



# COMPASS

The Official Magazine of Sun City Lincoln Hills

October 2017



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## Board of Directors Report

### 2018 Budget

Molly Seamons,  
Treasurer, Board of Directors

The 2018 budget was approved by the Board of Directors at its September 28 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.

### General Assumptions for 2018

1. General labor cost increase 3%
2. Benefits cost increase 8% on June 1 with the same participation level as 12/31/2017
3. Workers' Compensation Rate increases 4% on July 1
4. Property and Casualty Insurance package cost increases of 2%
5. Income taxes allocated between operations and reserves
6. Minimum wage increases to \$11.00 on January 1
7. Part-time employees receive 24-hrs of sick time

For departments that generate revenue (Activities, Well Fit, 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.

The 2016 Reserve Study included a \$2 increase in dues for the next 7 years; however, because of the corrective analysis and enhancements that have been made to the reserves this year, a \$2 increase is no longer sufficient. Homeowners in 2018 will pay \$20.97, or a \$3.65 increase over 2017, of their dues each month into the Reserve

	Dues		
	Budget	2018	2017
Admin	1,776,330	21.82	20.59
Spa	(15,010)	(0.18)	0.10
WellFit	479,280	5.89	6.61
Lifestyle	509,370	6.26	6.51
F&B	35,538	0.44	1.08
Fac/Landscape	5,300,730	65.12	65.17
	<b>\$8,086,238</b>	<b>99.34</b>	<b>99.87</b>
Reserves	1,706,874	20.97	17.32
CEF**	81,396	1.00	1.00
Capital Exp.		0.00	0.09
2016 Rev>Exp	(25,592)	(0.31)	(1.13)
<b>Dues 2017</b>	<b>\$9,848,916</b>	<b>\$121.00</b>	<b>\$118.00</b>

account to keep our assets updated and replaced on a planned schedule.

Five **Capital Assets** will be paid out of the Community Enhancement Fund and what was left over in the Building & Capital Improvement Fund as follows:

- Two automatic doors at Orchard Creek \$19,000
- Scifit Latitude Trainer \$4,600
- Seated choral risers \$12,000
- Trail Enhancement Project \$48,000
- Sports Pavilion parking lot renovation \$82,000
- The total Capital Assets not to exceed \$165,600.

A **\$3.00** increase in the dues or a total of \$121.00 a month will commence on January 1, 2018. Please make sure, if your dues are paid through a bank automatic withdrawal transaction, that you make the change in the increased dollar amount for the quarter to \$363.00.

Every effort has been made by the Properties Committee, Finance Committee, staff, and the Board to give you an accurate and manageable Budget for 2018.

## On the cover

Sunset at Orchard Creek North  
Wildlife Preserve Trail.

Photo by Larry White



The Finance Committee was recognized by the Board for their service at the September 29 BOD meeting. Finance members pictured from left to right: Joe Stewart, Mike Creasy, Robert Copp, Fred Raach, Laura Thiele, Hans Fokkema (not pictured Pete Saco). Board members left to right: Marcia VanWagner, Michael Deal, Ken Silverman, Hank Lipschitz, Don DeSantis, Molly Seamons and John Snyder.

## Upcoming Association Meetings: October 15 – November 30

Golf Cart Registration	Thursday, October 19, November 3 & 16, 9:00 AM	Elections Committee	Friday, November 3, 10:00 AM
CCRC/Communications & Community Rel. Cmte.	Tuesday, October 17, 9:30 AM	CCOC/Clubs & Community	Tuesday, November 7, 9:30 AM
Finance Committee Meeting	Thursday, October 19, 9:00 AM	ARC/Architectural Review Committee	Monday, November 13, 9:00 AM
ARC/Architectural Review Committee	Monday, October 23, 9:00 AM	Finance Committee Meeting	Thursday, November 15, 9:00 AM
Listening Post	Tuesday, October 24, 11:00 AM	Board of Directors Meeting	Thursday, November 16, 9:00 AM, KS Presentation Hall
Board of Directors Meeting	Thursday, October 26, 9:00 AM, KS Presentation Hall	Board of Directors Special Meeting	Thursday, November 16, 10:30 AM
Board of Directors Special Meeting	Thursday, October 26, 10:30 AM	Board of Directors Executive Session	Thursday, November 16, 11:00 AM
Board of Directors Executive Session	Thursday, October 26, 11:00 AM	CCRC/Communications & Community Rel. Cmte.	Tuesday, November 21, 9:30 AM
Compliance Committee Meeting	Wednesday, November 1, 10:30 AM	ARC/Architectural Review Committee	Monday, November 27, 9:00 AM
Properties Committee Meeting	Thursday, November 2, 9:00 AM	Listening Post	Tuesday, November 28, 11:00 AM

Meetings in Orchard Creek Lodge unless noted otherwise.



## From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Welcome to the October edition of the Compass Magazine. Since we spoke last, a fair amount of activity has taken place. The 2018 budget has been passed by the Finance Committee and the Board of Directors, a decision was made that the dues for 2018 will be \$121.00 per month. This year's budget process was the best I have seen in my 15 years at Lincoln Hills. The collaboration between the department leaders, the Finance Committee, and the Board was first rate, and the results speak for themselves. The departmental budgets are aggressive, but not unreasonable. It speaks well that our leadership team is so willing and motivated to bring solutions and

new ideas to the table. I want to personally thank the Finance Committee chair Mike Creasy and his entire committee, for the guidance they provided during the budget process. Mike is a leader and a mentor, and his team is dedicated to the financial health of the Association.

The Summer Concert Series went out with a bang (literally and figuratively) on September 22, it was the most successful series to date. As you are aware it takes a team to pull this off, everyone gets involved; Lavina Samoy and her Activities team, (who set the lineup and oversee the process); Cesar Orozco and his Facilities team (who set up and tear down the equipment); Kristy Woodin and her Food and Beverage team (who provide the food and

drinks); our Marketing team led by Jeff Caponera, the Accounting team led by Bruce Baldwin, as well as our outsourced landscape and security teams. Behind these folks are our wonderful volunteers who work each event. They all make it look easy, but it's anything but.

The Lincoln Downtown Merchants Association is currently providing a shuttle once a month from Orchard Creek to downtown Lincoln for our residents. The shuttle is free, and our residents are provided with a 10% off coupon for use in many of the shops and restaurants. Be sure to take advantage of this convenient opportunity to support local businesses. The next excursion is scheduled for October 19. Please see [page 45](#) for more information on dates and times. Here's hoping you have a wonderful October. Hope to see you around the community ...

## Team Member of the Month Award

Our September 2017 "Team Member of the Month" Award goes to Tim Rusher! Tim joined our Team in January of 2017 as an Advertising Specialist in the Marketing & Communications Department.

Here are just a few quotes shared by our staff:

*"Tim shows a lot of initiative and takes on projects without being asked."*

*"He completes his projects in a timely and efficient manner. Tim is well organized and has generated some great ideas on how we can be more efficient as a department."*

*"Tim is always available and ready to assist the team when needed." "His willingness and kindness to help other staff members, even when he has his own work load, exemplifies the qualities of a genuine team player!"*



We are fortunate to have Tim as part of our SCLH Team he is an outstanding team player and bestows excellent work ethics within our organization. Thank you for your service, dedication and hard work to Sun City Lincoln Hills!

## Listening Post Update

The September Listening Post was very well attended. I want to thank everyone who was in attendance. We were able to take advantage of the weather and have the LP in the Secret Garden, which was a nice change of pace.

We started off with a discussion of the Budget process with our Finance Director Bruce Baldwin, who provided an overview of how the budgets are developed and answered audience questions. We also reviewed the proposed capital requests and gave a quick overview of the Reserve Study.

The next topic was how we recently shifted some responsibilities within the operating departments in the wake of Jeannine Balcombe's departure. I provided an org-chart that showed the integration of Well-Fit and Lifestyle, under the leadership of Deborah McIlvain. The goal of this reorganization is to streamline the process and take advantage of the sharing of resources that both departments have to offer.

A review of the Kilaga Solar project was provided, and we made folks aware that there was a new fire lane on Staggs Leap Lane that residents going to Kilaga need to be aware of. The solar system has been activated, and we are in the process

of removing equipment, renovating landscaping that was impacted by the construction, and finishing up a few punch-list items.

One question that came up during the Q&A was in regards to the cost of the fireworks display we put on at the end of the concert on September 22. I explained that as of the end of August, we were \$19k favorable to budget for event revenue, and \$25k favorable for event cost of sales. I had spoken to Lavina Samoy prior to the start of the concert sale and we agreed to do something special for our residents if we were positive to budget by the last concert. The fireworks display was our way of thanking our residents for their support, and at a cost of \$4,500, had a minor impact on our positive variance.

It is important to celebrate our successes and to show appreciation to our residents every chance we get. I hope to see you at the October Listening Post.

Listening Post meets on the 4th Tuesday of each month. This is your opportunity to ask questions of our Executive Director and guest speaker, and their opportunity to listen and provide answers. Please come join in the discussion.

# RATES GOING UP? SWITCHING IS WORTH IT.



**Julie Domenick**

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# The Summer Amphitheater Concert Series Ends With A Bang!



We sang, danced, fireworks, and music with friends the 2017 Summer Concert Series.

watched spectacular enjoyed fantastic live and neighbors at Amphitheater Despite the hot largest series to date!

We are proud to announce the nine concerts brought in more than 12,000 music goers. We enjoyed the Pumpin Performance of Rock Baby Rock with Lance Lipinsky & The Lovers, the Electrifying Lacy J. Dalton, the Mystic adbacadabra, the Authentic Mick Adams and the Stones, the Iconic Everly Brothers Experience featuring The Zmed Brothers, the Powerful Chicago the Tribute, the Soulful Top Shelf's Motown Magic Musical Revue, the Unbelievable Catch a Wave The Beach Boys show and the Memorable Elvis Songbook with Jim Anderson & The Rebels, all making it a Summer Concert series that will not easily be forgotten.

We want to thank all of you who came out, along with a special shout out to our volunteers and staff for helping create a fun, safe, and wonderful summer experience for all, we couldn't have done it without you!



**2017 SUMMER AMPHITHEATER CONCERT Series**

**HIGHEST ATTENDANCE**

**1,708**

JUNE 30 - adbacadabra  
(TOTAL ATTENDANCE: 12,560)

**HOTTEST CONCERT**

**104°**

JULY 28 - EVERLY BROTHERS  
(97° AT START OF CONCERT)

**DRINKS SERVED**

**~9,800**

**VOLUNTEER HOURS WORKED**

**1,485**

SEE YOU NEXT YEAR!



## Activities News & Happenings

### Get ready for the Holidays!

Lavina Samoy, Lifestyle Manager

This year's summer season was very good to us. Despite multiple 100 degree days, we successfully staged nine amphitheater concerts that brought in more than 12,000 concert goers garnering the highest average ticket sales to date. Thank you to all our patrons who came out and braved those hot temperatures. A special shout out to all our volunteers and staff for helping create a safe, fun and wonderful summer experience for all!

The next biggest thing is coming... our annual **New Year's Eve celebration!** With **Midsummer Night's Dream** as the theme. The lodge will be transformed into a whimsical and magical place for the ultimate party experience. Due to the overwhelming demand, the ballroom will feature one of the Bay Area's foremost party bands, the Fundz Band, playing dance music from the 30's to the 90's. The evening will offer a three-course meal, casino gaming, photo area, champagne toast, fireworks display and more. See [page 48](#) for details.

To everyone who purchased tickets to **An Evening of Opera, Operetta & Musical Theater with Molly Mahoney** originally scheduled for September 14, the concert has been rescheduled to **December 2, 7:00 PM in the Presentation Hall (KS)**. Tickets for the original performance will be honored on the new date. For those who cannot make it, please complete and submit a Refund Form no later than October 7 (forms available at the Activities Desk (OC/KS)). Forms must include your concert tickets to receive a refund.

Mark your calendars for some holiday activities inside and outside our community. Create wonderful memories with your grandkids at our **Annual Santa Adventure on December 16** ([page 51](#)). The LH Chorus is back with a **spectacular holiday concert, December 10-12** in the ballroom ([page 49](#)). Steinway artist **Jim Martinez** is back on **December 5** with **The Music from a Charlie Brown's Christmas**. This time, Jim is joined by a string section for one amazing piano concert ([page 51](#)). Longing for some good-old fashioned holiday celebration? The annual **Victorian Christmas** in picturesque Nevada City is one not to be missed. We have a bus scheduled on **December 10** to get you in and out of this popular event ([page 57](#)). Also scheduled are two hassle-free **holiday shopping trips to San Francisco on December 16 & 18** ([page 57](#)).

*Needing a bigger place to hold your holiday family gathering?* We have open dates for our potluck rooms in Kilaga Springs, please contact Shelve Smith at [shelve.smith@schca.com](mailto:shelve.smith@schca.com); 916-625-4021 to book your room now!



## Lurking Enemies You Cannot See

### Infectious Diseases

Shirley Schultz, Health Reporter

Although you cannot see them with the naked eye, you exist with a host of microscopic organisms both externally and internally that can potentially make you sick and even kill you. Although not all are harmful, those that are have names such as cholera, cryptosporidiosis, dengue, hepatitis A, B, and C, HIV or AIDS, influenza, leishmaniasis, malaria, measles, meningitis, rotavirus, streptococcus, tuberculosis, typhoid, West Nile virus, yellow fever, and zika. Wow!

Prevention of illness from infectious agents is always better than treatment, which is not guaranteed to succeed. Hear from an infectious disease expert, **Dr. Angelique Tjen-A-Looi, MD, on October 25, "Public Health and Travel Issues for Seniors"** (see [page 53](#)).

Organisms that transmit infectious diseases are classified as bacteria, viruses, fungi, or parasites, and treatments for them are appropriately referred to as antibiotics, antivirals, antifungals, or anti-parasitics. Bacteria are single-celled living organisms with a cell wall and a cell membrane and they multiply by fission. Viruses have a protein coat but no cell structure, and they require the living cells of other organisms in order to reproduce and survive. Common infectious diseases from bacteria include urinary tract infections, tuberculosis, and meningitis. Examples of viral diseases are

the common cold, West Nile virus, measles, and zika.

The list of ways that infectious diseases can spread are numerous: coughing and sneezing, contact with infected people, especially through kissing and sex, touching contaminated surfaces, blood exchange, eating contaminated food, drinking contaminated water, and contact with infected creatures including livestock, pets, fleas, and ticks. Infections can crop up suddenly, can become chronic in some cases, and some can seemingly go away but then reactivate after a period of months or years.

Influenza, which we commonly call flu, is a serious viral disease. According to the National Archives, the influenza epidemic that swept the world in 1918 killed about 50 million people, more than any other illness in recorded history. Unfortunately you may be infectious a day or two before you actually develop symptoms including fevers, chills, cough, sore throat, runny nose, muscle aches, headaches, fatigue, and occasionally vomiting and diarrhea.. Some develop complications leading to pneumonia, sinus infections, dehydration, and worsening of medical conditions such as asthma, diabetes, and congestive heart failure. It is time to get your flu shot!

Heed Benjamin Franklin's advice: "An ounce of prevention is worth a pound of cure."



