793-06E — Sold Out

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

**Sacramento Philharmonic—Classical
Sacramento Community Center Theater**

Due to overwhelming classical season tickets subscriptions, we are limited to 34 middle-orchestra seats for the classical shows. **Vendor deadline to purchase this event is October 18 at 12:00 PM.** All shows leave OC at 6:45 PM, return ~ 11:30 PM. \$80 each.

Vivaldi—The Four Seasons

Saturday, January 21, 2017 — 1706-09A

Enjoy the majestic composition "The Four Seasons," along with Haydn-Symphony No. 101 "Clock" and Rossini Italiana in Algeri Overture. Conducted and violin by Andres Cárdenas current Music Director of Orchestral Studies and Conductor of the Carnegie Mellon University Philharmonic. \$80.



Beethoven Violin Concerto

Saturday, March 4, 2017 — 1706-09B

Featuring Symphony No. 4 and Violin Concerto. Conducted by Michelle Merill assistant conductor Detroit Symphony and violinist Chee-Yun Kim playing a Stradivarius 'Ex-Strauss' (Cremona, 1708) on loan from the Stradivari Society of Chicago. \$80.



La Traviata

Saturday, April 29, 2017 — 1706-09C

Opera conducted by Venezuelan born, Spanish conductor Jose

Luis Gomez who was catapulted to international attention when he won first prize at the International Sir George Solti Conductor's Competition in 2010 securing a sensational and rare unanimous decision from the jury. Featuring Sacramento Opera Chorus and an internationally acclaimed cast. \$80.



**Sacramento Philharmonic—Pops
Sacramento Community Center Theater
Pet Sounds Live: A Beach Boys Celebration
Saturday, April 8, 2017 — 1702-09B**

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

—Sports—

Sacramento Kings

Watch the Sacramento Kings in their brand new home, Golden One Arena in downtown Sacramento without dealing with parking issues! Enjoy lower level seating for the new season. Seats located in the baseline area Section 114. Arrive in time to enjoy pre-game activities and purchase from various food and beverage concession. Depart OC at 5:30 PM, return ~ 11:30 PM. See individual games below for pricing.



**Sacramento Kings vs. Miami Heat
"Community Impact Night-Health"**

Wednesday, January 4, 2017 — 1800-09A
\$103.



**Sacramento Kings vs. New Jersey Nets
"Salute to First Responders Night"**

Wednesday, March 1, 2017 — 1800-09B
\$96.



—Tours/Leisure—

**Scrapbook and Stamp Expo
Friday, October 21 — 1796-08**

Whether you're just starting out, or an experienced scrapbooker, join your fellow "crafty" residents on a fun trip to the Sacramento Convention Center for the Scrapbooking & Stamp Expo! (Rubber stamping.) Enjoy workshops and seminars, see the latest and greatest products and tools, plus make-and-take projects.



Continued on page 60

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Learn new techniques and helpful hints from vendors. We've obtained early admission and will spend five hours at the show. Lunch and any fees for seminars/workshops on your own. Depart OC 8:00 AM, return ~ 3:00 PM. \$37 (includes admission).

San Francisco 49ers Levi's Stadium Tour

Saturday, November 12 — 1849-08

Tour the new home of the San Francisco 49ers at Levi's Stadium in Santa Clara! We'll enjoy a VIP Private Group Tour that features visits to premium club spaces, a private suite, press level, the solar terrace and green roof. There will be a stop on the playing field for a photo opportunity and time to check out the visitor's locker room. We also receive a complimentary group souvenir photo! The 49ers Museum is included with the tour and there is time to visit the 13,000 square foot flagship team store. First, we'll stop for an included lunch at Hometown Buffet in our own banquet room. There will be a stretch stop both directions of the trip. Leave OC at 7:45 AM, return ~ 6:45 PM. \$98.



McHenry Mansion Dickens Faire & Duarte's Poinsettia Farm

Saturday, December 3 — 1858-10

The McHenry Mansion Dickens Faire in Modesto has been offering holiday house tours for over 10 years with docents dressed in the fashion of the period. Street in front of the house offers vendors selling unique and interesting assortments of Christmas items, jewelry, food, crafts and more. Strolling carolers, bagpipers, harpists and Christmas choruses provide holiday entertainment filling the air with a sense of joy and excitement.



We'll also visit Duarte Poinsettia Farm. Duarte's grows over 60,000 poinsettias, with over 30 varieties and colors. They call it the sea of poinsettias. You pick and purchase your own poinsettia directly from the greenhouse where they are grown. *Trip goes rain or shine.* Leave OC at 9:00AM return ~ 5:00 PM. \$34.

Victorian Christmas

Sunday, December 18 — 1857-10

The enticing aromas of roasted chestnuts and hearty holiday foods fill the air, along with cries of street vendors hawking their wares and lamp-lit streets filled to overflowing with authentic Christmas treasures. Now in its 39th year, enjoy our annual visit to the historic and picturesque downtown Nevada



City, a quaint, Gold Rush town nestled in the foothills of the snow-capped Sierra. It's a magical setting of hilly streets outlined with twinkling white lights and authentic gas lamps, wandering minstrels and carolers dressed in Victorian attire, and myriad visitors sharing holiday cheer and good tidings. It's the one and only Victorian Christmas—full of new shows, sights, sounds and attractions and a perfect way to get your holiday spirits up! Depart OC 12:30 PM, return ~ 7:30 PM. \$28.

—Overnight—

Eldorado Overnight—The Producers!

Wednesday, November 9 to

Thursday, November 10 — 1999-09

Get away the day after the election for a fun overnight to the Eldorado Hotel & Casino in Reno to see the classic comedy "The Producers." This Mel Brooks masterpiece based on the hit 1968 film of the same name chronicles the hilarious adventures of a washed-up Broadway producer Max Bialystock and his mile-mannered accountant, Leo Bloom as the scheme to get rich quick by producing the most notorious flop in the history of showbiz. Enjoy dinner prior to the show with a \$15 food credit per person at any Eldorado restaurant including Roxy and The Prime Rib. Complete list of restaurants in Eldorado available at Activities Desks. Breakfast at the buffet is included the next morning before a mid-morning departure back to LH. Leave OC at 11:30 AM, Wednesday, November 9, return Thursday, November 10 ~ 1:15 PM. *A signed liability waiver is required for each participant.* \$161 per person double occupancy. \$191 single.

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Tuesday, February 21 to

Saturday, February 25, 2017 — 1977-10

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



legends Reba and Brooks & Dunn at Caesar's Palace! You'll have one free afternoon/evening to do as you please and maybe attend a favorite Cirque Du Soleil show, see other favorite performers, shop, or check out downtown and rest of the strip.

Trip Package includes:

- Lunch at Black Bear Diner
- Overnight stay at Red Lion Bakersfield — next to the Crystal Palace with hot breakfast

Continued on page 65



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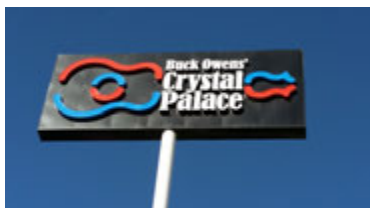
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- One Buffet Breakfast at Harrah’s - Check out the omelet station!
- Dinner Buffet at your choice of several Vegas strip casinos (See list at Activities Desk)
- Reserved ticket to the Reba McIntire-Brooks & Dunn show at Caesar’s Palace (Two price options for seating)
- Wayne Newton’s Casa de Shenandoah Estate Platinum Tour
- Buffet Lunch at Paris Las Vegas-enjoy a sampling of fare from five French regions
- Stop at Borax Museum & Mine
- Woolgrowers Basque style dinner in Bakersfield
- Return overnight stay at Red Lion Bakersfield with hot breakfast
- Free time for dancing and music on your own at Crystal Palace
- Lunch at Hilmar Cheese Factory
- Gratuities included for Black Bear Diner, Welcome dinner, Woolgrowers dinner, luggage service at Harrah’s and bus driver.