**WellFit News**

**How You Can Make A Difference**

*Deborah McIlvain, Director of Lifestyle, WellFit and Spa*

October is Breast Cancer awareness month, in case you haven't noticed. This time of year it's all about the pink ribbons! So come out and support Placer County Breast Cancer Foundation on October 24 in the OC Ballroom. Starting at 9 a.m. there will be back to back fitness fun, vendors, light refreshments, photo booth, prize drawings and more! ReStart's Audrey Gould and Bowenwork's Rebecca Kang will also be on hand with some tips to keep us healthy. OC Fitness has many of the prizes on display. Come in, buy your tickets and win! The cost is only \$20.00 and the first 100 will receive a one of a kind "Fighting Together" T-shirt. For more information refer to our September Compass ad, online or visit the fitness centers to register.

**WellFit IS REACHING OUT!**

This is an opportunity for you or your neighbor. Do you know someone who could benefit from an in-home visit? WellFit believes that even a little bit of cheer and exercise can produce BIG results. You can make a difference by getting the word out. Those in need might not be receiving the Compass or eNews. To get more information or to schedule an appointment please call me at 916-625-4031 or email [deborahmclivain@sclhca.com](mailto:deborahmclivain@sclhca.com). This program will continue through November 17th.

**HOLIDAY RETAIL OPEN HOUSE, November 27th**

Once again Lifestyle Retail (located within Orchard Creek Fitness) will host an Open House for Holiday shopping. Come and enjoy cookies, cider and 15% off on November 27 from 1 to 5 PM. The wonderful scents of Integrity Candles are back again this year, along with ornaments, cozy winter wear, gifts for the dog and cat lovers and more. Come enjoy the beginning of the holiday season with us.

**EFFECTIVE JANUARY 1, 2018**

**THE PRICE OF PUNCH PASS CLASSES AND PERSONAL TRAINING SESSIONS WILL INCREASE.**

Our continued goal is our resident's health and wellness but as wages and insurance rise, we must adapt to these changes. The Fitness Center operates as an amenity to the SCLH Community and although profit is not our objective we do have to cover our costs.

Punch Pass Classes will increase \$1.00 and Personal Training Sessions will increase \$4.00. Effective Friday, September 29, purchases will be limited to 30 punch classes and 10 Personal Training sessions to every 4 weeks.



**Two of the Most Anticipated**

**Events of the Year at Meridians!**

*Kristy Woodin, Director of Food & Beverage*

Don't miss the boat! Come join us for our 8th Annual All You Can Eat Crab Feed! Sit down to an endless buffet of an array of pasta, salad and of course Fresh Dungeness Crab along with Peel & Eat Shrimp. Yum, all this for only \$45.00, plus tax and service charge. Grab your friends and family and come join us on Monday, November 6 from 5-8 PM. Reserve your spot today - this event is guaranteed to sell out quickly.

Join us for our special Grand Thanksgiving Feast. Let us do all the cooking and cleaning, you sit back and enjoy the Feast served with all the trimmings! The price is \$35.00, plus tax and service charge. Make your reservation before it is too late. Fun Fact... last year at Thanksgiving, we served 630 lbs. of Turkey, 120 lbs. of New York Loin and 250 lbs. of Vegetables. That's a grand total of 2,600 pounds of food proudly served! Guaranteed to want to go home and nap!

Meridians has listened, and we are so happy to announce that we are changing our Sunday Brunch. Beginning Sunday, November 5th, we will no longer be doing a buffet, instead, we will offer a brunch menu that you will be able to order off of between the hours of 7am and 2pm every Sunday. We will be featuring items such as Chorizo Breakfast Burrito, Chicken Fried Steak and Eggs, Corned Beef Rubeen Sandwich, and much more. We look forward to you joining us!

**Chef's recipe for the month: Grilled Corn Salad**

**Ingredients:**

- |                                 |                             |
|---------------------------------|-----------------------------|
| 16 each Yellow Corn             | ½ English Cucumber (diced)  |
| 1 Large Shallot (diced)         | 1 Bunch Cilantro (chopped)  |
| 1 Heirloom Red Tomato (diced)   | ½ Thai Chili Pepper (diced) |
| 1 Zebra Heirloom Tomato (diced) | 4 Green Onions (chopped)    |
| Juice AND Zest from 1 Lemon     | Salt and Pepper to taste    |
|                                 | Olive Oil to taste          |

**Directions**

Grill cleaned corn, then shave off kernels into a mixing bowl. Dice all vegetables small, to the size of a corn kernel. Mince herbs, and combine all ingredients together.



### Easier Dues Payments

Mike Creasy, Finance Chair

Due to the accounting software changeover earlier in the year, a signed change form, available from OC Lodge, was required in order to update your automated dues payment arrangements with SCLHCA via ACH (Automated Clearing House), in which you give permission for a bill to be deducted directly from your bank account. Examples would be credit card bills, utility bills, and SCLH quarterly dues payments. Conversely, "Bill Pay" is where you authorize your bank make regular payments to an institution. Examples include a mortgage or car payment where the payment is the same every month for the duration of the loan. Some residents have not updated their ACH auto payment with SCLHCA yet and, expecting Autopay to continue as before, are being surprised by getting overdue notices and even penalties. Autopay makes life so much easier and protections against misuse are pretty well built in. If you have not changed your Autopay arrangements or want to start, the required form is available in OC Lodge. Take a voided check with you. It's simple and easy. If you're using your bank's Bill Pay system, often the reason for overdue amounts is the result of the bank's continuing to pay last year's dues because Bill Pay wasn't updated. You'll need to notify your bank each

time your payment amount changes. In our case, that would be sometime in early December after you know the next year's dues amount.

For a complete explanation of how ACH and Bill Pay works and how you are protected, visit the Consumer Protection Bureau's websites at: <https://www.consumerfinance.gov/ask-cfpb/how-do-automatic-debit-payments-from-my-bank-account-work-en-2021/> and <https://www.consumerfinance.gov/about-us/blog/you-have-protections-when-it-comes-to-automatic-debit-payments-from-your-account/>

For the month of August, while Admin was over budget, mostly due to prior printing expense being booked this month, the Spa, Fitness, and Lifestyle contributed positive results. Food and Beverage suffered, along with everyone else, from the heat wave that kept customers away. All in all, the month showed a negative variance to budget of \$22,356 while for the 8 months year-to-date we are \$207,460 on the positive side. Operations total Cash balance was \$1,567,713. Reserves Cash and Investments stood at \$6,945,072, all in good order. The 2018 Budget and monthly dues was presented to the Board on September 28. See the website, eNews, and Molly Seamons's article in this COMPASS ([page 2](#)) for details. A CD will be sent to you shortly with requisite disclosures and details about the 2018 budget and dues.

## Preliminary Statement of Operations YTD August 2017

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$5,520,499	\$5,491,243	\$29,256	\$8,297,274
Administration (Expense)	(1,253,528)	(1,276,927)	23,398	(1,859,690)
The Spa at Kilaga Springs	1,404	(652)	2,055	8,085
Fitness	(329,504)	(362,563)	33,059	(538,400)
Activities	(306,404)	(369,823)	63,419	(530,150)
Rec. Center / Maintenance	(3,450,873)	(3,570,020)	119,147	(5,304,840)
Food & Beverage	(180,286)	(117,412)	(62,874)	(87,895)
Capital Asset	50,667	50,666	1	(76,000)
<b>Net Revenues (Expense)</b>	<b>\$51,973</b>	<b>(\$155,488)</b>	<b>\$207,460</b>	<b>(\$91,616)</b>
<b>CEF/FMA Rec'd YTD August 31, 2017</b>	<b>\$402,264</b>	<b>CEF/FMA Balance August 31, 2017</b>		<b>\$594,264</b>





## The Marketing Corner

### Sun City Lincoln Hills is HOT!

*Jeff Caponera, Communications and Marketing Manager*

Sun City Lincoln Hills, a vibrant community tucked nicely into the southeastern corner of Lincoln, California has a national reputation thanks to a solid, consistent brand. Our brand, accompanied with effective marketing gives Sun City Lincoln Hills an advantageous reputation.

The power of that reputation was on display at [55places.com](http://55places.com). 55places is a website where active adults can search the best 55+ active communities.

They recently amassed a list of the 10 hottest 55+ communities based on the total number of unique page views from 2016-2017. Sun City Lincoln Hills ranked as their second hottest California community! The uniqueness of 55places is that they do not accept any forms of advertising on their site. Their goal is to be

an unbiased resource for individuals searching for information on active adult communities, so they do not favor one community over another. They base their rankings off the 2.5 million unique visitors to their California communities' pages. This allows them to publish unbiased articles such as the one in the link below.

The uniqueness of our community is that we have something to offer all of the baby boomers, no matter what your interests. If sports is your thing we have you covered from the Del Webb Field softball complex to our 36 holes of championship golf courses. Swimming is your interest, we have two outdoor swimming pools for the warmer months and indoor pools for all year long. Our WellFit center and gyms are here to help promote a healthy and active

lifestyle. There is no better way to recover after a workout than a visit to the onsite Kilaga Springs Spa for a nice relaxing massage.

Looking to visit other areas, learn something new? We have trips and classes that cover a wide variety of interests. Events, Concerts? We have that covered too! We have our annual Summer Amphitheater Concert Series along with our annual Lincoln PACE Race, a 5k/10k event that spans the 27 miles of open hiking trails in the community. If that wasn't enough we have over 70 clubs that cover a variety of interests. The feeling of home and the sense of community is what attracts residents here from all over the country.

For more information on the article at [55places.com](http://55places.com), please check the link below:

<https://www.55places.com/blog/hottest-55-communities-in-california-according-to-55places-com>



## The Spa at Kilaga Springs

### Greetings and Happy Fall from the Spa!

*Trudy Smith, Manager,*

*The Spas at Kilaga Springs*

The changing season brings an energy and briskness to the air. It is also an active time of year. During fall we are concluding projects, organizing, tying up loose ends and preparing i.e. gathering in your harvest.

The transition between summer and fall is perfect for seasonal cleansing, exfoliation and bodywork to release and restore.

We are featuring a "Pumpkin Harvest Refresher Facial". This refreshing power boost provides effective exfoliation to combat and revitalize dull skin. A combination of pumpkin enzymes and clarifying peptides work synergistically to clear the skin of impurities. The natural exfoliants increase cell turnover to remove signs of sun exposure and leave skin looking fresh and renewed.

Hot stone treatment....nothing better with the weather turning cooler!

The heat from the stones, when applied alongside massage therapy:

- Helps to increase circulation throughout the body, thus assisting in the prevention and discomfort that can develop in the joints during colder months.
- Provides improved circulation which also creates flexibility during the cooler months when the body is more likely to experience aching and stiffness.
- Has been linked to improvements in the lymphatic system, by helping to flush out excess fluids.

Each month I have been highlighting one of our talented and gifted Therapists. This month I am putting

the spotlight on Jannifer York. Jannifer has recently joined our skin care team. In addition to delivering our Kilaga Springs facials, Jannifer has a passion for Oncology Esthetics. She received her certification from the International Dermal Institute. This training allows her to safely provide skin treatments to people undergoing chemotherapy and radiation therapies. One example of her training is understanding the appropriate massage techniques for clients who have lymphedema or who are at risk of developing lymphedema due to having lymph nodes removed. Whether you are in need of this specialized service or not you should stop by and experience this gifted therapist.

In October we will begin a series of talks at Orchard Creek to give you more information on all the exciting things happening at the Spa. Be on the lookout for dates and times!

We look forward to seeing you in the Spa, and remember the public is always welcome, so bring your friends!

# DO YOU SPA?

10% off

skin care products  
if purchased on  
day of service.

## *Pumpkin Harvest Refresher Facial*

This refreshing power boost provides effective exfoliation to combat and revitalize dull skin. A combination of pumpkin enzymes and clarifying peptides work synergistically to clear the skin of impurities while natural exfoliants increase cell turnover to lift signs of sun exposure and leave skin looking fresh and renewed.

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**FEATURED PRICE \$75**



## *Fabulous Foot Repair*

Treat your feet to a refreshing blend of exfoliation, mask and massage. This is an addition to facial or massage service.



**\$15**

## Last "House of the Month" Chosen for 2017

A home at 1876 Audubon Hill is the latest to win the House of the Month contest. The Architectural Review Committee has decided that the home has many design elements that make it an award winner. Owners Bob and Bonnie Dale have received a \$100 Sun City Lincoln Hills gift card.

Water-wise landscaping, trees and large shrubs that blend with the overall landscape and plants and stones that all create a sense of harmony with the house, are just a few of the reasons cited for the committee's decision. The greenery and boulders on each side of the steps leading to the front door created, what the Architectural Review Committee described as, "a gentle, inviting flow that really showcases the home."

The Dale's home is the last of three chosen in the inaugural Home of the Month contest started this year. Come April of 2018, the second contest season will start and people will be asked to nominate neighbors' homes that they believe are award worthy. All of the details will be in the Compass and other Association media.



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A background image of a football game in progress. A player in a blue jersey is tackling a player in an orange jersey. The scene is set on a football field with stadium lights and a crowd in the background.

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## Autumnal Advice from Neighbors Indeed

### Thermostats, Furnaces, Irrigation

Doug Brown, Resident Editor

Fall is here, finally, with moderate temps and maybe a promise of “raindrops falling on our heads” soon. Time to make some adjustments! Neighbors InDeed (NID) can help you make these seasonal modifications — some you can perform yourself, and others may prompt a call for a Handy Helper for free assistance.

**Fire Prevention.** Last week was National Fire Prevention week, but Captain Norm Kent of the Lincoln Fire Department cautions us, “Fire prevention is a 52-week process for all homeowners.” And Norm reminded COMPASS readers, “Smoke alarms have a ten-year life-span and need to be replaced if you’re beyond that time limit. Also, by law, residents must have a working carbon monoxide [CO] detector.”

**Smoke Alarm Batteries.** Unless your smoke alarm is equipped with a lithium 10-year battery, your smoke alarm batteries (no Duracells, please) should be replaced annually to ensure a correctly operating alarm. NID’s Handy Helpers can do this for most Lincoln Hills homes. Call 916-223-2763. If your CO detector has battery backup, NID will help you replace those, too.

**Furnace Check.** Recently, we lost a home in Lincoln Hills to a fire that started in the attic, and while the exact initial source wasn’t determined, Norm urges everyone: “Contact a reputable heating and air service for an annual assessment of your furnace safety and efficiency.” Call NID for some reputable, licensed agencies your neighbors have used and liked. Or call PG&E for a free home safety check at 1-800-743-5000.

**Furnace Filter.** Has your furnace filter been changed/cleaned in the last six months? If not, call NID!  
**Reprogram Thermostats.** Fall weather’s lovely, but you may now be ready to set your furnace to fall/winter settings. Have you reprogrammed your thermostat? Turned off the AC settings and on to heat? You’ll save \$\$ by programming lower temperatures while you’re sleeping. Call for a Handy Helper if you need assistance.

**Reprogram Irrigation Timers.** Even if rain isn’t imminent, we all should be watering less now — evaporation isn’t as much of an issue in the cooler weather. And once we get periodic rainfall, there’s no need to water at all. Some timers are equipped with a “water budget” setting that could be useful. Remember, we still need to conserve water: not only are water rates projected to rise, but H<sub>2</sub>O is a precious resource. Handy Helper assistance in readjusting your watering times is a phone call away (916-223-2763).



**FIRE PREVENTION WEEK**

OCTOBER 8–14, 2017

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**Day 1 San Francisco**  
**Day 2 –4 At Sea**  
**Day 5 Puerto Vallarta, MX**  
**Day 6 Manzanillo, Mexico**  
**Day 7 Mazatlan, Mexico**  
**Day 8 Cabo San Lucas, MX**  
**Day 9 – 10 At Sea**  
**Day 11 San Francisco**

Prices starting from:

\$749 Interior  
 \$799 Ocean View  
 \$1,049 Balcony

Sailing dates are 11/28/17, 1/2/18, 2/6/18. Prices based on 11/28/17.

### 10 Day Alaska

**Day 1 San Francisco**  
**Day 2 –3 At Sea**  
**Day 4 Ketchikan, Alaska**  
**Day 5 Juneau, Alaska**  
**Day 6 Skagway, Alaska**  
**Day 7 Tracy Arm Fjord, AK**  
**Day 8 At Sea**  
**Day 9 Victoria, BC**  
**Day 10 At Sea**  
**Day 11 San Francisco**

Prices starting from:

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 \$2,324 Balcony

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## Roamings

### Discovering Lincoln Highway and Truckee

Richard Pearl

Truckee is a fabled Old West town that played a major role in the evolution of the West. Now it's a four-season cornucopia of fun things to do, including skiing, swimming and boating on Lake Tahoe, adult entertainment (gaming) at nearby Stateline, hiking, golf, and dining. There are lots of restaurants in Truckee, plus many others at the nearby Northstar ski complex. Accommodations in and within easy striking distance range from budget motels to the Ritz-Carlton.

original route is still drivable.

The Lincoln Highway morphed into Highway 40, which morphed into Highway 80. The time for the first transcontinental run: 30 days, consisting of six hours per day at the blazing average speed of 18 mph!

The Lincoln to Truckee route – with details of many side trips and points of interest – can be found by Googling: Old Time Sunday Drive – Lincoln Highway.



Sports Car Club at Donner Summit



Gold Panner - Auburn



Highway 40 Signpost



Original Donner motorway

Traveling to Truckee is pretty straightforward: Lincoln Hills to I-80, then east to the downtown Truckee exit. Easy, but boring.

So, get ready for adventure! Try the short trip to Truckee with a twist, and that twist (literally) is the route that crisscrosses Highway 80.

The old-timers laid out the Sierra crossing (rail and wagon train) with such precision that even with all our new technology it was very close to perfect.



Rollins Lake

With the advent of the automobile, people wanted a transcontinental “motorway”...and the result was the “Lincoln Highway” (yes, named after President Lincoln), which eventually stretched from San

Francisco to New York City. Approximately 80% of the

The LH Sports Car Club ran it a few years ago, including a “scavenger hunt” along the way. Fellow convertible enthusiast Al Roten and I plied the route (following the Drive article and reasonably good Highway 40 signage) in early September. We meandered over, under, and around Highway 80, through the “Lost in Time” town of Dutch Flat, past Rollins Lake (great spot for a picnic), and through stands of pine trees. Most memorable was the view from the top of Donner Summit where you can see the early train tunnels and the first motorway down the mountain.

The Drive write-up includes 20+ side trips; you could easily take two or three days to do them all. We clocked the straight-through drive time at 2 ½ hours from Taylor Road and Sierra College Blvd. to Truckee.



Dutch Flat

Entire Lincoln highway map





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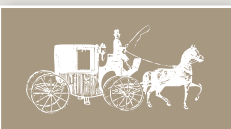


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# Mindfulness, Meditation, Exercise

## A Tribute to Alzheimer's Awareness Month

Lorna Gray, Roving Reporter

November is Alzheimer's Association's national awareness month, a time for us all to learn more about this disease that affects over five million Americans and millions more caregivers, and to donate to much needed research on Alzheimer's.

On September 23, thousands participated in the "Walk to End Alzheimer's" in Sacramento, joined by Lincoln Hills residents, including Jeff Andersen, whose photos accompany this article.



What can you do for the cause? Inform yourself. Visit [www.alz.org](http://www.alz.org) for resources and links to help increase your awareness. Are you a caregiver of a family member or spouse with

Alzheimer's? Help is close at hand through our own Lincoln Hills Alzheimer's/Dementia Caregiver's Support Group – see [page 27](#) or contact Al Roten 916-408-3155 or Maria Stahl 916-409-0349.

For everyone, while there is no cure for Alzheimer's, medical professionals agree that physical exercise, a healthy diet, social connections, and stress relief are keys to optimal brain health.

### Mindfulness

In that spirit, have you tried Mindfulness, the practice of using purposeful mental concentration for stress-calming purposes? Mindfulness converts your awareness of stressful events into quietening thoughts through meditation and deep breathing. It rebalances your body, minimizing excessive mental and/or physical stress as you deliberately avoid thinking about potential stressors in your life.

Mindfulness is not a new concept – it comes out of Buddhist practice – but recently medical personnel have been trained in techniques to help patients control their pain, breathing, and panic attacks from stressful hospitalization procedures. Our naturally equipped "flight or fright response" rapidly floods our bodies with damaging blood sugar spikes and recirculates cholesterol as it increases blood pressure and heart rates.

### Exercise with Mindfulness

During physical activity, try tuning into and listening to your body as you adjust your activity levels while performing healthy aerobic exercises. Set goals as you learn to speed up or slow down, when to use slower, deep breathing, or when to drink water. While using Mindfulness during exercise, switch your thinking to non-stressful thoughts. Pause to enjoy the views or a babbling brook, feel the cooling breeze on your skin, relish the puffy clouds in the sky and the warm sunshine on your skin. And be sure to take relaxation breaks while exercising.



### Your rewards from Mindfulness combined with activity:

- Slower body and brain aging
- Increased energy
- Increased metabolism
- Fat loss
- Healthier heart and arteries
- Stronger bones
- Sounder and longer sleep
- Reduced depression
- A positive attitude

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### BINGO IN THE BALLROOM

The Lincoln Hills Foundation presents Spooky Bingo, Tuesday, October 31. (Halloween) Orchard Creek Ballroom  
Doors open 12:30; play begins 1:00.  
Win up to \$100 per game or \$250 for blackout.

Enjoy a lunch special at Meridians at 11:30.  
More information and pop-up coupon at [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org)



## The Good Life

### Be happier and healthier!

Patricia Evans, Neighborhood Watch

Would you like your life to be richer and more satisfying? Our residents tell us that volunteering has surprising benefits, but this not a new discovery. Aristotle said, "The essence of life is to serve others and do good." Research finds that it is also the essence of better physical and mental health plus a longer life span.

Volunteers tell us that they enjoy feeling more socially connected with a sense of purpose as they build a support system in their communities. Assisting our neighbors fosters trust, tolerance, empathy for others, and respect for the common good. Making a difference makes us happier and healthier.

Neighborhood Watch has approximately 650 volunteers, but replacements are always needed. We understand that life happens and if a volunteer needs to resign we

accept this decision with sincere thanks for serving.

We are currently looking for board members who have organizational skills and enjoy the fulfillment of accomplishment. To inquire about this position and other volunteer opportunities, see the contacts listed below.

The mail box captains are the grass roots of our organization. "We look after each other," is their primary goal. Safety and security increases when neighbors visit at the mailbox and enjoy social activities like monthly meals, table games, and parties.

Village coordinators are our vital link between the board and the mail box



Volunteers are the heart of Neighborhood Watch

captains. They instruct, explain, and assist. If you do not have a mail box captain, your village coordinator fills in.

For more Neighborhood Watch information, please turn to [page 40](#).

Contacts:

Ed Zychowski, zych42@sbcglobal.net, 408-8048;

Pauline Watson, frpawatson@sbcglobal.net. 543-8436.

## Library News

Sandy Melnick, Library Volunteer

It is the time of year when all library volunteers scan the shelves for books that have not been very popular. Below the date stamp in the back of the book you will see hash marks. This is our indication of how many times that particular book has been taken out. If we find a book that has been on our shelf for many years and is "just sitting there," we find a new home for it.

Also, in October and throughout 2017-2018, we ask that you donate books published in 2011 or later. Please look in back of the title page and see when the book was published. We are receiving many books that are really out of date and we just don't have the shelf space for them. We really appreciate your cooperation!

Remember to ask one of our volunteers if you are looking for a particular book. They will direct you to the right section. Also, if you have any questions we will try to answer to the best of our knowledge.

My good reading for this month is A Fine Romance by Candice Bergen, a sequel to her prior book Knock Wood. Candice is the daughter of Edgar Bergen (the ventriloquist) and an actor in her own right. This book talks about her marriage at age 34, motherhood at age 39, her very popular TV series "Murphy Brown," written with a wonderful wit. The book can be found in the biography section of our library in Kilgus Springs.

Contacts: Sandy Melnick (916-408-1035) for donations, Pam Combes (530-613-4185) for investment materials, and Bobbi Swenson (916-543-6362) for the Community Living Room (OC).



# Behind women's health is a team who gets it.

**Mercy Medical Group's team of female doctors is accepting new patients.**

When it comes to personal health, some women just find it easier talking to women. That's why Mercy Medical Group is introducing more female primary care physicians to our Rocklin and Roseville teams. Together, supported by our OB/GYN specialists, Mercy Medical Group is ensuring your unique healthcare needs are uniquely met.

This open enrollment season is a perfect time to get to know our champions of women's health. Schedule an appointment by calling our Rocklin or Roseville location. Learn more at [dhamf.org/mercymedicalgroup/womenshealth](https://dhamf.org/mercymedicalgroup/womenshealth).

## **Rocklin**

550 W. Ranch View Drive  
Suite 3000  
916.409.1400

## **Roseville**

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Suite 120  
916.536.2500

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# Trails Celebration and Map Unveiling

## Only the beginning!

Nina Mazzo, Roving Reporter



Walkers on Orchard Creek North Trail

Newly revised, detailed and enlarged maps that showcase the 26 miles of SCLH's 18 Fitness and Wildlife Preserve Trails will be unveiled for the first time on Friday, November 3 (2:00-4:00 PM), at the Sports Pavilion. Free refreshments will be provided.

Identical maps will soon be located outside both the Orchard Creek and Kilaga Springs Fitness Centers. These maps have been designed to provide a more intimate view of our beautiful trails. Residents can use them to choose new and varied routes for their enjoyment of our open spaces. Many residents are aware of trails near their neighborhoods, yet there are community wide

lead a short, guided "Autumn Walk" on a nearby trail for those interested.

The following groups will have displays for you to enjoy:

Bird and Photography groups will have photographs of wildlife and nature provided by talented residents. The Plein Air (painting) Group will have paintings and drawings of outdoor life.

Woodcarvers Group will have wildlife carvings displayed.

Hiking and Walking Group members will be available to suggest trails for your particular interests.

WellFit professionals will be on hand to encourage ways to do your walking safely.

Gold Country Wildlife Rescue will have live birds on display.



Wood Ducks from Canyon Oaks Trail



Owl with owlet from Mallard Pond Trail

discoveries to be made, as there is great diversity in the trail system.

At the November 3 unveiling, the Wildlife Heritage Foundation will explain their partnership with SCLH and identify trails located within the preserves. They will have staff available to answer questions and will

Thank you to Dee Hynes, Cherie McGrath, Brenda Bowcut, Gay Mackintosh, Diane Marten, Barbara Mumma and Debbie Schryver for the countless hours spent over these past months working on our trails enhancement project. Next year, the next phase will begin with 8 new interpretive signs planned to engage our lifetime learners.



Ferrari Pond menagerie

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

*\*Reservations and Prepayment Required*





## Club News

### Alzheimers Dementia Caregiver's Support

It was a perfect day for the Sacramento Walk to End Alzheimer's on Saturday the 23rd.



First Finishers of 2017 WtEA

Amador Stage Lines provided seventeen of us with transportation to Sacramento, then to the Spaghetti Factory for lunch, and finally back in the compound by 2PM. Before the 1 and 3 mile walks, we picked up who knows how many things-we didn't-need-but-couldn't-resist-taking-anyway, like more pens



Remember Me Flower Garden

we'll never use. Families, friends, kids, and some afflicted but all affected by the rigors of this thieving disease. It was a great day to be a member of the crowd, to feel its energy with the pulse of hope. Our team raised \$12,435!

Our speaker for October 25th MultiPurpose Room (OC) 1:00 PM will be Kristina Blocker of Silver Pathways. She'll be talking about evaluating one's own capacities and abilities when the caregiving tasks demand more that you alone can provide.

**Contacts: Al Roten 916- 408-1355; Maria Stahl 916- 409-0349**



Decked Out Dedicated Couple

### Amateur Radio

The Lincoln Hills Amateur Radio Group is an emergency communications group for the Lincoln Hills residents and the City of Lincoln, we are always prepared to handle emergencies, with battery powered radios. The LHARG meets Monday nights at 6:30 PM at the Lincoln Hills South Gate Entrance Building, come by and say hello. Or, join our weekly network at 7 PM on Monday evening to let us know you are there in case of an emergency. LHARG repeater is at 443.225 MHz, with a PL of 167. If you have an interest in radio communications during special events or emergencies, LHARG members are ready to assist you in obtaining an amateur radio operators license, and show you how to use your equipment to enhance your experience with amateur radio. Our contact information is below.



### Astronomy

Monday, October 16, Cosmology Interest Group (CIG) Don Wilson will continue his lecture series that examines his alternative theory to the Big Bang. Fine Arts Room (OC) 6:45 PM.

Thursday, October 19, Telescope Interest Group (TIG) will meet in the Multipurpose room (OC) at 6:45 PM for a review and Q&A on how to locate and identify objects in the night sky, using star charts, and a demonstration of Astronomy Apps, followed by assisted observing behind the lodge.

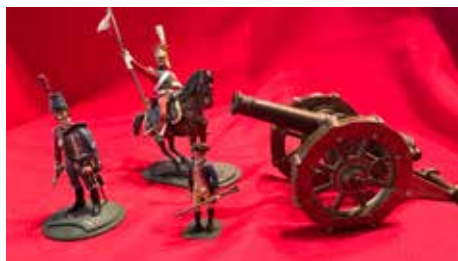
Wednesday, November 1, LHAG General meeting 6:45 PM in the P-Hall (KS). Video on "Antikythera Mechanism". This 2000 year old analogue computer was found in an ancient, Roman-era shipwreck off the island of Antikythera. The video describes how scientists figured out what it was and what it did. LHAG website [www.lhag.org](http://www.lhag.org)



LHAG logo

### Antiques Appreciation

The November 6 meeting will be of special interest to any Veterans in the community or



Toy Soldier Preview - see them in the Window in the Orchard Creek

people who want to pay tribute to the fallen heroes of our wars. A local resident, former Tank Officer in the Army, with over 3000 toy soldiers will be sharing the story of his lifelong passion for collecting and painting them. His enthusiasm for history and the soldiers, often referred to as "lead" soldiers, will warm your heart as you hear about the collection he started as a boy of 12. This rare collection with finely painted details on faces, flags and costumes all done with



### Ballroom Dance

We are in the middle of our most comfortable season, fall, which always means Halloween,



Pat Morgan and Russ McMillan

Costumes and Parties. Halloween is the theme of the Ballroom Saturday Night dance

on October 28 from 6-9 PM at the Multipurpose Room (KS). Tickets are still available for this entertaining event at the Tuesday lessons. Costumes are encouraged but not required.