There will be rest stops, movies and games on trip! Leave OC at 8:45AM, Tuesday, February 21, return Saturday, February 25 ~ 4:30 PM. *A signed liability waiver is required for each participant.*



Two price options based on seating for the Reba/Brooks & Dunn show. Second Mezzanine Rows H-K \$842 per person double occupancy, \$1037 single. First Mezzanine seating \$888 per person double occupancy, \$1083 single. *Pick up detailed trip itinerary, seating chart, menus, show listings for free time in Vegas. All registrations are final, no refund policy applies. Trip insurance highly recommended. Trip insurance providers list from the US State Department at Activities Desk or view online. Trip limited to one bus with the possibility of adding future dates. Don't miss this one!*

Sold Out Trips

Trip • Date • Departure Time

- **Beale AFB**
Friday, Oct 21 • 6:45 PM — 1763-08
- **Cirque du Soleil-Toruk**
Wednesday, November 30 • 6:00 PM — 1718-09A&B

- **Cirque du Soleil-Toruk**
Friday, December 2 • 2:00 and 6:00 PM — 1718-09C,D,E & F
- **Sun City Sierra Winter Holiday Train Roundup Reno**
Monday, December 5 - Wednesday, December 7
10:30 AM — 1982-09
- **White Christmas**
Wednesday, December 14 • 6:45 PM — 1774-05
- **Kinky Boots**
Tuesday, January 31, 2017 • 6:45 PM — 1793-06B & BB

Activities Department Classes



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

Classes

Vacation Drop-In

In response to students' request, a number of classes are now offering drop-in sessions to accommodate your vacation plans! Drop-in sessions will allow current students who are able to work independently on their projects but are not available to attend class full time due to vacation plans, to register one session at a time. Sessions are held in conjunction with ongoing regular classes. Class space is on a first-come, first-served basis. Students must check with the instructor prior to registration each time to ensure space is available and that they meet the prerequisite. Registration for drop-in sessions is only available within one hour prior to the start of class at the Activities Desk. Classes that offer drop-in sessions will be noted in the class description. Cost varies by class. **Prerequisite:** Must have completed at least a full month of class instruction in the past. Some classes may require longer class experience. Drop-in sessions are not for first time students/beginners and offers limited guidance from moderator/instructor.

Art

—Announcement—

Fine Arts Class Gallery
Featuring the Art of Marilyn Rose
and Lincoln Hills Students
Friday, November 18



5:30-7:30 PM, Fine Arts Room (OC). The Activities Department, in cooperation with art instructors and students, welcome all residents to stop by the Fine Arts Room to view the work of Marilyn Rose and community art students. Focus is on oils and acrylics. Pieces will remain on display and can be viewed anytime an art class is being held.

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—Drawing—

New Time!**Beginner Drawing****Thursdays, November 3-17 — 132216-10**

6:00-8:00 PM (OC). \$39 (three sessions). Instructor: Michael Mikolon. The artistic journey starts with basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use materials first hand with one-on-one instruction. Supply list available at Activities Desks and online.



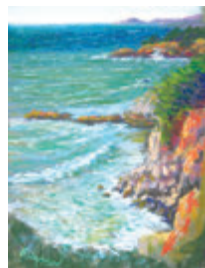
—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics**Wednesdays, November 2-30****9:00-11:30 AM Class — 113116-10****Or 1:30-4:00 PM Class — 113216-10**

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions No class November 23). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples, and individual instruction are used to advance student understanding and implementation of techniques. *About the Instructor:* Marilyn has over 25 years experience in landscape, portrait, figure, and still life painting, with hundreds of works in private collections across the U.S. More info: www.artistmarilynrose.com. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online. Please request supply list at the Activities Desks and online.

**Vacation drop-in: PAINT — \$17 per session****Painting Pastels Or Oils with Barry****Mondays, November 7-28 — 105116-10**

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. *About the Instructor:* Barry is an award-winning artist with over 50 years of painting explorations in various media. Barry owns a studio in Folsom and his paintings



are sought by collectors and clients worldwide. He has over 15 years experience teaching and encouraging artistic expression, to many ages. Supply list available at Activities Desks, online, or on instructor's website. www.pastelpainter.com.

Vacation drop-in: PASTEL — \$17 per session.**Sip and Paint "Tree of Gold"****Friday, December 2 — 122116-10**

5:00-8:00 PM (OC). \$55. Instructor:

Unni Stevens. Relax and enjoy cheese and wine while painting.

This style of casual learning is a popular past time for first-timers and seasoned artists, alike. Paint a finished acrylic painting in one day, with step-by-step instruction from a professional artist, who will teach you how to mix colors, use media, brush stroke techniques, use of pallet knife, and offer students help and advice. All supplies are included, and will be set up and ready to go when you arrive. Canvases will be under-painted and ready to hang. Class fee includes a glass of wine, a selection of cheese, crackers and fruits. Extra wine available on a pay-as-you-order basis. *About the Instructor:* Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art. She has been painting, teaching and selling her art for over 30 years and has been a member of the High Hand Gallery for four years. More info: www.unniart.com.



—Watercolor—

Beginning Watercolor Painting**Thursdays, November 3-17 — 131116-10**

1:00-4:00 PM. (OC). \$39 (three sessions). Instructor:

Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on:

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

**Mixed Media****Art Journaling****Tuesdays, November 8 & 22 — 143116-10**

9:00 AM-12:00 PM (OC). \$35 (two sessions). Supply fee paid to instructor, \$5. Instructor: Kerry Dahlin. A variety of media

Continued on page 68

will be used as we “play” on the pages of our art journals. You will learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies to bring to class: Mixed Media spiral-bound artist paper pad (available at Michaels, Hobby Lobby, Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.



Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, November 2-30 — 206116-10

1:00-4:00 PM (KS). \$40 (four sessions No class November 23).

Instructor: Barbara Bartling. **Prerequisite:**

Lladro requires a steady hand and concentration. A beginning & continuing class on how to paint porcelain figurines. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines

available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order.

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



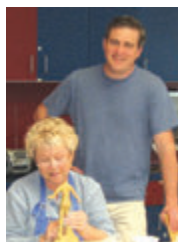
—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, November 1-29 — 212116-10

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay, and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided at first meeting for future classes.

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



Advanced Ceramics

Tuesdays, November 1-29 — 212216-10

9:00 AM-12:30 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. This class is for self-motivated students/artists with established ceramic skills. Students explore their individual craft and sculpture projects with guidance from instructor. Course includes demonstrations,



assignments, group discussion and constructive critique.

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

Ceramics: Beginners Intermediate and Advanced

Thursdays, November 3-17 — 221116-10

1:00-4:00 PM (OC). \$41 (three sessions). Instructor:

Terry Accomando. Open to all skill levels.

The class teaches hand-building techniques and

working on the potter’s wheel. Students are

encouraged to work at their own pace receiving

individual instruction to achieve goals on any

project they choose. Frequent demonstrations

and techniques are given to introduce new and exciting projects.

About the Instructor: Terry brings 34 years experience teaching

ceramics, drawing and painting to help you work independently

on any project. Supply list available at the Activities Desks and

online.

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



Crafts

—Card Making—

Intro to Card Making 101—Level 1

Mondays, November 7-14 — 317116-10

9:00 AM-12:00 PM (KS). \$20

(two sessions). Instructor:

Dottie Macken. Have you

ever wanted to make a greet-

ing card, but you just weren’t

sure how to get started?

Then this class is for you! This class will teach all of the “ins and

outs” of making greeting cards and more. You will be making and

taking home with you at least two cards and/or projects at each

session. This is a fun three-hour class. Class size is limited, so

sign-up early to reserve your space. All supplies will be provided.

Last day to register October 29.



Card Making Level 2—Intermediate

Tuesdays, November 1-15 — 317216-10

9:00 AM-12:00 PM (KS). \$20 (two sessions,

No class November 8). Instructor: Dottie Macken. **Prerequisite:** Completion of at least

three-to-four sessions of Intro to Card Making

101—Level 1, or instructor’s approval. This

class will build on your card making skills,

while introducing you to some new and different card making

and paper craft techniques. This class is not for beginners. Class

size is limited, so sign-up early to reserve your space. All supplies

will be provided. Last day to register October 29.



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Card Making Level 3—Intermediate/Advanced**Wednesdays, November 2-16 — 317316-10**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class will build on your skills from Level 2, while introducing you to some new and different card making and paper craft techniques. This class is **not** for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. Last day to register October 29.