Don MacIntyre and Joanne Barron

The dancers are cranking it up learning the romantic Rumba in October and looking

forward to Cha Cha lessons in November, the final dance lesson offered this year. As usual, December is "dark" due to all of the holiday festivities including our Holiday Pot Luck Party on Tuesday, December 5. Please save the date for this very special event.

Membership, only \$7/year, is open to SCLH residents, sponsored guests, couples and singles. Lessons are every Tuesday in KS: Beginners from 2:00-3:00 PM and Advanced from 4:00-5:00 PM. Open dance hour is 3:00-4:00 PM. **Contacts: Sal Algeri 916-408-4752; Olivia Eckert 916-749-9051**



### Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be November 8. 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 Sterling Cafe Wednesday, October 25. Meet at 11:15 AM in front of Orchard Creek Lodge if you want to carpool. For more information or to put a Memoriam in the Compass, contact Joan. **Contact: Joan Logue, joanlogue@sbcglobal.net**



### Big History

Who would have thought a children's story could explain how the universe began? Scientists call it the "Goldilocks Condition," when everything came together just right to create such a tremendous explosion that in one moment, there was nothing, and in the next, there were the building blocks for life.

That's what you missed if you weren't at September's inaugural presentation of the Big History Club, Lincoln Hills' new science-based history group. Presenter Dave Lewis walked the club through that tremendous explosion – the big bang – and the contemporary science behind it.

Big History meets at 6:30 PM on the first and third Tuesdays in the Fine Arts Room (OC). On deck: election of officers and the stuff of stars on October. 3; exploring whether we are alone in the universe on October. 17. Doors open at 6:00 PM to register, pay dues (\$10) and mingle. More information: <https://bighistorysclh.com>. **Contacts: Ranny Eckstrom 916-708-0165 or Joan Podesto 925-408-6562 Email: BHSLCH@Yahoo.com**



### Billiards

The Women's Tournament will be every Tuesday from 12:45 to 3:00 PM.

The Billiards Group is offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is for new and returning players (men and women). You do not



Left: Women's Tournament winner six wins Sherry Weech six games. Right: Jhanda Ahmed & Joan Wendell, Barb and Jim Conger



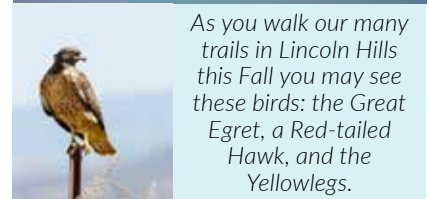
Players Tournament winners 6 of 7 games Doyle Coker, 5 of 7 games Brian Ishimaru, Bob W, Remy Giannini, Wes Hamamura

need anything to play. Just show up and see what we have to offer. Remember it's free. **Contacts: Rick Lujan 408-781-5815; Tony Felice 916-955-0501 [atfelice3@gmail.com](mailto:atfelice3@gmail.com)**



### Bird

Fall in Lincoln is a great time to get out and see the many birds that are returning for the winter or those that are migrating.



As you walk our many trails in Lincoln Hills this Fall you may see these birds: the Great Egret, a Red-tailed Hawk, and the Yellowlegs.



On October 27 our group heads to Cosumnes River Preserve. These wetlands attract many waterfowl and shore birds. We will also stop for a short walk through a riparian woodlands. November 10 we return to the Yolo Basin Wildlife Area. This time many areas will be flooded and we should see a nice variety of wintering waterfowl.

For lunch we make the short drive into Davis and stop at a favorite Mexican Restaurant.

Our general meeting on November 13 will feature Lisa Tell, Director of the Hummingbird Health and Conservation Program and avian disease veterinarian in the School of Veterinary Medicine at U.C. Davis. Our meetings are always open to the residents of Lincoln Hills, so join us to hear this special speaker. **Contact: John Garfein 916-666-2364, johndgarfein@gmail.com; Website: [www.lhbirders.org](http://www.lhbirders.org)**



### Bocce Ball, Mad Hatters

It's really chilly this morning as we write this which reminds me that it's time for our annual notice about our switch to our winter playing hours. Beginning Thursday, November 2, The Mad Hatters will move their play session start time to their winter hours beginning at 10:00 AM. During the winter months we play Bocce from 10:00 AM till around noon.

We have been playing the back four courts (which were recently resurfaced) this past month and overall the surfaces plays true but they're not pool tables. One thing we did notice is that for some reason the sidewalls play flat. There seems to be an air space behind the sidewall rubber that takes the bounce away. This makes it a little challenging but you can adjust your game accordingly. It will be interesting to see if the back courts flood this winter like the front courts did last year.

**Contacts: Paul Mac Garvey 916-543-2067, pmac1411@aol.com; Bob Vincent, 916-543-0543**



### Book

*"Reading history is good for all of us."-- David McCullough, American author.*

On October 19, we'll discuss *Alexander Hamilton*, by Ron Chernow. A *New York Times* best-seller, and the inspiration for the hit Broadway musical, the book by Pulitzer Prize-winning author Chernow has become a landmark biography of the often overlooked Founding Father who inspired and shaped the newborn nation. Schedule, remainder 2017:

November 16: *The Rosie Project*, by Graeme Simsion

December 21: Holiday Luncheon  
We meet for discussions on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Newcomers are welcome.

**Contacts: Darlis Beale 408-0269; Penny Pearl 916-409-0510; Dale Nater 916-543-8755; Website: <http://LHocbookgroup.blogspot.com/> Wiki: <http://ocbookgroup.pbwiki.com/>**



### Bosom Buddies

Many of our meetings feature speakers from the medical field



*Members toured the Lincoln Coffee Business in September.*

who talk about the latest developments in cancer research and treatment. Still, we know that having fun and a sense of humor also are important. Our October



*Colorful rocks designed by Kathy Woodward will inspire us to try our own at the November meeting.*

meeting was one of those that allowed us to sit back, chat with each other and let our muses flow as we put together votive candles with small white roses and pink netting. Our creativity has another

chance to reveal itself at our November meeting. Member Kathy Woodard will showcase some of her colorful rock painting designs and then give us a chance to create our own.

October is "breast cancer month," and several members will participate in a special event planned by the fitness center, to be held in Orchard Creek later this month.

Bosom Buddies welcomes breast cancer survivors as well as those still undergoing treatment. It's important to us to be here for each other. **Contacts: Marianne Smith 916-408-1818; Val Singer 916-645-8553; Website: [www.sclhresidents.com](http://www.sclhresidents.com)**



### Bridge, Duplicate

The Summer Sacramento/Carmichael Sectional was held in Carmichael, September first through the third. Eighteen members of our club attended and won Silver Master Points. Congratulations to all of our award winners.

The SCLH duplicate bridge club is a friendly invitational club with games open to all residents of Sun City and their invited guests. Ordinarily, our games are played in the Kilaga Springs Lodge on Wednesdays at 12:30 PM (also includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (also includes a 299er section). Our game table fees are \$2.00 per person for members and for the first three visits of non-member residents. The fee for a nonresident is \$5.00. If you need a bridge partner for any of the open games, call Lynne White 916-253 9882. For a partner in the Wednesday or Saturday limited games, call Sharon Duley 916-253- 3885. **Contact: Jim Collart 916-995-7233; [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)**

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- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

**Carolyn J. Riolo**

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## Bridge, Partners

Call for early signup, or just 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 5:45 PM, including standbys, and we must finish by 8:30 PM. Again, I remind everyone of the 28 minute limit and the need for quiet while others are still playing

**Winners: August 24 -First:Dianne Conforti/DiDi Martin with the high round 2120 ; second: Johann/Paul Kiesel ; third:Rose/Joe Phelan; fourth:Joanna/Alan Haselwood . September 7 -First: Pat/ Frank Kamienski with the high round of1580; second: Kay/Ben Newton; third: DiDi Martin/Dianne Conforti; fourth:Dee & Ed Hartnett. September 14-First:Carolyn/Bob Calmes; second:Byron Hansen/ John Butler with the high round of 2470; third: Rose/Joe Phelan ; fourth:Bruce Fink/Stan Mutnick . September 21 -First: Rose/Joe Phelan with the high round of1420; second:Judy Olson/John Griggs; third: Jyoti/Viren Sitwala; fourth:-Maxine Cook/Ann Lietz.**

**Contacts: First & Third Thursdays: Kay & Ben Newton 916-408-1819; Second & Fourth Thursdays: Dolores**

**Marchand 916-408-0147; Judy Olson 916-408-1435**



## Bridge, Social

Join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive 12:30 PM. Reserve your space in October by contacting Eleanor Amar 916-209-3505, eleanoramar@yahoo.com or Jaylene Gerdes 916-645-7453, jaylenebird@yahoo.com. In November & December, contact Jodi Deeley 916-208-4086,



*Don't forget Social Bridge Dinner immediately following bridge on Friday, Oct. 27th*

jodideeley2@gmail.com or Joanna Haselwood 916-209-3392, ajhaselwood@yahoo.com.

**September Winners: First Place: Viren Sitwala, Alan Haselwood (twice), & Jean Richards. Second Place: Chet Winton, Kurt Wolff, Anna Brennan & Nancy Murdick. Third Place: Sue Dumas, Jaylene Gerdes, Jyoti Sitwala, & Joan Darroch. Fourth Place: Jodi Deeley, Harry Collings, Pat Mullins,**

& Flo Hunt.

**Congratulations: Dolores Marchand & Nancy Murdick had a Grand Slam on 9/22/2017. Intermediate Bridge Class will continue using the book, Bridge for Everyone, by D.W. Crisfield, on Wednesdays, 10:00 AM to 12:00 PM in Card Room (OC). Beginning Bridge is 8:30 AM to 10:00 AM. Teachers: John Woodbury & Alan Haselwood.**

**Contacts: Pat Mullins, pam7nt@gmail.com and Jodi Deeley, jodideeley2@gmail.com**



## Bunco

The Bunco group welcomed two new players Bernice Lehman and Linda Matthews. There were many Buncos called out, Marsha won with five.

After Bunco play some of us enjoyed a nice meal at Siinos, then back to the OC for the Lincoln Hills Foundation Bingo. The Bunco group had two tables at Bingo with three winners. Overall it was a fun day! Ok I am saying that because I won the big one at Bingo.

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. Please consider joining us for a morning of laughter, fun and friendship!

**September Winners: Most Buncos - Marsha Pimentel; Most Wins - Paulette Rhoades; Most Losses - Diane Lundin; Traveler - Barbara Conner.**

Next Bunco is Thursday, October 19.

**Contact: Kathy Sasabuchi 916-209-3089, ksasabu@icloud.com**



## Ceramic Arts

CAG has some exciting news for the Fall - after imparting many fabulous tricks of the trade, Linda Miller, the teacher for

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Thursday afternoons, has decided to spend more time with family and her primary teaching job. As a result, a new search for a teacher has started and we hope that a new teacher will start on November 1st. The steering committee has made a proposal for a "Sip and Glaze" evening workshop in November. The workshop will use preformed seasonal earthenware pieces and demonstrate applied glazing techniques. We hope for enthusiastic reception from the community with the goal of introducing more community members to the art forms of earthen ware and pottery. Please look for announcement in the coming Compass issue(s).

Contact: Mary Clark 916-502-1527; OC Pottery Gabriele Dawson 916-209-3683; Diane Mayer; KS Earthenware Marty Berntsen 916-408-2110; KS Spanish Oils Margo Bruestle 916-434-9575; Website: [www.sclhresidents.com](http://www.sclhresidents.com)

Lincoln Hills Community Chorus



## Chorus

Tickets for "Holiday Swing," our mostly Christmas concert on December 10-12, are available beginning October 17. This community tradition always sells out, so see [page 49](#) for details and don't miss out!



Nina Malone and Paul Melkonian

The Chorus made major gains under Bill Sveglini, our former director, and we are reaching new heights under the direction of Paul Melkonian, our former accompanist. We've grown to nearly 130 singers under Paul's leadership, and are delighted with his talented

replacement on our piano, Nina Malone.

Paul has selected a splendid variety of seasonal music for his inaugural appearance on our podium. Inspiring our concert title are "Swingin' Saint Nick" and "Swing into Christmas," a lively medley including a unique arrangement of "In the Mood." In a more traditional vein, you'll enjoy our renditions of familiar carols like "A Celtic Silent Night" and "Joy to the World." And you'll get to sing more old favorites along with us.

Contact: Suzanne Rosevold 916-587-3035; [suzannechorus@gmail.com](mailto:suzannechorus@gmail.com)  
Website: [lincolnhillschorus.org](http://lincolnhillschorus.org)

## Computers

### Apple



Well, they did it again! And again, ya shoulda been there! On Tuesday evening, September 12, Nina Mazzo and Bonnie Esker, assisted

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by a myriad of volunteers, threw a heckuva Banquet to mark the 15th Anniversary of the Apple User Group (LHAUG), nee the Mac User Group (MUG). Meridians provided a wonderful buffet in the Secret Garden and no one went hungry. Plus cupcakes for dessert. Each guest received a clear plastic insulated cup with the LHAUG logo on it, plus a truffle from Blabbermouth Chocolates and a Logo screen wipe. Andy Petro and Vic Albertazzi presented the new Group Anthem, "Hallelujah, Apple Usah" (with apologies to Leonard Cohen). Your faithful scribe got into the act with a rendition of Tom Lehrer's "Poisoning Pigeons in the Park". Dozens of prizes were given to the lucky ticket holders,



including a MacBook Pro and three iPads. This Group doesn't fool around.

Contact: Vicki White, [vickiawhite@me.com](mailto:vickiawhite@me.com); Website: [lhaug.org](http://lhaug.org)

**PC**



Main Meeting November 8, 06:30 PM Optimizing Your On-Line Holiday Shopping by Lisa C. Garvey,

Retailers entice shoppers every year with huge online sales on Black Friday, Cyber Monday, and other "holiday countdown" events. Are the deals worth it? Do you need to buy items on those specific days to take advantage of discounts? We will look at best practices for online holiday shopping, including pricing comparisons across stores and days, to uncover the best bargains. We'll also look at a few other important concepts for holiday shopping: how to keep



Lisa Garvey

your personal data safe and how to minimize your shipping charges. You will also be introduced to some interesting new retailers and shown where to find unique, personal gifts online. P-Hall (KS) Clinic November 10, 03:30 PM \*\* Canceled \*\*

Ask the Tech: November 24, 10:00 AM Informal Q & A session for any and all technical questions Multi Purpose Room (OC).

Contact: Karl Schoenstein, [sclhcc@gmail.com](mailto:sclhcc@gmail.com); Website: [www.sclhcc.org](http://www.sclhcc.org)



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Alice Martig, Sue Kirby, and Carol Silva

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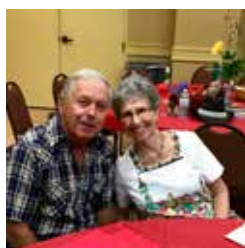
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References Available • Since 1985 • Lincoln Hills Residents



Rene Lopez, Brenda & Dennis Cathey

of the dance held on September 15 at KS which was hosted by our club and DJ'd by member Larry Brigleb. Pulled pork sandwiches were served as the main course accompanied by pot luck salads and desserts provided by our club members. The room was decorated with a festive barn motif, minus the live animals and sawdust for the floor, which contributed to the country feel and fun.



Nat & Sylvia Passaglia

Tickets are now on sale for the Halloween Dance to be held at SC Roseville on October 29, hosted by Jim and Jeannie Keener. They can be purchased at class on Monday night or at the Saturday evening

practice. **Contacts: Marsha Brigleb 916-434-5460; Laura Wermuth 253-7092**



### Cribbage Club

We welcome you to come join the fun at Orchard Creek on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up/practice games until 9:00 AM. Then the mini-tournament begins, and continues until 12:00 PM.

We play four handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score. The weekly winners for the month of August were Lynn Bell and Fred Hampel (tied), week one, George Funk, week two, Sue Cirerol, week three, Lynn Bell, week four, Susan Rogers, week five.

New players are always welcome! **Contacts: Larry O'Donnell 406-672-6493; Ken VonDeylen 916-599-6530.**



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### Eye Contact

*Living Skills Meeting, Multi-Media Room (OC), Thursday, October 26, 10:30 - 12:00 Noon*  
 "How to Avoid Holiday Stress" Do you get stressed-out around the holidays? We've found some expert tips to help you relax and actually enjoy the holidays. Invite and bring a friend to share ways to relax and enjoy. This is our last session for 2017. Facilitated by Elaine Small.  
*General Meeting, Fine Arts Room (OC), Tuesday, November 7, 2:00 - 3:30 PM.*  
 "iPhone and iPad Open New Frontiers for Those with Vision Challenges" Presented by Ken Spencer. Ken is a member of SCLH

Apple Group and President of the Sacramento Apple Group. He will explore the wonderful accessibility features of iPhone and iPad. These include reading text messages and emails, using directional maps, and many other features.

Living Skills Meetings November and December  
 Due to the holidays, there will be no Living Skills Meetings held in November and December.  
*Contact: Cathy McGriff 916-408-0169, [cathy.mcgriff@yahoo.com](mailto:cathy.mcgriff@yahoo.com)*



### Fishing

I've heard reports of members fishing in Alaska, Montana, Wyoming, Minnesota, Canada, and Mexico. If you believe their stories of giant fish, gorgeous fish, it makes one raring to go to an exotic place, or even a local fishing hole. Opportunities are limitless, get out there!

Members are planning trips: Rivers close by, Lakes like - Fuller, Whiskey, Collins, Rollins,



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We had a great Kids Fishing Derby turnout (sponsored by the Kiwanis, assisted by Sportsman's, Old Town Pizza, LHFG and others). Thank

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A few members in Alaska

you to our members who stepped forward to help. We meet monthly, the 2nd Monday @7:00 PM, Kilaga Springs Lodge, to discuss fishing. Check our meeting out! We have members willing to show you how to fish - any kind of fishing practically. **Contact: Jim Kerbey - jmalcom2@aol.com**



### Garden Group

"The Farm That Charms" will be our feature for the October 26, 2:00 PM General Meeting (KS). Rich & Kathy Colwell are the owners of The Thundering

Herd Ranch in Penryn and he is President of the Placer County Mountain Mandarin Growers Association and considered an



Lecture and Luncheon at High-Hand

expert in his field. Rich was on the cover of the Foothills Magazine



Harvest-Souper Social-November 2  
Rich Cowell-  
October Speaker

focusing on his innovative work with a local brewery and featured in many other periodicals and TV channels. He will bring with him an assortment of products they make and provide tasting samples for

your pleasure. October marks the last general meeting of this year and will include the usual activities with Door Prizes, Master Gardeners, and Brown Bag Sales. If there are any remaining tickets for the Harvest Luncheon (November 2) you may purchase them there. Membership (New and Renewal) will begin in January 2018. More details later.

**Contacts: Lorraine Immel 916-434-2918, [limmel@ssctv.net](mailto:limmel@ssctv.net); Larry Clark 916-409-5214, [lkclark@surewest.net](mailto:lkclark@surewest.net)**  
**Website: [www.lhgardengroup.org](http://www.lhgardengroup.org)**



### Genealogy

On October 16, 6:30 PM at P-Hall (KS), Pam Dallas will talk on the topic NUCMC-A Gold Mine for Genealogists.

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Pam has done genealogical research for 25 years using a wide variety of record sources and has presented lectures nationally and locally.

Members arrive a few minutes early to sign in and get a ticket for the door prizes which will be one \$50 gift certificate and two \$25 gift certificates to the Meridians restaurant. We will have the usual social across the hall after the meeting with refreshments and a chance to chat about our new and old learning.

### Golf



#### Ladies XVIII

The ladies played the Orchard, in a Make-Your-Own Foursome event in mid- September. It was perfect golf weather for 39 players. The team of Blanchard, Koropp, McCoy and Warren took first place with 121 points. Orlove, Sklarew, Snelson and a blind draw captured second with 129, while Ashe, Dodd, Habecker and Loyd were just two behind, for third. Fourth belonged to Drinkard, Hults, Korenthal and Morgan with 132 points. Tilton earned the CTP, on hole four, about ten and a half

feet short of the cup. As we wind down the year, we will be gearing up for an annual charity event for breast cancer with the Lincsters in late October, and the Turkey Shoot in November. Check the Special Events on the website to enter.

Our membership expresses our sorrow and sympathy with the recent passing of Lyn Chavet and Pat Ward, longtime golfers who will be greatly missed. **Contact: Donna Sosko 916-434-5527; Website: [lhlgxviii.com](http://lhlgxviii.com)**

#### Lincsters

The Lincoln Hills Lincsters held their annual club championship tournament on August 16 and 23. Following the second day of play, the members gathered in the Secret Garden of OC Lodge for lunch and awards. Phyllis



Club Champions: Nancy McDonald and Phyllis Patrick

Patrick was named the 2017 Low Gross Club Champion, and Nancy McDonald was named the 2017 Low Net Club Champion. Flight winners were also announced. Low gross winner in Flight A was Kate

Gold, and Madelyn Merola was the Flight A low net winner. Flight B low gross winner was Jeannine Wuschnig, and Flight B low net winner was Barbara Parsons. In Flight C, Charlotte Raifaisen was low gross winner, and Mary Bailey was low net winner. Flight D low gross winner was Jane Steffes, and Carole Cain was low net winner. Congratulations to the August Golfer of the Month, Jane Steffes of Flight D. Welcome to new member Sandra Rushing.

**Contact: Pat Shafer, [gdskd70@aol.com](mailto:gdskd70@aol.com); Website: [lincsters.com](http://lincsters.com)**



#### Mens

Net winners in the Memorial Tournament, John Vass, Joe Angel, Rich Henrickson, Jesse Reuter, Dan Kramer, Warren Mercer, Dave Jansen. Gross winners were; Jim and son Pete Smyrak, Mark Hamilton, F. Hirsch, Gil Lucas,



The Men's Club and wives filled the Ballroom for the Memorial Tournament Awards dinner.

Frank Geramia, Jay Stockton, John Milbauer. Winners of the horse race

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was the team of Steve Mumma, Ron Cook. Congratulations to these and all the other players. There are three more golf tournaments for 2017. Coming October 24 is the Tournament of Champions with a Just For Fun format option played on the Hills Course. On November 21 will be the mixed format scramble Monster tournament on the Orchard course. Then on December 12 will be the Pinehurst format tournament also on the Orchard. **Contacts: Gene Andrews, eandgolf@sbcglobal.net; Tom Traxel, tom.traxel@sbcglobal.net; Website: [www.lhmgc.org](http://www.lhmgc.org)**

doubt feature much of the same. Potluck suppers are a great time to meet and chat with fellow club



More Club Party-goers

members in an informal, unhurried setting.

We enjoyed having Chef Ian Elieff

of The Meridians Restaurant as our guest at our September general meeting; we learned about the importance of making our own salad dressings for health reasons and sampled a delicious and healthy salad he made for us, using his best techniques and ingredients. **Contact: Don R. Rickgauer 916-253-3984, sclh13HealthyEating@gmail.com; Website: <https://HealthyEatingClub.wildapricot.org>**



### Healthy Eating

Autumn 2017 has been a great time to enjoy the wonderful local crops available to us at our



Autumn Equinox Party Food

Farmers' Markets. This year's local harvests have proven to be among the best for most crops, due to last season's drought-breaking wet winter and the hot summer just ended.



Club Party-goers

Our September Autumn Equinox Party featured a virtual cornucopia of these fresh and healthy foods. Our annual Potluck Supper October 18 at the Sports Pavilion will no



### Hiking & Walking

"It's been a great two years; said outgoing President Phil Huntingdale." "I wish to thank my hard working Board, Denny Fisher, Susan Mulloy and Pam Husting. They kept me in line and made my job much easier! David Wood. You are the best webmaster. Keeping us all informed and together. Thank you. We accomplished many things, increased social functions, gained new hike



Incoming President: Art McGrath and wife Alice

leaders and overall really enjoyed our fellow hikers, walkers and friends. What a special group this is. Thank you to our very competent hike leaders, we could never have enjoyed so many hikes without your involvement. Please keep this up, I know you will. Thanks



Outgoing President: Phil Huntingdale and wife Stephanie

to Walking Coordinator, Debbie Schryver for stepping up when it was needed. Finally, congratulations

to the new Board, carry on! Not to be forgotten, I will still be leading hikes, please join me, and see you soon on a hike trail. " **Contacts: Hiking—Phil Huntingdale 916-408-1747, smccoubrey@sbcglobal.net; Walking—Debbie Schryver 916-666-1741, dshumhaven@earthlink.net; Website: [www.lincolnhillshikers.org](http://www.lincolnhillshikers.org)**



### Innovations

The September Innovations Group meeting had a report on "Devices to Help Take Meds Properly". Since one of main problems leading to medical emergencies is improper medication, this is an important technical assistance for many of us who need to take a variety of meds, multiple times a day. This report is available by calling the contact below and leaving your email address. The next meeting

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is October 19 at 5:00 PM in the Multi-Purpose room (OC). We will have a presentation on a medical device invented by one of our members that will be used in an upcoming trial. New members, interested parties and visitors are welcome. Questions? **Contact: Ray Dunaway at 916-794-0002**



**Investors' Study**

The Investors' Study Group meets on the first Thursday of each month. Next meeting is November. 2 in P-Hall (KS) from 2:30-4:00 PM with refreshments afterwards. Our speaker is **Michael Arone**, CFA, of State Street Global Advisors. Michael has a 20-year career as an investment professional and is a member of the



*Ben Keating and Russ Abbott*

Senior Management Team. Russ Abbott, our consultant, will bring us up-to-date with his monthly Playbook. Don't forget to sign-up for our Holiday/Christmas Party to be held at Turkey Creek Golf Club on December. 7. Make check out to SCISG (no cash, please). Members, \$27; non-Members, \$32. John Noon Investors' sub-group meet the second Monday of each month at 3:00 PM in the Multimedia Room (OC). **Contact: Norm Quattrin at 916-645-4675**



**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. We have regular activities going on. We meet for Saturday dog walks, a Saturday coffee klatch, movies on the third Monday of the month (followed by Happy Hour), and a

breakfast buffet at Thunder Valley on the first Wednesday of the month. You can call or look up our website [www.lavenderfriends.com](http://www.lavenderfriends.com) for locations, dates, and times.

Unscheduled events do take place, and are posted in weekly emails to the members. Members can suggest new activities. We have attended additional movies, new places to eat or fun interesting places to visit.

Activities: Greater Placer PFLAG meets on the second Monday of the Month from 7:00 to 9:00 PM at Sutter Auburn Faith Hospital, 11815 Education Street, Auburn, CA, Conference Room A, next to the cafeteria. **Contacts: Sheila 916-408-2802; Carol 916-295-0610; Website: [www.lavenderfriends.com](http://www.lavenderfriends.com)**



**Line Dance**

Line Dance is a family affair for three Lincoln Hills residents. Wanda Sherrill has been line dancing for two years here but she has been a line dancer for many years. Her

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Colleen and Brian Hope with Brian's mother Wanda Sherrill

son, Brian Hope, and his wife, Colleen, moved here 18 months ago and decided to join his mom in

taking classes. They all said that the social part of taking classes has been the number one reason they dance. Another is for health reasons. They take several classes a week and go to practices on the week end. They also said that they have met so many nice people this way. We are so happy to have them. Our holiday pot luck and dance is coming up on December 4. Save the date. Remember that there are no classes in December. There are places for social line dancing in our area. Check with your teachers for more information.

**Contacts: JoAnn Faria 916-434-6813 joannfaria@sbcglobal.net**



### Mah Jongg, National

Tuesday is always a happening day in the Card Room(OC). National Mah Jongg is being played from 12:30 to 4PM every week. It is a wonderful place to meet your neighbors and make new friends. Newcomers are always welcome to play with us. Mah Jongg, an ancient game from China that you play using tiles, gained popularity in the United States in the 1920's.

This game of intelligence requires concentration. Mah Jongg is a difficult game to learn but once you do, your ability to excel is limitless." This quote sums up the fun and excitement of the game. Why not try it! **Contacts: Patti Kingston 916-587-3056; Elsa Paszek 253-9709; Fran Rivera 916-434-7061**



### Mixed Media Arts

Our club provides a friendly, fun environment for creative expression by using various methods of media, textures, papers, photos, and so much more. Occasionally we have "hands on" demonstrations and presentations on the latest techniques in the world of Mixed Media. During our October 18 meeting, Lynne Fee, one of our member artists, will share creative uses for "Chinese Josh" papers, and demonstrate how to make a paper Chinese Kimono using these papers. We are a very creative group, and most everyone at one point in time was a beginner. So don't be shy and feel free to stop in during one of our regular meetings to see what we are all about. Our club starts at 1:00 PM on the third Wednesday of each month in the Ceramics Room (OC). **Contacts: Frima Stewart 916-253-7659, frimastewart@gmail.com; Patricia Branham 916-408-5057, pbranham56@aol.com**



### Motorcycle

Summer came to an unofficial end September 9 with a great ride to the Sierra high country led by Road Captain Peter Boyle. The riders headed up thru Georgetown to Ice House road. After a lunch stop at the C and T restaurant in Pollock Pines it was on to the old Pony Express trail thru Apple Hill and Coloma. On October 14 President/Road Captain Doug Sterne will lead the club's scheduled ride to the coast and Bodega Bay. Also in October the club will be having their annual BocceBall tournament/Barbeque on October 21.

If you like motorcycle touring and have a road worthy motorcycle or trike - check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multimedia Room (OC) The next meeting will be on October 26. Guests are always welcome.

"Ride Safe - Ride With Friends"  
**Contact: Manny Perez 916-253-9121, manwil412@wavecable.com**

### Movie Lovers

The Movie Lovers Group meets on the second Thursday of each month in the Multimedia Room (OC) 6:30-8:30 PM. On October 12 we discussed the movies Victoria and Abdul and also Stronger. Our discussions are frequently interesting and insightful and foster stimulating new friendships. We also share information related to other movies

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shown locally as well as films available on streaming (Netflix, Amazon, etc.). We welcome all residents and new members to join our group. Future meetings are planned for November 19 and December 14.