**Card Making Level 4—Advanced****Fridays, November 4-18 — 317416-10**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class is designed for the more experienced card maker and for those who have completed Levels 1 through 3, or have instructor's approval. The class will continue to build and explore different card making and paper craft techniques, dies, inks, and much more. Class size is limited, so sign-up early to reserve your space in the class. All supplies and equipment will be provided. Last day to register October 29.

—Flower Arranging—**Cornucopia Arrangement****Monday, November 14 — 301016-10**

10:00 AM-12:00 PM (KS) \$30 plus \$15 supply fee. Instructors: Selia Yrlas and Jennifer Steele. Join us in making a beautiful floral arrangement that represents the abundance we have in the season of Thanksgiving. With this woodsy and fall inspired arrangement, we will use the prettiest blooms and seasonal accessories to spill out of the traditional cornucopia basket. Instructors Selia and Jennifer (mom and daughter) are floral design professionals and gardening enthusiasts with many years experience. We love sharing our techniques and tips with others who want to explore their creative side. This class is easy and fun and we hope to see you there. Shears and knife not provided.

**New!****Christmas Terrarium and Wine****December 15 — 301216-10**

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

Dance**—Clogging—**

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

Beginning Clogging**Tuesdays, November 1-29 — 332116-10**

10:00-11:00 AM (KS). \$28 (four sessions No Class November 22). Instructor: Janice Hanzel. New students welcome. Low impact, not as hard as you think. Bring your friends, bring your enthusiasm. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended.

**Easy-to-Intermediate Clogging****Tuesdays, November 1-29 — 332216-10**

11:00 AM-12:00 PM (KS). \$28 (four sessions, No class November 22). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate.

Vacation drop-in: CLOG1 — \$10 per session.**Intermediate Plus Clogging****Tuesdays, November 1-29 — 332316-10**

12:00-1:00 PM (KS). \$28 (four sessions, No class November 22). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events.

Vacation drop-in: CLOG2 — \$10 per session.**—Country Western Dancing—****Country Couples Western Dance****Beginner Level One & Two****Mondays, November 7-21 — 344216-10**

7:00-8:00 PM (KS). \$15 (three sessions). Instructors: Jim & Jeanie Keener. **Closed to new students., November will be a review of dance taught in 2016.** Western dancing is done to many types of music, country being the most popular. Many of the dances

Continued on page 72

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are done in circles with some being mixers. Instruction will be at a slower pace for beginners.

**Country Couples Western Dance
Beginner/Intermediate Level Three & Four
Mondays, November 7-21 — 344416-10**

8:00-9:00 PM (KS). \$15 (three sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dances this month will be a review of dance taught in 2016.



**Country Line Dancing
Fridays, November 4-18 — 346116-10**

3:00-4:00 PM, KS. \$15 (three sessions). Instructor: Jim & Jeanine Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular "old" line dances that are done at country dances around the area.

—Dancing with Dolly—

**Lyrical Ballet
Thursdays, November 3-17 — 353516-10**

5:00-6:30 PM, OC Fitness. \$38 (three sessions). Instructor: Dolly Schumacher. Do you love to simply move when you hear a beautiful song? We are born with this innate love of music which moves through our bodies and into our souls. This class is a blend of basic Ballet technique and the freedom of Lyrical/Modern Dance. Beginning with exercises at the barre to strengthen and tone, moving the center floor for stretches and combinations, and ending with a simple dance combination which is different every week! Your posture will improve, your legs will feel strong, your center will strengthen, you'll have grace in your movements, and your balance will improve. With beautiful music inspiring you to move, your instructor Master teacher Dolly Schumacher James, will gently guide you through her choreography. Through this style of dance you will appreciate how much you can do, and as each class ends you will have a sense of accomplishment... as your soul takes flight. It happens only when you *dance!*



**Dance for Life
Fridays, November 4-18 — 354716-10**

2:15-3:45 PM, OC Fitness. \$38 (three sessions). Instructor: Dolly Schumacher. "Dance For Life"—The perfect class for students interested in learning the many different styles of dance. Every

week is something new and innovative, to challenge the mind, strengthen the body, develop and improve rhythm, coordination and balance. Dance is the ultimate body conditioner and beyond that... it's *fun!* From Modern Jazz, Contemporary, Musical Theater, Comedic, Lyrical, Folk, Country Western & Character—these dance styles will be taught in a friendly, non-competitive way by Master Teacher Dolly Schumacher James. Beginning through intermediate students, will join with their neighbors and friends in this exciting new concept in dance education. Class size is limited, so be sure to register early!

—Hula—

**Hula
Thursdays, November 3-17 — 390216-10**

1:00-2:15 PM (KS). \$30 (three sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.



Vacation drop-in: HULA — \$13 per session.

—Jazz—

**Jazz Class for the Beginner
Thursdays, November 3-17 — 353016-10**

12:00-1:00 PM (KS). \$24 (three sessions). Instructor: Melanie Greenwood. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at 16 years old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video.

Vacation drop-in: JAZZ1 — \$13 per session.

**New! Jazz Performance
Tuesdays, November 1-29 — 353116-10**

1:00-2:00 PM (KS). \$40 (five sessions). Not open to new students. Class is in preparation for this year's Players Holiday show. Enrollment must be with instructor approval. Instructor: Melanie Greenwood.

Vacation drop-in: JAZZ2 — \$13 per session.

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—Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule and instructor that will best fit your needs. Listed below are the instructors and classes listed in order of difficulty.

Intro to Line Dance

The first step to learning line dancing! This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.



- **Mondays, November 7-28 — 360016-10**
4:00-5:00 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.
- **Thursdays, November 3-17 — 370016-10**
9:00-10:00 AM (KS). \$18 (three sessions).
Instructor: Yvonne Krause-Schenck.

Line Dance I—Beginner

Prerequisite: Not for newbies, students must be familiar with line dance terminology. Class reviews fundamentals of line dance, including basic steps such as Grapevine, Jazz Box, Shuffle Quarter and Half Turns at a slow tempo.

- **Mondays, November 7-28 — 370116-10**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck.
- **Thursdays, November 3-17 — 360116-10**
2:30-3:30 PM (KS). \$18 (three sessions).
Instructor: Audrey Fish.
- **Tuesdays, November 1-22 — 380116-10**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Sandy Gardetto

Line Dance II—Beginner / Intermediate

Prerequisite: Completion of Line Dance I/Beginning Line Dance. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include Full Turns, Three Quarter Turns, Sailor Steps, and Syncopated Vines, etc.

- **Mondays, November 7-28 — 360216-10**
5:00-6:00 PM (KS) \$24 (four sessions).
Instructor: Audrey Fish.
- **Wednesdays, November 2-23 — 380216-10**
9:00-10:00 AM (KS) \$24 (four sessions).
Instructor: Sandy Gardetto.

Line Dance III—Intermediate

Prerequisite: Students should have the desire and ability to move up to the Level III Class (Intermediate/Advanced dances), taught at an accelerated pace. Steps could include: Combination Turns, i.e., Half Pivot followed immediately by a Quarter Pivot; Full Turns; Cross and Unwind Three-Quarter Turn Step Combination;

Weaves with Syncopation; Tags and Restarts, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, November 2-23 — 380316-10**
10:00-11:00 AM (KS) \$24 (four sessions).
Instructor: Sandy Gardetto
- **Thursdays, November 3-17 — 360316-10**
3:30-4:30 PM (KS). \$18 (three sessions).
Instructor: Audrey Fish.

Improver Line Dance Class

Thursdays, November 3-17 — 370416-10

10:00-11:00 AM (KS). \$18 (three sessions). Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The “Improver” class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level.

Line Dance Instructors

• **Audrey Fish**

Audrey started teaching line dance at SCLH in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from California State University, Sacramento. Audrey’s Master’s thesis study, “The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55,” showed a significant improvement in balance after completing an eight-week line dancing intervention.



• **Sandy Gardetto**

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. Sandy teaches in workshops in California and Hawaii.



• **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90’s. She loves to teach and finds joy in seeing her students’ progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



—Tap—

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in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.

Performance Classes

- **Mondays, November 7-28 — 410716-10**
11:00 AM-12:00 PM (KS). \$24 (three sessions, No class November 21).
- **Mondays, November 7-28 — 410616-10**
12:00-1:00 PM (KS). \$24 (three sessions, No class November 21).
- **Thursdays, November 3-17 — 410316-10**
12:00-1:00 PM (KS) \$24 (three sessions).