### Music

During our recent meetings, there have been some really exciting performances from our Music Group members. We have enjoyed quality music in many genre. Check it out! Our next meeting is October 25, from 6:30-8:30 PM, Fine Arts Room (OC). The two songs for October are: "All I Have To Do is Dream" and "Happy Trails". Download them on the Music Group site. A Blues Jam will follow the meeting. The next Open Mic is scheduled for October 20 from 6:00-8:00 PM, P-Hall (KS), with performance sign-ups starting at 5:30 PM Open to SCLH musicians. No karaoke is permitted. Come out and enjoy performances from your neighbors - admission is free! You can also work on your skills at the Performance Skills Workshops. The next one is October 16, 9:00 AM- Noon, P-Hall (KS). It is an informal time to get feedback, and to practice performing in front of others. The SCLH Ukulele Jam meets Wednesdays, 1:00-3:00 PM, Lodge (OC). Open to SCLH residents. **Contact Ron Peck 916-409-0463**

for information. **Music Group Contact: Don Smith 838-4691 [Donsmith6704@frontier.com](mailto:Donsmith6704@frontier.com); [LincolnHillsMusicGroup.org](http://LincolnHillsMusicGroup.org)**



### Needle Arts

Threads of Friendship

At the October 10, 2017 general meeting, the speaker will be Mel Beach, <http://melbeachquilts.com/>. Mel will discuss new quilting techniques and designs. Special note: this meeting will be take place in the OC-Ballroom.

The Needle Arts Fall Retreat will take place Monday, October 30 - Friday, November 3, 2017 at Mercy Center Auburn. The cost is \$387 for room, meals, and activities. To register, contact Kris Volker at 916- 543-9668.

November 14, 2017, the Wearable Arts sub-group has scheduled a special presentation in the P-Hall (KC).

December 19, 2017 is the Needle Arts Holiday Tea; details be announced in upcoming issues, on the SCLHNA website, or emailed to members this fall.

For more information on the activities of the Needle Arts Group and the many subgroups, visit [www.sclhna.com](http://www.sclhna.com). **Contact: Jean Storms at 916 408-1515; [jeanstorms272@gmail.com](mailto:jeanstorms272@gmail.com)**



### Neighborhood Watch

If you're looking for a way to meet your neighbors

and also to give back to the community, Neighborhood Watch is a great opportunity for you to do both. We're looking for volunteers to be village coordinators in 16A, 16B, 20 24C, 26C, 30C, 35B, 39, 40A and 40B. You do not need to live in one of those listed to act as a coordinator; you can "adopt a village." All you need are basic computer kills, internet access and an email address. If taking on the job sounds daunting, don't worry -- NW officers and directors will help you get started. Another idea is to partner up with a friend/neighbor and do it together.

Several villages still need mailbox captains who work under the coordinators and who are the contacts between residents and NW. These are the people who get out those important alerts.

**Contacts: Ed Zychowski at 916-408-8084; Pauline Watson at 916-543-8436.**

### Painters

Painters are a lucky bunch. At our September we got to sit back and watch a r t w o r k come to life. Frank Ordaz is a wizard, his portrait of Bonnie Dunlap just seemed to magically appear. That



Frank Ordaz presenting Bonnie Dunlap with her portrait

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Margot Comer explains examples of flat paintings for our November Challenge

October 17, 2:00 PM at the Fine Arts Room (OC) will feature Cynthia Chalmers, a UCD Art professor, discussing the use of line in art. We will gather in November to display our answers to the "Challenge" - Flat Paintings.



### Paper Arts

Thanks to Dottie Macken who presented our September 'make and take' projects - a gift card holder and a beautiful



### 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

Christmas card. At our October meeting, Claudia Santos of Stampin' Up! led a Halloween and a Christmas project. Thank you, Claudia. We are getting close to what is becoming an annual group event--a bus trip to the Stamp & Scrapbook Expo on Friday, October 20, at the Sacramento Convention Center. We'll head out to one of the largest paper crafting shows in the area where we will remain for six hours. There will be dozens of vendor tables for purchases, new items and demos of new techniques. Check out page 67 of the September *Compass* for more details.



Dottie Macken with September's projects

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). If you are interested and have some paper crafting experience, contact us. **Contacts: Shirley Rainman at 916-253-9534; Pat DeChristofaro at 916-408-1360.**

since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) 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 916-543-3117, [djonesea@att.net](mailto:djonesea@att.net); Doris DeRoss 916-253-7164 [dorisdeross@gmail.com](mailto:dorisdeross@gmail.com)**




### Photography

One of the rewards of taking compelling photographs is sharing them. The Photography Club is fortunate to have two members, Rhonda Campbell and Vicki White, dedicated to securing exhibit space for Club photographers. A




Mike Romo

successful Orchard Creek exhibit just ended. And, thanks to Club member Kara Kleman, a unique opportunity to display photographs is coming up at the newly renovated Kilaga Springs Spa. This tenacious exhibit team not only arranges exhibits within LH facilities, but also throughout our



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Pleasures, a well-known lunch stop in downtown Lincoln, has ongoing Photography Club exhibits with themes rotating quarterly. The current theme, Colorful Summer,

will be on display through October 23. Another exhibit is held annually at Umpqua Bank on 5th Street-our current exhibit will be up through October 10. Check our website for updated exhibit information.

Contact: Diane Margetts 916-955-1809, [dmargett@yahoo.com](mailto:dmargett@yahoo.com)

Website: [www.lhphotoclub.com](http://www.lhphotoclub.com)



### Pickleball

September events demonstrated why pickleball offers something for everyone, from beginner to advanced player.

Our "Fall Classic" tournament drew more than 100 entries, and "Welcome Saturday" attracted nearly 20 residents interested in learning this odd-named sport.

Fall Classic results:

2.5: Gold: Bill Lampton-Connie Giannini. Silver: Alain Girard-Anita Lehrer. Bronze: Tom-Jody Watson.

3.0 masters: Gold: Bob-Molly Morris. Silver: David Bacon-Marcy Westby.



3.0 "legends" medalists were Gold: Don Neumeier and Marilyn Catania (center). Silver: Bruce Barlow and Sherrill Slotsve (right). Bronze: Ron Slagle and Sue Walden (left)

Bronze: Ed Musgrave-Monika Luz. 3.0 legends: Gold: Don



2.5 medalists: Gold: Bill Lampton and Connie Giannini (center); Alain Girard and Anita Lehrer (far left); and Tom and Jody Watson (far right)

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4.0: Å Gold: Robin Haney-John Kirkwood. Silver: Å Gil Cabral-Susan Whalen. Bronze: Mike Irwin-Sue O'Connell.

Want to try pickleball? Free introduction 1:00 PM Wednesdays. Next free Saturday introduction: 11:00 AM October, 28.

Contacts: Mike Gardner 916-834-6549, [pickleballmike1@gmail.com](mailto:pickleballmike1@gmail.com)

Website: [www.lhpickleball.com](http://www.lhpickleball.com)

the Forum" in November – see [page 55](#) for details. Don't miss this hilarious farce full of slapstick and crazy antics, set in the glory days of ancient Rome. You will delight in your toga-clad neighbors and friends scampering in and out of houses, singing and dancing their way across the stage, plotting to



In "A Funny Thing," Hysterium (Ron Hanson, center) gossips with Domina (Susan Stecz) and Philia (Mary Brown)

save two innocent young lovers from a vainglorious warrior, complete with "surprises, disguises, rhymes and mimes" to spice up the action. There's "something for everyone – a comedy tonight!"

Coming next week is *Readers Theater, two free shows in P-Hall - KS*. Don't miss either Saturday October 21 at 7:00 PM or Sunday, October 22 at 3:00 PM, when we bring you two scary, spine-tingling Halloween plays, "The Birds" and "The Undead," reminiscent of 1940s radio shows. A great way to get into the "spirit" of the season! Contact: Ron Hanson 434-7112, [racketron@yahoo.com](mailto:racketron@yahoo.com); Website: [www.lincolnhillsplayers.com](http://www.lincolnhillsplayers.com)



### Poker

The Poker Group plays a variety of poker games every Monday and Friday 12:45-4:30 PM, Tuesday, 4:45-8:30 PM in Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hold'em players, there is a separate table available on Monday, Tuesday, and Friday,



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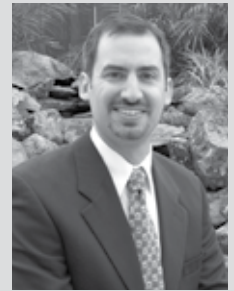
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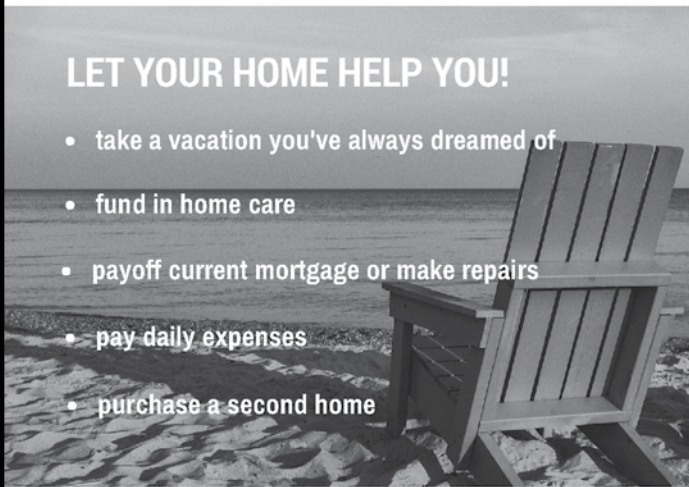
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same times. All poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesdays). The seating arrangement eliminates people not being able to play because tables are full. The plan ensures play so come on down and join the fun.

Any questions, or to be added to our email distribution, please contact one of the following members. **Contacts: Lynne Barsky 916-253-3730; Arnold Baker 916-434-5412**



### RV

Not only are we RV travelers, we're boaters! The group chartered a patio boat and cruised Lake Almanor on the most recent rally.

Our rallies always include lots of shared meals, happy hours, golf, tours of the local area and anything else the group can cook up! We always enjoy grilling our own meat and bringing a side dish to share. The final rally this year will be a coordinated caravan to the Albuquerque hot air balloon festival with stops along the way to enjoy scenic spots in the western United States.

We meet at the Social Kitchen (KS) at 4:30 PM on the second Thursday of each month, where we discuss upcoming rallies then visit with shared appetizers. Residents with an interest in RVing are always welcome to visit, meet new friends and discuss the fun of RV travel.

**Contact: Marlowe Skar 916-434-7799; Website: [www.lhrvg.com](http://www.lhrvg.com)**



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

Our Lincoln schools are in full swing. Eager students are in the classroom geared up for another fabulous school year. Teachers are refreshed after spending time with family on vacation. Our devoted volunteers are getting acquainted with students and teachers in their

designated classrooms. Volunteers are excited to make a difference for teachers and in the education of the children. We had a terrific



Volunteer Camille Nevins playing a name game at Sheridan School



response to our call for volunteers, new and returning. However, there are always more requests for assistance than we can provide. It is not too late to sign on for this rewarding opportunity. Visit our website at <http://schoolssuncity.org>. The website has information about the volunteer program including the district school calendar, photos, and quotes from teachers and volunteers. Contact a leader listed below who can answer your questions. You need not have had any teaching experience to participate. **Contacts: Crystal Elledge (Elementary) 916-543-8617, [celedge@sbcglobal.net](mailto:celedge@sbcglobal.net); Irma Mendez (High School) at [jmeidm@aol.com](mailto:jmeidm@aol.com).**



### SCOOP

The last SCOOP meeting of 2017 featured Michele Murphy and her dog October who is being trained by Michele as a canine companion for independence. We also welcomed our new officers for SCOOP. We are all relieved that SCOOP will continue under new leadership in 2018. Thank you to everyone who has helped with SCOOP this past year! **Contact: [scoop@sclh-scoop.com](mailto:scoop@sclh-scoop.com); Website: [www.sclh-scoop.com](http://www.sclh-scoop.com)**



### Scrabble

We welcome you to join our group of Scrabble players on Monday afternoons at 1:00 PM in the Card Room (OC). All materials are provided. No reservations are needed. Play one, two, or more games. Some folks stay till 4:00 PM and beyond. Others play for an hour. We are a very flexible group. Come and try it out.

**Contact: Anne McMaster 916-409-5408, [wiltonanne@yahoo.com](mailto:wiltonanne@yahoo.com)**



### Senior Softball

Fall ball started on October 4. There are six teams and three games are played each Monday, Wednesday, and Friday from October 4 thru November 22. Three games a day starting at 9:00 AM for fun and getting tuned up for Summer Ball.

We will be starting our annual drive 'Toys For Kids' at Beale Air Force Base on Monday November 6 at 9:30 AM until 12:00 every Monday, Wednesday and Friday at Del Webb Field. Donations of new unwrapped toys will be much appreciated by the kids at Beale. Don't know what to get. Donate cash or checks that will be used to buy appropriate toys for the kids. And, the kids will thank you.

**Contacts: [marty629@gmail.com](mailto:marty629@gmail.com)**



### Singles

Can you smell the crisp cooler evenings?

We just enjoyed our Bocce Ball Tournament with our Mexican Fiesta Dinner/Dance. Not to mention having Peter Gilbert, Mayor of Lincoln as speaker at our General Meeting on September 14.

Look what's coming up in October! On October 19 at 4:30 PM the Singles will be Dining Out at Outback Restaurant in Roseville.

On October. 26 at 6:00 PM we will have our Annual Halloween Buffet Dinner/Dance. Tickets \$25 members and \$35 guests. We will have D.J. Tom playing and help us give out lots of costume awards with this year's theme being *Zombies Night Out*.

More upcoming events: November. 2 at 4:00 PM Cocktail Time at Orchid Thai; November 9 at 6:00 PM at OC Ballroom at General Meeting we will play "Turkey Bingo" with lots of prizes.

Get ready to board the bus on November. 4 at 9:30 AM for our annual trip to the *Breeders Cup Horse Races at Golden Gate Fields in the Turf Club*. Reservations needed.

*Sound good?* Now is the time to join for \$15 a year. We also have weekly activities to keep us busy like: Bocce Ball on Wednesdays at 3:00 PM and Golf on Fridays. **Contact: Kathy Shaddox 916-209-3307**

### Ski

After such a hot summer, we are ready for some fun in the snow! To get ready, our October 19 general



Pray for Snow Party

m e m - b e r s h i p meeting will be in the Aerobics Room at Fitness Center (OC). Trainer Danielle Lawlor will introduce us to ski conditioning exercises.

Our annual pre-season potluck party took place in September at the home of Ric Havens and Vicki Bohan. A great time was had by all; just look at all those smiles in the picture!

Please bring your Club dues of \$10 per member to the next meeting, or contact us for mailing instructions. Membership allows you to

join us in Mammoth for our annual getaway trip, scheduled for March 4 - 9, 2018, but don't dawdle as spots are filling quickly.

Mark your calendars for our Holiday party on December 18 at Turkey Creek. Details will be provided soon.



### Sports Car

Early September we stepped back in time with a visit to



Thunderheads over the Greenhorn Creek Ranch; Trading Sports-cars for saddles; Bob Beasley Ron Goleno & Tom Breckon at Durham Car Show



the Greenhorn Creek Guest Ranch near Quincy. Upon arrival we were greeted with an impressive display of thunder, lightning and a down-pour of rain that caused a change of plans for the evening. We moved indoors where we were served a delicious steak dinner culminating with a tasty fruit cobbler. Once the storm passed, we enjoyed a camp-fire while roasting marshmallows and being entertained with guitar picking & singing.