Technique Classes

- **Mondays, November 7-28 — 410516-10**
10:00-11:00 AM (KS). \$24
(three sessions, No class November 21).
- **Tuesdays, November 1-15 — 410216-10**
10:00-11:00 AM (KS). \$24 (three sessions).
- **Thursdays, November 3-17 — 410816-10**
11:00 AM-12:00 PM. (KS) \$24 (three sessions).

—West Coast Swing—

Introduction to West Coast Swing

Wednesdays, November 9-16 — 318116-10

6:00-7:00 PM (KS). \$20 (two weeks). Instructor: Dottie Macken. Learn the basics of this great dance from WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class.

Intermediate I and II West Coast Swing

Wednesdays, November 9-16 — 318216-10

7:00-8:00 PM (KS). \$20 (two weeks). Instructor: Dottie Macken. **Prerequisite:** Must know the basics of West Coast Swing Dancing and have completed at least three sessions of the three-week classes of the Introduction to “West Coast Swing” or have instructor’s approval—not for beginners.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, November 7 — GLASS

4:30-6:30 PM (KS). \$17. Moderator: Jordan Gorell. **Prerequisite:** For experienced students only. A moderator is present only to supervise safe use of equipment. Fusing and stained glass enthusiasts share workshop

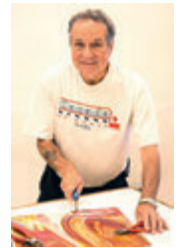


time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.

Stained Glass

Mondays, November 7-28 — 494116-10

1:00-4:00 PM (KS). \$58 (four sessions). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. **Requirements:** No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling and soldering along with safety and the proper use of equipment. Create a beautiful butterfly sun catcher, candle holders and other projects. Class is also open to more experienced students. Instructor will evaluate students’ skill level on the first day of class for proper project to be done by student. Lead glass technique now available. *About the Instructor:* Jim Fernandez has 26 years of stained glass experience.



Fused Glass Jewelry/Christmas Ornaments

Monday, November 21 — 495116-10

9:00 AM-12:00 PM (KS). \$25. Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez & Danielle Echeverria. Learn how to make fused glass jewelry with the focus on Dichroic glass. Beginners & experienced artists are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing. We will go over designs, finishing schedules and cold working techniques. The \$10.00 supply fee provides enough compatible glass and dichroic glass to create about four to five pieces of jewelry. For *November session*, we will also offer fused glass Christmas Ornaments. Instead of making jewelry, you have the option of creating three fused glass ornaments to hang on your tree or give as gifts! You can choose from snowmen, stars, snow flakes, angels and Christmas trees or something totally abstract.

Jewelry

—Beading—

Bracelet Bonanza Month

Oh no! The holidays are starting to creep up! And if you’re in a quandary about some gift ideas, here’s an easy way to make some gifts yourself. Cathie Szabo will teach a series of easy and fun bracelet classes—all ideal for gifts for others or even yourself! Priced affordably, choose one, two or all three and get a jumpstart on your 2016 gift list! Students must bring beading mat or small non-terry towel, small scissors, and lamp/magnifier, if needed.

Pearl “Freeway” Bracelet**Tuesday, October 18 — 513416-08**

9:00 AM-12:00 PM (KS). \$10. Instructor: Cathie Szabo. Squint a little at the sample of this bracelet and you’ll see a wide “freeway” of beads—hence the name. A bit dressy with pearls and crystals—perhaps a gift for someone special or a gift for yourself to go with a holiday outfit. Did someone say New Year’s Eve? Easy to learn and a great way to wind up our series of bracelet ideas. Check the sample in OC and be sure to get the materials list when you register.

**Dutch Spiral Necklace****Tuesday, October 25 & November 15 — 513416-09**

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$20 (two sessions). Back by popular demand! Love the look of a twisted necklace, but tired of having to twist your necklaces to achieve that look? Here’s the solution – a necklace with the twist built in. A cascade of beads slowly twists along its length, showing off its pretty colored beads. Choose beads in the same color family or go for bold contrast—either way, the necklace will be spectacular. The necklace is relatively easy to make, requiring a bit of time once the basic pattern is learned. This is a good project for those who have some familiarity with working with smaller beads. Note: The classes are three weeks apart to give students sufficient time to complete their “spirals.” Check the sample in OC for the look you can achieve. Be sure to get the materials list for the class when you register—look for the class number and photo of the necklace.

**Money Matters**

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

Our Love/Hate Relationship with Money**Tuesday, October 25 — 871000-10**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Some people love money and what it can do for them, others fear it and in some cases, outright hate it. Money can be the reason for enjoyment and family success for individuals as well as a source of funding for organizations. It serves the purpose of retirement planning, monthly budgeting, and periodic gifting. However, for others it is the root of all evil, resulting in debt beyond repair, family distress, and overall stress. Why do some embrace its power and others sweat when they think about it? Come to this class to learn how we should all view money, how to use it properly, and how it can help improve everyone’s lives.

Love & Investing**Tuesday, December 6 — 871000-12**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Some couples handle financial matters on their

own, even having separate meetings with the same or their own advisors. On the other hand, other couples do it together, making it an important part of their marriage. However, what happens when one is more aggressive or conservative than the other, how is a plan established. What if it’s a second marriage and the children have concerns how their deceased parent’s funds are invested with their living parent’s new partner. How does illness or marriage come into play. Or maybe the couple just has problems talking about money. Come learn how to deal with these sensitive, yet important topics.

Music**—Guitar—**

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

Guitar 1A—Beginner Level**Wednesdays, November 2-30 — 535116-10**

8:00-10:00 AM (KS). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. Class is designed for the person who has not played before or hasn’t played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory. **Recommendations:** Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Questions? Call Bill, 899-8383.

**Guitar 1B—Continuing Beginner Level****Mondays, November 7-28 — 535716-10**

8:00-10:00 AM (OC). \$44 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1A or Instructor’s approval. Class will cover more advanced note reading, open and moveable chords, strumming, for many types of music, basic finger picking in simple and compound meters, singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught. Questions? Call Bill, 899-8383.

Guitar 2B—Entry to Intermediate Level**Wednesdays, November 2-30 — 535216-10**

10:15 AM-12:15 PM (KS). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1B or instructor approval: This class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios and quartets. New positional study will be started in second, fifth, and seventh positions. We will also

Continued on page 81

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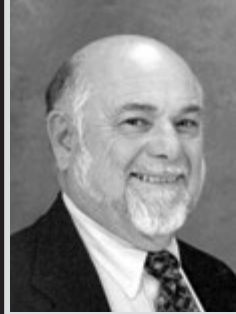
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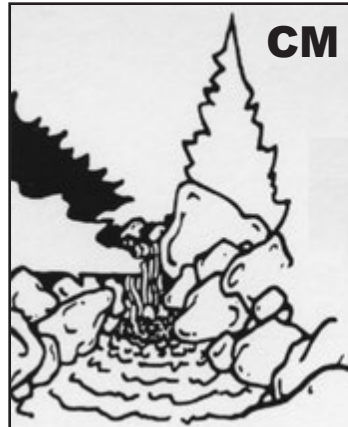
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study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill, 899-8383.

Guitar 3—Intermediate

Thursdays, November 3-17 — 535316-10

8:00-10:00 AM (OC). \$33 (three sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

Guitar 4 — Advanced

Thursdays, November 3-17 — 535416-10

10:00 AM-12:00 PM (OC). \$33 (three sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

Folk Guitar for Fun Folks 101

Beginner Class

Tuesdays, November 1-29 — 536216-10

1:00-2:00 PM (KS). \$36 (four sessions, No class November 8). Instructor: Darrell Effinger. No prior music knowledge necessary for these classes; a good singing voice is *not* a prerequisite! Emphasis on playing chords on the guitar to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught, including songs by artists such as the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver, others. Various strumming styles will be shown, and at the intermediate level, finger picking will be taught. Basic music theory (notes) will be shown but not emphasized. Information on how to choose and purchase a guitar for personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at first meeting. Learn, sing, enjoy, have fun and join the Hootenanny! *About the Instructor:* Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy Minstrels, appeared on the PBS Folk Music Special "This Land Is Your Land," has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of Peter, Paul and Mary, and has appeared solo, or with various groups. Questions: Call Darrell at 989-8532.