The next morning a number of us took a horseback ride along the

Greenhorn Creek. Others took a horseback-riding lesson while others relaxed and enjoyed this step back in time.

Mid-month 16 cars journeyed to the Durham Harvest Festival Car Show. This show is a great display of antique cars, trucks, custom cars and muscle cars. Funds raised from the event go back into the Durham Community for scholarships and local projects. *If you own a sports car and want to join contact tom.breckon@sbcglobal.net*



### Sun City Squares

Sun City Squares welcome all Square Dancers. If you danced in the past and want to enjoy the friendship and fun of Square Dancing, give us a call or come to our Monday session.

We Dance at Kilaga Springs Monday 1:15 PM to 3:00 PM "Plus" Dance Level

Monday 3:00 PM to 4:00 PM "Advanced" Dance Level

Thursday 1:00 PM to 3:00 PM "Advanced" Dance Level

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



### Tap Company

New Tap classes in October will include

lessons for new tappers as well as those who have tapped for a while - or a long time! A show is in the planning stages for next spring, so there will be opportunities to learn a complete

dance, practice it so you know it by heart, and then dance on stage! Check out the Compass Tap Classes and sign up. Alyson will be there to teach. Carol, Joyce, Becky, and LaDonna will all be there to coach. Let's Dance! Dance! Dance! **Contacts: Natalie Grossner:**



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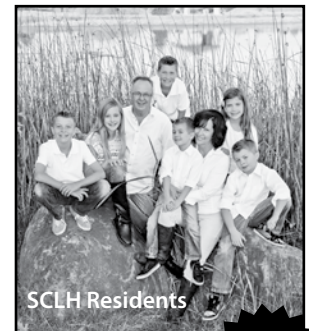
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## Tennis

Our fall tennis days are upon us. That means our Fall LITT September 5, Mixed Doubles Tournament, September 21 and the Octoberfest, October 21 are



Mike Tom (standing far left) being honored

here. Details for our annual dinner/dance, November 8 and the Christmas luncheons will be out soon.

Have you tried out the Saturday Ball Machine Practice? Our volunteers are out there from 8:00 to 10:00 AM. Give it a try.

Pictured are Lincoln Hill Tennis Players (LHTG) honoring their long-time tennis group coordinator, Mike Tom, (standing far left). Our tennis coordinators are the backbone of the social tennis here at Lincoln Hills. A list of some social groups and available subs was emailed to the membership to use as a resource for more play. Hats off to our wonderful tennis group coordinators!! **Contacts: Pam Flaherty, 916-434-684, pamflaherty@gmail.com; Barbara Davis 916-408-2604 barb7dick@att.net** Check out the LHTG website [www.sclhtg.com](http://www.sclhtg.com)



## Veterans

Michael Lella, whose father Pino served heroically as a spy against the occupying German Army in Italy during World War II, will be the featured speaker at the October 19 general membership meeting at 1:00 PM in the Ballroom (OC). This presentation will immediately follow the Veterans Group's Oktoberfest luncheon.

Pino Lella is the main character of the bestselling book "Beneath a Scarlet Sky", a tale of one young Italian man's incredible courage

and resilience during his country's occupation by German forces. He enlisted as a German soldier in a move his family thought would keep him out of combat. But once Pino joined, he was recruited at the age of eighteen to become the personal driver for one of Hitler's top officers in Italy, General Hans Leyers, one of the Third Reich's most mysterious and powerful commanders. **Contact: Fred Buhler 916-209-3529; Ddinmont2@earthlink.net**



## Water Volleyball

In just a few months, 2017 comes to an end. Our coordinators and committees have been extremely busy creating the best volleyball experience for all. This year our club has proudly signed up 39 new members, bringing the membership roster to 143.

The election for our 2018 Steering Committee is in November. We are looking for candidates for the following open positions: Chairperson, Email Coordinator, Social Activities Coordinator, Equipment Manager, and Webmaster. The election will be conducted on the website just like last year. Anyone interested in these open positions should contact our Chairwoman Claudia soon at the club email [sclhwatervolleyball@gmail.com](mailto:sclhwatervolleyball@gmail.com). Job descriptions are available on the website.

The last training night for 2017 will be Tuesday, October 24 at 6:00 PM. Mel Switzer conducts a great session that could benefit all levels of volleyball players. Watch for your emails for club news. See you in the water!

**Contact: Rhonda George 907-242-3161**  
**Website: [www.lhwatervolleyball.com](http://www.lhwatervolleyball.com)**



## Woodcarvers

With the name Woodcarvers Club the expectation is that everything is carved. Well to a point it is. However, there are

some members that use pyrography in conjunction with wood carving. Pyrography is the art of wood burning and is used to design and enhance wood carving with a heated pen. Historically it was used to decorate and brand various tools and ultimately became an art form and was done on blank "canvasses" of wood. Like pen and ink on paper, designs are burned on wood to create relief type carvings. It may also be used to enhance details on a carving.

Woodcarvers Club members have a large library of carving books, magazines and DVD's for plans and ideas. We have carving 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, 916-626-0895**



## Writers

The Writers Group is happy to have Geoff Young as our current President. Geoff explains how he became a writer:

"I was in the gift shop at the airport looking for something to read. It dawned on me that I could write a better book than the crappy books available in the gift shop. It only took me twenty-five years to finally write it!"

Speaking of the book he is currently writing and sharing with the group, Geoff says:

"A visit to Costa Rica inspired my book. It is a fantasy/science fiction/military story. I found this writer's group and was able to share my writing and have enjoyed participating. The group members have helped me make my story better."

Please join us on the second, fourth and fifth Mondays, 6:30 PM, Ceramics Room (OC), when we share our writing and offer friendly critiques. **Contacts: Geoff Young, gwyong01@wavecable.com; Freddie Dempster, fredeedee@gmail.com; Susan Gust, srg2266@gmail.com**

## Bulletin Board

Please email your bulletin board articles to [shelvie.smith@sclhca.com](mailto:shelvie.smith@sclhca.com) by the 20th of each month. Bulletin Board topics include interest in forming new groups and information about resident-related (non Association-sponsored) Groups.

### AARP Foundation Tax-Aide

AARP Foundation Tax-Aide is looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2017 income tax returns in Lincoln during the 2018 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 5 through April 16. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2017 tax season, please email [Yorke1946@gmail.com](mailto:Yorke1946@gmail.com) with your name, address, phone number, and position(s) you are interested in.

### Bocce Drop-In

Bocce drop-in fun with neighbors and friends. Every Friday evening thru November 17, 6:00 PM at the SCLH Bocce Courts. Draw names for teams. Contact Brenda for more information [brenda@spencerbrenda.com](mailto:brenda@spencerbrenda.com) or 916-705-1070.

### A Course in Miracles

Basic principles are the focus of an ongoing study group which meets on the first and third Mondays from 2:00 to 4:00 PM. The attainment of inner peace through the practice of forgiveness is its objective. Call Alexandra Smith for more information at 916-409-5253.

### 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 19	10:00AM	United Health Care Medicare Seminar - Heights (OC)
Monday, November 6	10:00AM	Nautilus Society - Oaks Rooms (OC)
Thursday, November 9	9:30AM	C.C Abrams Revocable Trust Seminar - Solarium (OC)

### Lincoln Caregiver Support Group

We meet the third Thursday of each month from 9:00 to 11:00 AM at Twelve Bridges Lincoln Library. The group is open to anyone doing caregiving for a spouse, friend or other loved one. Caregiving is hard and can be stressful. Come join others who are having similar experiences and learn from each other. For more information contact Brenda Cathey at 916-253-7537.

### Cloggers

Happy fall from the Cloggers! We hope you were able to attend the great Tommyknocker Jamboree in Grass Valley in September. It was rockin' dancin' fun! And there's another jamboree coming right up in Santa Rosa - the Redwood Country Cloggers Late Harvest Stomp on October 28. Go to [ncca-inc.com](http://ncca-inc.com) (Northern California Cloggers Association) for updates and activities. For more information on clogging here, please call Natalie Grossner at 916-209-3804.

### Lincoln Twelve Bridges Library

Lincoln Library 10 years young and ready to celebrate with an evening for adults and an afternoon for all ages. Friday, October 20, library doors open at 5:30 PM. Reservations are \$50 per person which includes a gourmet dinner. Library staff to co-host the

celebration with Friends of the Lincoln Library. Evening includes a silent auction, historical interest videos, presentation of new art pieces, and more. Visit FOLL website at [www.friendsofthelibrary.com](http://www.friendsofthelibrary.com) for reservation details or Jo Jones at 916-408-3955. Fun for all ages activities continue on Saturday, October 21 from 11:00 AM to 5:00 PM.

### Glaucoma Support Group

Do you speak "Glaucoma"? The language of glaucoma can present quite a challenge. You will hear many different terms used while visiting your doctor. Join us at our meeting on August 10 and bring a list of the words you may not understand. Our members will help you learn to better understand living with Glaucoma. Our next meeting will be on November 8, at 4:00 PM in the Multimedia Room (OC). For additional information please contact Bonnie Dale at 916-543-2133.

### Lincoln Democratic Club

On Thursday, October, we will hear from representatives of Sierra Forward (<http://www.sierraforward.com/our-story/>), a newly formed organization focused on voter outreach and engagement within our 4th Congressional District. Sierra Forward finds common ground through open minds, regardless of

party affiliation, in support of the social, economic and environmental interests of the district. The meeting is at P-Hall (KS). Doors open at 6:30 PM; a brief business meeting at 6:45 PM is followed by the program. See the club website <http://www.democraticclublincolnca.org> or email Al Witten c/o lincolndems@gmail.com for more information.

### LH Republican Club

The next meeting is Monday, October 30, 6:30 PM, at P-Hall (KS). Michael Babich will speak on the topic of Fabian Socialism in our Republic. Fabian socialism is a type of socialism founded in 1884 in London which seeks to use the democratic framework to achieve gradual conversion to socialism. Mr. Babich is a Cancer Researcher, Entrepreneur, Educator and Retired Army Colonel. He holds a Ph.D. in Biomedical Sciences and is the recipient of many awards in the fields of Cancer treatments and diagnostics. For more information call Bob Alaimo at 916-645-9488.

### The Italian Club

Gobble 'til you wobble! Turkey Bingo will be Sunday, November 5, from 5:00 to 8:00 PM at the Timber Creek Ballroom, Del Webb, in Roseville. You will enjoy a delicious turkey dinner, buffet style,

with all the fixins'. Then, we'll play bingo. There will be prizes. Look for the flier on the website. This is a popular annual event, so sign up soon. Deadline to reserve is October 25. If you are a Sun City resident of Italian heritage, check out the Club's website at [www.lhitalianclub.org](http://www.lhitalianclub.org). Contact Sandi Graham at 916-826-5711 or [smgraham101@gmail.com](mailto:smgraham101@gmail.com) about membership.

### Multiple Sclerosis

All are invited to a "Seniors First" Resource information meeting, hosted by the Lincoln Multiple Sclerosis Group on Tuesday, November 7 at 1:00 PM at The Sierra Room (KS). For information on the meeting, call Jeri Di Fiore at 916-408-7565 and leave a message. For information on Multiple Sclerosis call Marilyn Sharp at 916-837-4464.

### Lincoln Parkinson's Group

We will have a speaker from the California State Senior Omsbudman program. Jerrod E. Sieberg, Senior Omsbudman for the DMV, he has over 18 years of experience with the California DMV. As a Senior Driver Ombudsman, part of Jerrod's responsibilities includes acting as a "go between" for the people of California with a particular specialty in helping senior

drivers. Come join the group at Granite Springs Community Church in Lincoln, 10:00-11:30 AM, on the third Tuesday of each month. For more information contact Brenda Cathey at 916-253-7537.

### Racquetball Group

We play on Mondays and Thursdays at the 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, double and/or singles. Ladies are welcome. See you on the court! For more information contact Armando Mayorga at 916-408-4711 or [amoon38@sbcglobal.net](mailto:amoon38@sbcglobal.net).

### Shalom Social Group

Membership in Shalom Social Group grows steadily, and 11 new members were honored August 10 at a New Member Social at the home of Sandy and Al Klein. We are also making organizational changes to better acquaint new members with all that we do and make it easier for them to take part in our activities. All of our members look forward to our coming events: a game night, a bocce ball tournament with the Italian Club, and our annual Hanukkah party. For more information contact Vida Morrison at 916-984-1043.



### Shooting Club

With good weather we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees but each shooter must pay for their own clay targets. For more information about shotgun shooting sports contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. For information about rifle or pistol shooting please contact Jim Trifilo at 916-434-6341 or trifilo@sbcglobal.net. Come out and have fun!

### Sons In Retirement

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its

monthly luncheon on Tuesday, October 17 at Catta Verdera Country Club. This is a great opportunity for men who are new to our area to meet other men. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

### Swimmers Club

We're making a Splash! A new Swimmer's Club is being formed. The purpose is to promote the physical and mental benefits of swimming and water walking. Also, to provide camaraderie, encouragement, and support for swimmers and water walkers of all abilities who live in Lincoln Hills. Please join us at our next meeting

on Monday, October 16 at 3:00 PM in the Fine Arts Room (OC). The next meeting is on November 13 at the same time and place. For more information contact Kathy Ridley at 916-253-7086.



### Did You Know?

You can retire your tattered, torn, or worn U.S. flags by placing them in the box labeled for such in the room next to the Activities Desk at Orchard Creek Lodge.

The Veteran's Group sells new flags on the 15th of each month at a table set up next to the COMPASS distribution table at Orchard Creek Lodge.

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## ~Community Perks~



### Document Destruction Monday, October 16

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!

### KS Classic Movies on Saturday: The Birds

Saturday, October 28—Free



1:30 PM, P-Hall (KS) Rated PG-13, 119 min - Drama/Horror/Mystery. Starring Rod Taylor, Tippi Hedren, Suzanne Pleshette and Jessica Tandy. A wealthy San Francisco socialite pursues a potential boyfriend to a small Northern California town that slowly takes a turn for the bizarre when birds of all kinds suddenly begin to attack people. Directed by Alfred Hitchcock.

### Now 2 Showings!

#### KS at the Movies: Wonder Woman

Saturday, November 4 —6:00 PM Screening—Free

Saturday, November 25 —1:30 PM Screening—Free

P-Hall (KS) Rated PG-13, 141 min, Action/Adventure/Fantasy. Starring Gal Gadot, Chris Pine, and Robin Wright. Before she was Wonder Woman, she was Diana, princess of the Amazons, trained warrior. When a pilot crashes and tells of conflict in the outside world, she leaves home to fight a war, discovering her full powers and true destiny.



#### KS at the Movies: Miracle on 34th Street

Monday, December 4 —1:30 PM Screening—Free



P-Hall (KS) 1947, Not Rated, 96 min, Comedy/Drama/Family. Starring Edmund Gwenn, Maureen O'Hara, Natalie Wood, and John Payne. When a nice old man who claims to be Santa Claus is institutionalized as insane, a young lawyer decides to defend him by arguing in court that he is the real thing.