Folk Guitar for Fun Folks 102

Intermediate Class

Tuesdays, November 1-29 — 536316-10

2:00-3:00 PM (KS). \$36 (four sessions, No Class November 8). Instructor: Darrell Effinger. **Prerequisite:** Knowledge of playing guitar using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various finger picking styles used by folk artists. Class can be taken in conjunction with the 1:00 PM Beginning class, as long as student feels comfortable they have met this prerequisite and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 989-8532.

—Presentation—

Holiday Movie Series

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

1:00-4:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. Let's get into the holiday spirit with four of our most beloved classic Christmas stories. Together, we will journey to discover: (November 14) The modern American family as they try to cope with a traditional family holiday celebration in the hilarious Chevy Chase 1989 movie "Christmas Vacation" - *A Christmas Carol* (December 7) — we look at Dickens' own book and watch scenes from five different movies to tell this great story. *A Christmas Story* (December 15) — based on students' request, look at the back story of Ralphie and his desire for the Red Ryder BB rifle. Discover the warmth, the heart, and a time before television in Jean Shepherd's favorite Christmas tale. And last, *It's a Wonderful Life* (December 21) — learn the story behind the making of Frank Capra's Classic starring Jimmy Stewart and Donna Reed ... "what could have been" had our hero not been born. Find out how this wonderful movie came to be.



—Voice—

Singer Vocal Boot Camp Continuation

Fridays, November 4-25 — 537216-10

10:30 AM-12:30 PM (KS). \$44 (four sessions). Instructor: Bill Sveglini. We will continue to sing special SAT and SATB arrangements that have been written by the teacher. We will also be working on vocal exercises to increase range and tone quality as well as the warm up exercises and sight singing exercises specifically written for this class by the instructor.



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The Sudoku Series—Level 3

Tuesday, October 25 — 870000-10

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



The Sudoku Series—Level 4

Tuesday, December 6 — 870000-12

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

Brain Gain Part 1

Mondays, November 7-December 5 — 877300-10

1:00-3:00 PM, Fine Arts Room (OC); No class November 14; \$40. Instructor: Dr. Alice Jacobs. Based on the latest research on the importance of keeping the brain active as we age. The course provides memory enhancement techniques and interactive activities that exercise both hemispheres of the brain. Meet new friends, learn about a brain wellness lifestyle and enhance your memory while doing engaging and fun exercises. Repeaters welcome.

Living Through Transitions Social Hour

Tuesday, October 25 — Free



11:00 AM-1:00 PM, Oaks & Gables Breakout Room. Your future in Sun City Lincoln Hills is about being prepared for the changes in your life, health, and environment that occur as you grow older. Get your keys to unlock the six secrets to meeting the predictable challenges ahead. The Six Keys

support your planning: personal finances, legal protection, dealing with loss, navigating the healthcare system, housing options and driving and end of life choices. Join prior session Alumni for a better look into these key issues.

Two-day class! AARP Driver Safety Training

Tuesday & Wednesday, November 15 & 16 — 481016-09

9:00 AM-1:30 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Fee includes a \$10 Association administrative fee. Instructor: Tom McMahon. AARP Driver Safety Training is geared to the “over 50” driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. There are no tests to pass. You must present your AARP membership card at registration and bring it to class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited.

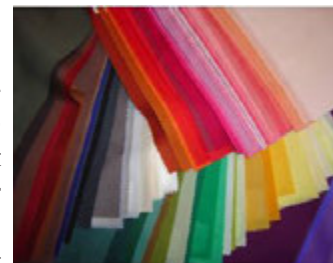


New!

The Magic of Color Analysis

Tuesday, December 6 — 123116-10

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



Sewing

—Certification—

Bernina Serger Certification

Monday, November 14 — 591116-10

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

Bernina Sewing Machine Certification

Monday, November 14 — 592116-10

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

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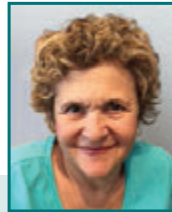
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Janome Sewing Machine Certification**Monday, November 14 — 593116-10**

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

Technology**—PC—****Getting Most Out of Gmail****Friday, October 21 — 285316-09**

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Prerequisites: Basic computer skills Gmail, also known as Google Mail, is the best free email service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device — desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. Prerequisites: Should have an individual Google or Gmail account set up before coming to class.

**Google Chrome****Friday, October 28 — 288216-09**

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Google Chrome is a free Internet browser that allows you to access the Internet and view web pages. It is an alternative to the malware exploited Internet Explorer. Chrome is fast, streamlined, clean, and simple. It keeps you safe and secure on the web with built-in auto-updates and malware and phishing protection. It is easy to tweak Chrome settings and add apps, extensions, and themes from the Chrome Web Store. Chrome is the most widely used browser in the world and is available for desktop, laptop, tablet, and phone computers. You can download Chrome Windows, OSX, and Linux versions.

**Windows 10 Basics****Wednesday & Thursday, October 19 & 20 — 295116-09****Or Wednesday & Thursday, November 16 & 17 — 295116-10**

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

**—Smart Phones and Tablets/Mac—****Introduction to Android Smart Phones****Thursday, November 17 — 256216-10**

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

**iPad Basic (iOS10)****Saturday, October 22 — 264216-08**

9:00 AM-12:00 PM (KS). \$30. Instructor: Ken Silverman. **Supply fee:** \$5 payable to instructor. Get more out of — and into — your iPad 4th Generation or higher or iPad Mini 2 or higher (these have a lightning connector). Learn all about the latest operating system the **New iOS 10**, Air Play and Internet access. In addition, you will learn how to get your photos off your device and saved; how to make folders; backup your iPad; learn system settings and syncing; discover additional tools and reference areas and finally, learn how to get all that “stuff” into the device. Both PC and Mac users can benefit. Be sure to **bring your iPad to class** and please be sure to have **updated the iPad to the New OS 10**. We have free WiFi which allows us use of the Internet as we review applications and these will be shown on the large screen in the P-Hall (KS)

**—Social Media—****Facebook 101****Saturdays, October 15 & 22 — 272116-09****Saturdays, November 12 & 19 — 272116-10**

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. Prerequisite: Must have personal working email. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early.



WellFit

Classes fill up quickly, please register at least seven days prior to class start date.

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

WellFit Orientations

Free Orientation: WellFit Staff

Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Centers work, and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks or online.

- **Thursday, October 20 — 700100-O3**
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, November 8 — 700100-OA**
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, November 22 — 700100-OB**
4:00-5:00 PM, Fitness Floor (OC)
- **Tuesday, October 18 — 700100-K1**
2:00-3:00 PM, Fitness Floor (KS)
- **Wednesday, November 2 — 700100-K4**
11:00-12:00 PM, Fitness Floor (KS)
- **Tuesday, November 15 — 700100-K3**
2:00-3:00 PM, Fitness Floor (KS)

Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 72. From beginner, intermediate, to advanced skill level; dance classes provide great exercise for both mind and body. You may register for these classes at the Activities Desks and online.

Disease Prevention & Management Session-Based Classes

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

Arthritis Class L1/L2

- Tuesdays, November 1-29 — 801100-NA**
- Wednesdays, November 2-30 — 801100-NB**
- Thursdays, November 3-17 — 801100-NC**
- Fridays, November 4-18 — 801100-ND**

Wednesday & Friday 12:00-1:00 PM, Aerobics Room (OC). Tuesday & Thursday 11:00 AM-12:00 PM, Aerobics Room (OC). Tuesday, Wednesday \$43.75 (5 sessions) Thursday and Friday \$26.25 (3 sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other diseases that cause muscle and joint pain. The goal of the class is to increase range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls and bands. The class includes some standing but sitting in the chair is always an option. As we age it becomes important physically and emotionally to train the body to react to unexpected daily



events. According to instructor Linda Hunter, "By training with movements that work mentally to accomplish a physical move we are less likely to have an injury and are more able to handle daily tasks. This class is fun; we laugh, move to music and find companionship." Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.

Spotlight On... Healthy Living with Exercise Monday, October 31 — Free

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



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

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

Healthy Living with Exercise—Returning in January Mondays and Wednesdays,

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

Exercise and Weight Management Program Tuesdays & Thursdays, November 1-29 — 865000-11

1:00-2:00 PM, Aerobics Room/Fitness Floor (KS). \$80 (eight sessions, no class on Thursday November 24). Instructor Marilyn Clarey. This session-based class will help you increase your activ-

Continued on page 89



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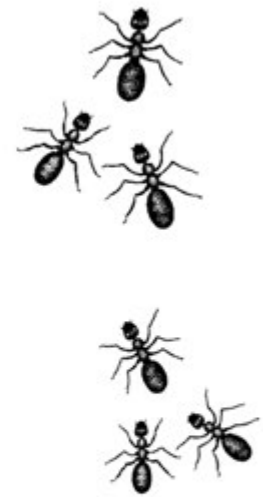
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Events

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

Holiday Shopping Open House

Thursday, November 10, 2:30-5:30 PM at OC's Lifestyle Retail

Stop in and shop SCLH logo exclusives, Stocking Stuffers, Clothing and our 2016 Limited Edition Ornament!

~Enjoy A 15% Discount During Open House~

After you shop with us, continue to The Spa at Kilaga Springs Spa Boutique to use your discount on exciting retail shopping. (November 10 only)

"We Are Thankful For You!"

Wellfit Appreciation Week

November 21-25

Kicks off on Monday with our *free* Mind & Body Master Class in the Ballroom (OC), special *free* classes all week plus the chance to win a Grand Prize Holiday Gift Basket! (See page 11 for additional information)

Lessons

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

Nordic Pole Walking

Tuesday & Wednesday, November 8 & 9 — 750000-11

9:00-10:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a "Full Body Aerobic Exercise" by simply adding poles to your walking routine. Come and learn the latest exercise trend of Nordic Pole Walking in two 90-minute sessions. Incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; result in 25% less impact on hips-knees-and feet; and develop upright body posture with less risk of falling. Walking poles are available for each class at no charge with option to purchase at final session.



Martial Arts & Mindful Movement

Experiences with mindful movement of the body that help create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors.

Self-Defense and Martial Arts

Tuesdays, November 1-29 — 815000-11

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



Tai Chi Qigong L1

Tuesdays, November 1-29 — 730100-11

Saturdays, November 5-19 — 730100-NA

Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$26.25 (three sessions). Tuesdays 1:30-2:30 PM, Aerobics Room (KS). \$35 (four sessions, no class November 22). Instructor: Peli Fong. Tai Chi and Qigong are century old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offers harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body's life force known as "Chi," this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system that improves health and longevity.

Tai Chi Qigong L2

Tuesdays, November 1-29 — 730300-NA

Saturdays, November 5-19 — 730300-11

Saturday, 10:00-11:00 AM, Aerobics Room (OC). \$26.25 (three sessions). Tuesdays, 2:45-3:45 PM, Aerobics Room (KS). \$35 (four sessions, no class November 22). Instructor: Peli Fong. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding to their lifelong practice of complimentary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the

Continued on page 91

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traditional 48 short forms. Practicing the 48 short forms will enhance and complement all of the Tai Chi classical movements. In addition, practitioners will learn Qigong sets of movements such as the White Crane Qigong, eight Treasures, 18 movements, and I-Xuan Qigong. These Qigong sets paired with stillness and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century old art forms of health, mindfulness, and wellbeing.

Nutrition

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

New! Dietary Fat: Friend or Foe?

Tuesday, October 25 — 860001-10

2:45-4:00 PM, Fine Arts Room (OC). \$25. Instructor: Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. There is so much confusion and controversy on fat. In this class we will help set the record straight, and give you powerful information to help you feel better, empowered, lose weight, and reverse chronic disease. We are going to reveal the unbiased truth about dietary fat. The following topics will be discussed: Myths and Truths about cholesterol, healthy vs. unhealthy fats, why low fat diets don't work, why eating less sugar and more fat leads to weight loss, and your brain on fat. Come join us for this informational exciting class.

Re-Start—Your Health in Just Five Weeks

Tuesday, November 15-December 13 — 862000-11

1:00-2:30 PM, Multipurpose Room (OC). \$129 (five sessions). Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in, the program focuses on how to use *real food* to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.

Strength in Numbers—Maximize Your Workout!

Thursday, October 20 — 867250-10

2:30-3:30 PM, Aerobics Room (KS). \$20 (single session). Instructor: Milly Nunez. We all want to make the most of our time in the gym! Come learn key indicators for Fitness and Nutrition in this informative workshop. Have you heard of the term “basal metabolic rate”? Do you know what it is and why it's extremely important to know your numbers? Do you know what to do to make your BMR numbers work for you regardless of whether your goals are to lose weight (body fat) or gain weight (lean muscle) and do it in a safe and effective way? We will also be covering the following indicators and how they can help you achieve the most efficient workout: activity level quotient, max heart rate, heart rate zones, resting heart rate and calories in/calories out. Learn to maximize your success in the shortest amount of time!



Pilates Reformers and Towers

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

Move better, feel better, and live better. Your body can be more free, energetic, and powerful with less pain and fewer injuries using Pilates to transform the way you move. We teach Pilates to improve your strength and balance so you can do things you love! We specialize in high quality individual and small group training classes that allow our instructors to tailor the workout to focus on your needs and goals. We work hard to ensure that everyone leaves the studio feeling better than when they came in. Our sessions and classes are taught by certified, professional teachers who all practice Pilates regularly. They will demonstrate as needed, but spend the majority of the session and class time offering verbal and tactile cues to help you work out smarter and more safely.

Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) on a drop-in as available basis. Our Reformer packages are as follows:

- **Four-class membership package—\$80 per month**
- **Eight-class membership package—\$135 per month**
- **New! Unlimited class package—\$200 per month**
- **Add-on classes for member—\$17 per class**
- **Drop in classes for non-member—\$25 per class**
- **Introductory session—\$30 required for both member and non-member**

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within 45 days of issue. To enroll in Reformer Membership, contact Carol Zortman at 625-4032 or carol.zortman@schca.com. These packages are not available online. A temporary month-long suspension of membership is available.

Pilates Reformer Class Descriptions Introductory Reformer Session L1

Continuous Dates — 835110-12

WellFit Studio (OC). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction online or at the Fitness Centers. The trainer will call you to set up appointment.

SGT—Reformer Basics L1

This class allows you to precisely develop good alignment, core

Continued on page 93

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As a Seniors Real Estate Specialist® (SRES®) Scott is specially qualified to address the real estate needs of those age 55+. He recognizes that a home often is the largest and most precious asset that baby boomers and people 55+ have. Thus bringing a unique approach to each transaction and interaction with clients. Scott not only offers a deep knowledge of real estate and the local and economic issues shaping market trends, but he is also educated on issues of particular concern to aged 55+ clients. In the community, Scott serves on the South Placer Rotary Board of Directors as President-Elect for 2015. Also actively engaged with his Masonic Lodge and Ben Ali Shrine/Shriner's Hospital for Children.



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strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The reformer's springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

SGT—Reformer Basics + L1-L2

This class is a mixed level opportunity. It will work on Reformer basics but add difficulty in level appropriate to the individual. This is a great class to work on form and alignment as well as strength. Appropriate for all levels.



SGT—Cardio Jump and Core Reformer L2

Step up the intensity of your work out with 30 minutes of jump and 30 minutes of reformer. The Cardio Jump class creatively integrates core Reformer and cardio exercises. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises for 30 minutes.

SGT — Mixed Equipment Class L1-L2

An apparatus class using a variety of equipment to maximize the fun, energy, and results! This class mixes different types of equipment for 30 minutes and then moves on to another piece of equipment. Class types include Reformer, Tower, Jump Board, Mat or TRX. Appropriate for all Levels.

Private Reformer Training

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$50.
- **Duet Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.
- **Semi Private Training:**
Up to three people (minimum of two) and one trainer. Option to use specialized equipment for the entire hour. One hour session: \$25/person.

Private training is convenient and efficient. All Private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Pilates is an excellent pre/post rehab, back injury or nerve impingement therapy since it focuses on "Core Strength." Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function to the body. For more information regarding Private Reformer Training, please contact Carol Zortman at 625-4032.

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **Clinical Training:**
One client and one trainer. One hour session cost is \$60, half hour session \$40.

- **Buddy Training:**

Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.

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

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people.

Classes fill quickly, please register at least seven days prior to class start date. Participants must register prior to class start date. Register online or at either Fitness Center.

New! Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Your first pass must be purchased at either Fitness Center front desk. Sign-ups for SGT Drop in passes vary by SGT class start date. Please note not all classes are eligible for drop-ins. Resident must sign up for classes at Kilaga Springs front desk. Please see descriptions for each class.

SGT- Winter Sports Conditioning

Mondays & Wednesdays,

November 28-December 21-835131-11 — 835210-11

3:30-4:30PM, Aerobics Room (KS). \$135 (eight sessions) Instructor: Julia Roper. Looking to jump start the winter season? Join this fun class and learn to use different pieces of equipment to increase your endurance, strength, and agility. *This class is available for the SGT Drop-in Pass.*

SGT—TRX Express L2

Tuesdays & Thursdays,

October 25-November 17 — 835211-11

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. This is the 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body. *This class is available for the SGT Drop-in Pass.*



SGT—TRX Interval Training L3

Mondays & Wednesdays,

October 31-November 23 — 835800-11

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! *This class is available for the SGT Drop-in Pass.*



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SGT—Fit 101 L1**Mondays & Wednesdays, November 2-30 — 835500-11****Tuesdays & Thursdays, November 1-29 — 835500-BN**

Tuesdays & Thursdays 12:00-1:00 PM, Fitness floor (OC) (eight sessions; no class on 11/24). Instructor: Marilyn Clarey. Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (KS). \$135 (eight sessions; no class on 11/23). Instructor: Danielle Lawlor. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to learn the proper form for many of the weight machines on the floor, work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.

**SGT—“Fun”ctional Fitness L3****Tuesdays & Thursdays,****October 25-November 17 — 835600-11**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this SGT you will safely perform exercises that effectively build strength and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. *This class is available for the SGT Drop-in Pass.*

**SGT—Bootcamp L3****Mondays & Wednesdays,****October 19-November 14 — 835400-11****November 16-December 12 — 835400-12**

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

**SGT— Morning Burst Group Training L2****Mondays & Wednesdays,****October 19-November 14 — 835310-11****November 16-December 12 — 835310-12**

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your own level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more! *This class is available for the SGT Drop-in Pass.*

SGT—TRX L1**Thursdays, November 3-17 — 835214-11**

1:30-2:30 PM, Aerobics Room (KS). \$55 (three sessions). Instructor: Milly Nuñez. Are you curious about the TRX? This class will teach you the basics about the TRX in a non-intimidating atmosphere. Join this class and learn the basics about the TRX and “bootcamps” so that you can feel comfortable taking any small group training class.

**SGT—TGIF TRX & More L2****Fridays, November 4-18 — 835200-11**

7:15-8:15 AM, Aerobics Room (KS). \$55 (three sessions; no class 11/25). Instructor: Danielle Lawlor/Jeannette Mortensen. Let's kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. *This class is available for the SGT Drop-in Pass.*

SGT—Healthy Back L1**Mondays and Wednesdays, November 2-30 — 835700-11**

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class 11/23). Instructor: Marilyn Clarey. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.

SGT—Balance & Fall Prevention L1/L2**Mondays & Wednesdays, November 2-30 — 835710-11**

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions; no class 11/23). Instructor: Danielle Lawlor. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.



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Punch Pass Class Descriptions

Please see the colored grids on pages 101-103 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

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

- **20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.
- **Aqua Pilates L1:** The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.
- **Aqua Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your heart as well as exercises to strengthen your muscles.
- **Arthritis Foundation (AF) Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own

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

- **Athletic Stretch L1/2:** Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from these types of activities. Unwind before your day begins!
- **Basic Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.
- **Cardio Strength L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.
- **Chair with Flair L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!
- **Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.
- **Core-N-More L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.
- **Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!
- **Everybody Can Aerobics L2:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no “fancy dance” moves. Light hand weights, and other strength training “toys” will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!
- **Healthy Living with Exercise L2:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson’s, ALS) who have completed the Healthy Living with Exercise session. This program is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.
- **Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!
- **iRest—Meditation for Yoga:** This class is a guided meditation. It’s a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.
- **Low Impact Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!
- **Mat Pilates L2:** Mat Pilates is the art of controlled movements, which should look and feel like a workout (not a therapy) when properly

Continued on page 99

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manifested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

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

• **Mixed Levels Yoga:** Whether you are unwinding from your day or preparing your body for a night's sleep this class has something for you. Class will begin with a slow warm-up, some gentle flow and one balance pose. We will then conclude the restore/yin for the last 20 minutes. Take 60 minutes for yourself and join class, you deserve it!

• **Pilates Fusion L1/2:** Enjoy a Pilates based core strength work out with a mix of other disciplines. This class is designed to strengthen and tone the total body, ending with stretching and relaxation. A variety of equipment may be used.

• **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

• **Piloga Flow L2:** Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body.

• **Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

• **Slow Flow Yoga L1/2:** Join mind and body as we move through a yoga sequence designed to deepen your understanding of anatomy & alignment within your yoga practice! Longer holds in standing poses build stronger muscles, and longer holds in seated/supine poses access the ligaments and fascia in a truly restorative way. This is a class to not just “go through the motions,” but to strengthen your yoga foundation—at an easygoing pace that is accessible for all.

• **Splash Dance L2:** This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

• **Step It Up L3:** Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Choreography includes faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

• **Strength and Flexibility L2:** Add a new dimension to your strength routine. Develop strength in your core and more while stretching in every class to increase your flexibility. Stretching increases blood flow to the muscle and better flexibility lowers your risk of injury. Enjoy a well rounded workout that will benefit your daily activities!

• **Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will

be on proper form and technique to strengthen and tone the major muscle groups of the body.

• **Wai Dan Gong L1:** Wai Dun Kun is an ancient Chinese exercise. It promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dan Gong 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.

• **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!

• **Water Works L2/3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. Designed for an intermediate/advanced aqua fitness class member.

• **Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.

• **Yoga L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.

• **Yoga Basics L1:** Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.

• **Yoga for Osteoporosis L1:** This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.

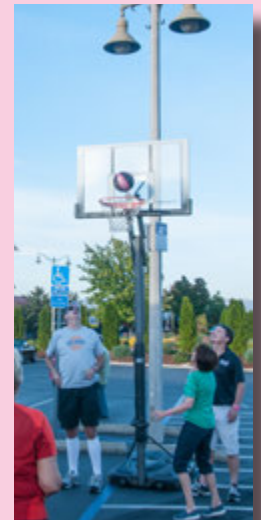
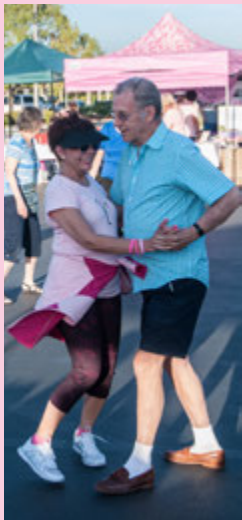
• **Yoga Flow L2:** Yoga Flow is a challenging, dynamic, movement-based yoga which links movement with breath. Residents will flow through the asanas connecting each sequence with a vinyasa. This is beautiful, dynamic style of flow Yoga that maintains a playful and dance-like quality. There is no set sequence; the teacher brings her own style.

• **Yoga Stretch L1 & L2:** This class incorporates Mind/Body awareness to achieve your optimal stretch. We use a series of yoga poses designed to gently stretch the body while focusing the mind & breath to allow the body to completely relax before flowing into next pose. Yoga stretch is ideal for all levels to improve flexibility & range of motion to maintain a healthy FUNCTIONal lifestyle.

• **Zumba L3:** This class fuses Latin rhythms and easy-to-follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!

• **Zumba Gold L1/2:** This easy-to-follow program lets you move to the beat at your own speed. An invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

Captured Moments from the October 7 SCLH Association Social and WellFit Breast Cancer Fundraiser



Photos by: Jeff Andersen, Jim Cormier, Klara Kleman and Charlie Schuman

OC Aqua WellFit Class Schedule November 1-30, 2016

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

WellFit Pilates Reformer Class Schedule November 1-30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Mixed Equipment L1- L2 - Kirsti				Mixed Equipment L1- L2 - Kirsti		
8:30	Ref Basics + L1-L2 - Sarah	Mixed Equipment L1-L2 Marilyn	Ref Basics L1 - Marilyn	Mixed Equipment L1- L2 - Marilyn	Ref Basics + L1-L2 - Sarah		
9:30	Mixed Equipment L1- L2 - Sarah	Ref Basics + L1/L2 - Marilyn	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Mixed Equipment L1-L2 - Sarah	Mixed Equipment L1-L2 - Julie	
10:30	Ref Basics L1 - Valerie	Mixed Equipment L1-L2 Carol	Mixed Equipment L1-L2- Julie	Mixed Equipment L1- L2 Julie	Ref Basics + L1-L2 - Sarah	Cardio Jump & Core L2 - Julie	
11:30	Mixed Equipment L1-L2- Valerie	Ref Basics + L1-L2 - Julie		Cardio Jump & Core L2 Gretchen	Mixed Equipment L1-L2- Valerie		
12:00			Cardio Jump & Core L2 - Gretchen				
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625- 4034			
5:30	Mixed Equipment L1-L2 - Marilyn	Ref Basic+ L1-L2 - Lori		Mixed Equipment L1- L2 - Lori			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC WellFit Class Schedule November 1-30, 2016							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:15					Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2- Kim	20/20/20 L3- Gretchen	Yoga Basics L1- Sarah	Cardio Strength L3- Kim
10:00	Slow Flow Yoga L2/3- Sarah	Yoga Flow L2 - Ashley	Everybody Can L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi Qigong L2- Peli	Zumba L3 - Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2- Lola	Tai Chi Qigong L1- Peli	
12:00	Yoga Stretch L1- Julie	12:15-1:15pm iRest Meditation and Yoga L1 - Iram	Arthritis L1/2 -Linda	Yoga Stretch L1- Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 -Julie	1:30-2:30pm Chair Yoga L1 - Ashley	Chair with Flair L1- Julie		Basic Chair L1- Julie		
2:00	SGT- Balance & Fall Prevention L1- Danielle		SGT- Balance & Fall Prevention L1- Danielle				Yoga Flow L2- Ashley
3:00	Healthy Living With Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Healthy Living with Exercise L1- Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities	SCLH Booking	
4:00	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities		Activities			
5:00	Zumba L3 - Summer						
6:00		6:00-7:30pm Self Defense - Paul	Mixed Levels Yoga L1-3- Jennifer				
Group Exercise Classes (punch pass) \$9.50			Wellness Classes (session based)		Small Group Training (session based)		
All classes are subject to change without notice.							
All classes are 55 minutes, unless otherwise noted.							

KS WellFit Class Schedule November 1-30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:30	7:15-8:15am SGT - Morning Bootcamp L2 Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - TGIF TRX L2 - Danielle/JJ	8:00am Hi NRG Cycle L3 - Palge	
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	Low Impact/Sculpt Interval L2 - Annamarie	Zumba Gold L2 - Joanie		
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Linda	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Jeri	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2 - Linda	Yoga Stretch L2 - Jeri	
11:30							
12:00	SGT - Healthy Back L1 - Marilyn	12:00pm SGT - Functional Fit L2 - Deanne	SGT - Healthy Back L1 - Marilyn	12:00pm SGT - Functional Fit L2 - Deanne	WaiDan Gong L1 - Joan		
1:00		1:00-1:30pm Exercise & Weight Mgmt L1 - Marilyn		1:00-1:30pm Exercise & Weight Mgmt L1 - Marilyn			
1:30	Yoga Basics L1 - Ursula	Tai Chi Qigong L1 - Peil		SGT - TRX L1 - Milly			
2:30							
3:30	SGT - TRX Interval L3 - Julia	(2:45-3:45) Tai Chi Qigong L2 - Peil	SGT - TRX Interval L3 - Julia				
4:00	SGT - TRX Express L1 - Julia		SGT - TRX Exp. L1 - Julia		SCLH Booking		
4:30		Yoga for Osteo L1 - Julie		Yoga for Osteo L1 - Julie			
5:30	SGT - Bootcamp L3 - Mike		SGT - Bootcamp L3 - Mike				
6:00		SGT - TRX Exp. L2 - Julia		SGT - TRX Exp. L2 - Julia			
		Water Volleyball PreMeeting					
		Group Exercise Classes (punch pass) \$3.50					
		Wellness Classes (session based)					
		Small Group Training (session based)					
	All classes are subject to change without notice.						
	All classes are 55 minutes unless otherwise noted.						



Smart Voters—Non-partisan Facts by League of Women Voters
Monday, October 17 — Free

10:00 AM, Ballroom (OC). To help you make



informed decisions on Election Day, members of the League of Women Voters (LMV) of Placer County will present a non partisan, balanced analysis of CA ballot measures. There are 17 propositions that you will be asked to vote on which can have a significant impact on residents. It is important for all of us to learn the unbiased arguments in favor and against these measures. You will also receive the 2016 Voters Guide with impartial facts on CA propositions, declarations of State candidates and other key information. Formed from the movement that secured the right to vote for women, The League of Women Voters is a non partisan organization whose centerpiece is to inform citizens of vital issues. Engaging in both broad educational efforts as well as advocacy, they operate at the three levels of government with chapters in all the States, Virgin Islands and Hong Kong.

The Eyes Have It!
Wednesday, October 26 — Free

7:00 PM, Ballroom (OC). Board Certified Ophthalmologist David Kira, M.D. will address eye disease and age related conditions. Professional interests of Dr. Kira are Age-related Macular Degeneration, Anterior Segment surgery, Asian angle closure glaucoma, Blepharitis, Cataracts, Diabetic retinopathy, Dry eye, Facial nerve disorders, Glaucoma and Glaucoma treatment, Graves disease and many more age- related eye conditions. Physician and surgeon Dr. Kira has three office locations: UC Davis, Sacramento and Roseville, California. He is a graduate of Pittsburg School of Medicine with 16 years of



experience, having his Internship at Scripps Mercy Hospital San Diego. Eye surgeon and practicing Ophthalmologist Dr. Kira will address Senior Ophthalmology issues.

Neighbors in Deed - Handy Helpers 2016 Maintenance Update
Tuesday, November 1 — Free

2:00 PM, Ballroom (OC). Neighbors InDeed Handy Helper Coordinator Herman Tijsseling and other Handy Helpers will bring you another information-packed forum. Come and get some excellent tips on what you can do to maintain your home, including advice about smoke alarms, CO detectors, heating and air conditioning systems, irrigation systems and timers, garage door maintenance, plumbing and electrical issues, and more! You'll also learn about how to reduce your energy consumption with light bulb replacements and thermostat programming. A question and answer session will follow the presentation.



Drink To Your Health!
Wednesday, November 9 — Free

7:00 PM, Ballroom (OC). It's not a sexy topic but something as basic as dehydration could be the reason many are not feeling well. Dehydration can be one of the greatest stressors we experience and stress in any form can be the root cause of many painful degenerative diseases, asthma, allergies, hypertension, excess body weight, depression and inflammation. Energy and brain power can also be improved simply by drinking the correct beverages and avoiding those that negatively impact health. Come learn from Audrey Gould, R.D. the basics of hydration, including signs, the amount of water your body needs, practical tips for improving hydration and recognizing how your body cries for water with acute and chronic symptoms.



Community Forums, Date, Time, Location

- **Smart Voters: Non-partisan Facts by League of Women Voters**
 Monday, October 17, 10:00 AM, Ballroom (OC)
- **The Eyes Have It!**
 Wednesday, October 26, 7:00 PM, Ballroom (OC)
- **Neighbors in Deed: Handy Helpers 2016 Maintenance Update**
 Tuesday, November 1, 2:00 PM, Ballroom (OC)
- **Water: Drink to Your Health**
 Wednesday, November 9, 7:00 PM, Ballroom (OC)

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

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Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

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•The Spa at Kilaga Springs•

408-4290

Spa Manager

Stacey Diemer 408-4071 stacey.diemer@slhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-5:30 PM

Saturday (first only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

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Broken Water Line on Association

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Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Tony Marino 543-9200, ext. 4

Lincoln Police & Fire 645-4040

Neighborhood Watch

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Pauline Watson 543-8436

Neighbors InDeed 223-2763

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