### PlacerArts Studio Tour

November 10-12, 2017 - 10:00 AM - 5:00 PM - Free

The 24th Annual PlacerArts Studios Tour is a free 3-day, self-guided driving tour spanning Placer County, to be held November 10-12. This year's tour features 100 artists in 43 locations, representing a diversity of mediums and styles, located in Lincoln, Colfax, Meadow Vista, Auburn, Newcastle, Penryn, Loomis, Rocklin, Granite Bay, and Roseville. Lincoln Artists include Charlotte Cooper, Encaustic Artist, located at 845 Shire Court, and Neal DeVore, Woodturning at 876 Wildomar Lane. For more information about the artists, maps or

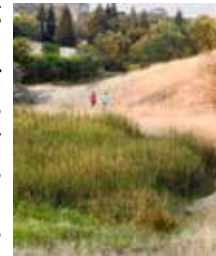


online tour guide, visit [www.placerarts.org/past 2017](http://www.placerarts.org/past2017). Tour Guides are available at the Art League of Lincoln, located at 580 6th

### Trails Celebration and Map Unveiling

Friday, November 3 — 2:00-4:00 PM - Free

Sports Pavilion, Come celebrate our 18 Fitness and Wildlife Preserve Trails as we unveil our new Big Map! Wildlife Heritage Foundation will explain our partnership in managing our four SCLH preserves. Community groups exhibiting will include Photography Club, Plein Art Painters, Birders, Hikers and Walkers. Weather permitting, Gold Country Wildlife Rescue will bring live birds. WellFit staff will offer a fitness warm-up and demonstrate exercises using trail benches. WHF naturalists will guide a short Autumn Walk. Light refreshments. See article [page 19](#) for more about this special community event.



### Readers Theater

Saturday, October 21—7:00 PM—Free

Sunday, October 22—3:00 PM—Free

P-Hall (KS). Lincoln Hills Players Club's Readers Theater always promises thoroughly entertaining fare. And our Halloween show always gets everyone into the spooky spirit of the season! Two thirty-minute scripts will be presented: from a 1940's radio series, "The Birds" was a model for the subsequent Alfred Hitchcock movie of the same name; and "The Undead," an original "Inner Sanctum" offering of the same era. These two plays, each lasting about 30 minutes, promise to scare you! Doors open 30 minutes prior to curtain and there is no intermission. Oh, did we say these are FREE? See you there.



### Bowenwork and Arthritis

Wednesday, October 18, 2017 — Free

12:00-1:00 PM, Aerobics Room

(OC). Instructors: Linda Hunter and Rebecca Kang. Have you had some pain and inflammation from Arthritis? Are you ready to regain all of your mobility in joint movement? Come join us for a free informational session regarding our Arthritis Session and Bowenwork Programs. Rebecca Kang will discuss Bowenwork and how it alleviates pain and inflammation from Arthritis. Linda Hunter will discuss the Arthritis session and how it helps maintain an active lifestyle free of daily pain. Sign up at the OC/KS WellFit Centers. Online Sales are temporarily unavailable.



### Coffee with the Mayor

Wednesday, November 8, 2017 - Free

8:00 AM Terra Cotta Room (KS). Please join Peter Gilbert,

## ~Community Perks~

SLCH resident and Mayor for the City of Lincoln, at his monthly coffee meetings. This month Phil Rodriguez Vice President of Community Development Lewis Planned Communities will join the Mayor Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to hear what is going on within the City of Lincoln and to ask questions.



at the Fitness Center parking lot. Are you interested to be a vendor for handmade and hobby-related items? Contact Shelvie Smith at 916-625-4021 or shelvie.smith@sclhca.com in order to reserve your space.

**Music Group Sponsored "Open Mic Night"**  
**Friday, October 20 – Free**  
**6:00-8:00 PM, P-Hall (KS)**

Performance sign-ups start at 5:30 PM. For SCLH performing musicians and audience. Singers must be accompanied by a musician. No karaoke.



**Lincoln Hills Downtown Shopping Day!**  
**Free Shuttle Service, Every third Thursday of the Month 11:00 AM-3:00 PM.**



Every third Thursday of the month, your Downtown Lincoln Association has arranged for Sun City Lincoln Hills residents to come to Downtown Lincoln on a special shopping and dining visit. A free round-trip shuttle bus provided by Summerset Senior Living will pick up passengers outside the main entrance of Orchard Creek Lodge, and arrive at Family Dollar Store for drop off. The event will

be from 11:00 AM to 3:00 PM. The shuttle service will make rounds every half hour with the last bus returning at 3:00 PM. Bus riders will receive a Downtown Lincoln Association bag containing a map of participating retailers and a pass giving a 10% shopping discount during the visit. If you will be using your own transportation, please visit the Resident Website under Community Perks to download the map and discount coupon. To join this great opportunity and for more details, email Gary Kramer of Blabbermouth Chocolates at gary@blabbermouthchocolates.com.

### WellFit

**We're reaching out! - Free**

At WellFit, we believe that even a little bit of cheer and exercise can produce big results. Staff will visit you in your home and show you effective easy chair exercises, offer resources (Compass, programs) if you need and bring some fall cheer. All you need is 20 minutes and a positive attitude. This program runs through November 12. To set up an appointment or for more information please contact Deborah Mcilvain at Deborah.mcilvain@sclhca.com or 916-625-4031. Please note this is not a personal training session and space is limited.



**Listening Post**  
**Tuesday, October 24 – Free**  
**11:00 AM, Solarium (OC)**

The Listening Post is held on the fourth Tuesday of each month. This informal meeting is your opportunity to ask questions and get answers about your community and Association. Come join the conversation!



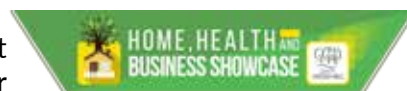
**Lincoln Library Anniversary**  
**Friday & Saturday, October 20 & 21 – Free**

The Lincoln Public Library is celebrating 10 years in its location at the 485 Twelve Bridges Drive Facility! Events scheduled for the October anniversary include a Fund-Raising Dinner Party at the library on Friday evening October 20. Plus a Birthday Party on Saturday October 21 with reading activities, kids crafts and demos for all ages. You can find more information at [www.lincolna.gov](http://www.lincolna.gov) or call Joanne Jones 916-408-3955.



**Home, Health and Business Showcase**  
**Wednesday, October 18 – 10 AM to 2 PM - Free**  
**Orchard Creek Lodge**

Come learn about the latest products and services for your home, health, and personal and financial matters. Meet your Compass advertisers and other local businesses that will showcase their products. For more information contact Theresa Renken, Compass Coordinator at 916-625-4014.



**LH Certified Farmers Market & Vendor Fair**  
**Every Wednesday**



Support your local farmers and join us every Wednesday at the OC Parking Lot, from 8:00 AM to 12:00 PM. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. Weather permitting, the Farmers Market will be open every Wednesday until November 15, 2017

[www.sclhresidents.com](http://www.sclhresidents.com)

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## In Memoriam

### Jesse L. Barnes

Jesse was born in Yuma, Arizona, but grew up in Ramona, California. He devoted his life to serving others, first by joining the U. S. Army. After serving in Germany, he went to the Police Academy and worked for the Baldwin Park Police Department and then the Orange County Sheriff's Department. He was also a bailiff for many years. He married Linda in 1974 and lost her just last year. Together for 42 years, they retired here and enjoyed life with friends, traveling, golf, poker and movies. Jess enjoyed shooting, being a member of the "Side by Side" shot gun shooting club and also enjoyed the Folsom shooting Club. Jess and Linda are together again.

### John R. Stuyvesant (Jack)

A World War II Vet, Jack was born in Wisconsin. His career was with IBM as a Customer Engineer and a Technical Writer. Jack had a wry sense of humor and his family was most important to him. He especially enjoyed traveling with Anne and camping in their motorhome. They had a lot of fun with the IBM Camping Club. After moving here he joined the Computer Club. He lost his wife, Anne and a son, John, and is survived by his son Jeff (Terry) and daughter Janis, three grandchildren and one great-grandchild and extended family and friends.

*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.*

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### **Del Webb—The Man, The Legacy** **Monday, October 16 – Free**

10:30 AM, Ballroom (OC). What do Howard Hughes, Bugsy Siegel, and Joe DiMaggio have to do with Sun City Lincoln Hills? Find out as Judy Bennett relives the history and legacy of Del Webb, the man, the vision and the history of SCLH. Judy, former Director of Public/Community Affairs for Del Webb and Pulte Group, was involved with each of Del Webb's Northern California communities. As part of the executive management team, Judy sat at the strategic planning table from 1994-2007. Learn interesting "insider" history, including the Lincoln Hills' Ghost story.



### **Public Health and Travel** **Issues for Seniors**

#### **Wednesday, October 25 – Free**

7:00 PM, Ballroom (OC). Viruses are everywhere, at home and overseas. Join us to learn how you can avoid and prevent public health concerns including Zika virus, West Nile, and Influenza. Dr. Angelique Tjen-A-Looi, Infectious Disease Specialist with Kaiser Permanente, will discuss not only what measures to take when traveling overseas, but also what preventative health vaccinations you should keep updated to maintain your health at home. Preventative measures can make a significant difference in the duration, intensity, and effects of viral infections. It is important to know how to protect yourself and others.



### **Downtown Lincoln Merchants** **Tuesday, November 7 – Free**

7:00 PM, P-Hall (KS). Just in time for Holiday Shopping, Merchants of Lincoln's Historic Downtown will talk about the exceptional goods and services they offer. The theme of our Historic Downtown is "Discover the Charm." Yes, there is much charm and value to be experienced by walking the streets of our city and exploring the secrets of the boutiques and specialty shops along Lincoln Boulevard and side streets. Come and learn to appreciate this shopping gem right at home.



### **West Placer Waste** **Management Association** **Thursday, November 9 – Free**

2:00 PM, P-Hall (KS). The presenter is Michelle White, the public education coordinator for WPWMA. The Western Placer Waste Management Authority (WPWMA) is a regional agency established in 1978 through a joint agreement between Placer County and the cities of Lincoln, Rocklin, and Roseville to own, operate and maintain a sanitary landfill and all related improvements. The WPWMA's facilities consist of a Landfill and a Materials Recovery Facility which includes composting, household hazardous waste, and recycling and buyback facilities. The Materials Recovery Facility (MRF) assists jurisdictions with achieving state-mandated waste diversion goals. So, be prepared to talk a little trash with us and learn how these operations work and what free programs are available to you.



### **Cyber Attacks: The Threat to** **International and Domestic Security** **Thursday, November 29-Free**

7:00 PM, P-Hall (KS). The threats and challenges we face as a nation have never been greater or more diverse. Assistant Special Agent in Charge (ASAC) Tom F. Osborne is a 21 year veteran of the FBI. He is responsible for Sacramento's National Security Branch that encompasses International and Domestic Terrorism, Counterintelligence, Cyber, Critical Incident Response, and Surveillance. Osborne will share his years of experience with an overview of Cyber threats and the impact across our communities-- from national security concerns to economic espionage--and everything else in between. You will also receive some preventative measures, including who to call if you become a victim of cybercrime or cyber-enabled crime. NOTE: this forum will not be videotaped and seating is limited.



- Del Webb—The Man, The Legacy  
Monday, October 16, 10:30 PM, Ballroom (OC)
- Public Health and Travel Issues for Seniors  
Wednesday, October 25, 7:00 PM, Ballroom (OC)
- Downtown Lincoln Merchants  
Tuesday, November 7, 7:00 PM, P-Hall (KS)
- West Placer Waste Management Association  
Thursday, November 9, 2:00 PM, P-Hall (KS)
- Cyber Attacks: The Threat to International and Domestic Security  
Thursday, November 29, 7:00 PM, P-Hal (KS)

**"Lord, what fools these mortals  
be for missing out on the  
greatest event of the year!"**

*-Puck, Midsummer Night's Dream  
(paraphrased just a little)*



# *A Midsummer Night's Dream*

*New Year's Eve 2018*

*Sunday, December 31, 2017  
Orchard Creek Lodge*



*Don't miss out  
on the magic!  
Tickets will go fast!*

*Celebrate the New Year with your friends on a magical evening filled with moonbeams and dreams at the Lincoln Hills New Year's Eve Party! Select your party room and entrées from a delicious three-course menu specially prepared by Chef Ian.*

*Be prepared for much merrymaking with the six-piece Fundz Band featuring Chris Cole playing popular music through the decades. Try your luck at casino gaming in the Living Room and win fun prizes! Toast the New Year with free-flowing champagne and a magnificent fireworks display.*

*Tailored Dinner Package options start at \$102 per person. Purchase the Dinner Package prior to November 14 and be entered in a chance to win two 2018 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 \$62. Open seating in designated areas for Entertainment Only ticket patrons are available throughout the Lodge.*

*Guests must select their tables during registration on a first-come, first served basis. If purchasing a table for your group, provide all entrée selections at time of registration.*

## *Schedule of Events*



<i>7:00 PM</i>	<i>7:30-8:00</i>	<i>9:00-Midnight</i>	<i>Midnight</i>
<i>Doors Open</i>	<i>Dinner Served</i>	<i>Dancing, Gaming, &amp; Entertainment</i>	<i>Champagne Toast &amp; Fireworks Display</i>

*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 Desk (OC/KS).*



Deborah Meyer  
Lifestyle Entertainment Coordinator  
[deborah.meyer@sclhca.com](mailto:deborah.meyer@sclhca.com)

## Entertainment

### —Club Performance—

The Lincoln Hills Players Club presents  
“A Funny Thing Happened on the Way to the Forum”  
Thursday, November 16

7:00 PM show — **LSE38-09**

Friday, November 17

7:00 PM show — **LSE39-09**

Saturday, November 18

2:00 PM show — **LSE40A-09**

Saturday, November 18

7:00 PM show — **LSE40B-09**

The Lincoln Hills Players return to Orchard Creek Ballroom with the ever-popular, hilarious comedy, “A Funny Thing Happened on the Way to the Forum.” This fast-paced 1962 Tony Award winning Broadway musical, which appeared in 1966 as a movie featuring Zero Mostel, Phil Silvers, and other actors, singers, and dancers), has kept audiences laughing from start to finish! In this show that has wowed audiences worldwide for over 50 years, you’ll delight in a brilliant combination of slapstick (with “Proteans” rollicking around the stage), a bit of vaudevillian delivery (with songs like “Everybody Ought to Have a Maid”), convoluted cases of mistaken identities (to throw superstar warrior Miles Glorioso off the scent), and hair-brained schemes (with a plot to get virginal Philia hooked up with innocent young Hero). Don’t miss this one! Seats are limited and will sell fast! Ballroom (OC) Premium Reserved Seating, \$21, General Admission, \$16.



support! Ballroom (OC) Premium Reserved Seating, \$18, General Admission, \$13.

### —Concerts—

The One and Only Tommy Dorsey Orchestra  
Monday, October 16 — **LSE23-08**



In Big Band history, Tommy Dorsey’s Orchestra is recognized as one of the best all-around dance bands. It could swing with the best of them, and no other band could come close to Tommy’s when it came to playing ballads. Tommy Dorsey, “The Sentimental Gentleman of Swing,” was a master at creating warm, sentimental, and always musical moods—at superb dancing and listening tempos. Tommy sustained these moods through the arrangements of Paul Weston, Axel Stordahl, and Sy Oliver, and showcased singers who could project them brilliantly. Concert 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, Sold Out. General admission, \$20.

Silent Movie Night with the  
Roseville Community Concert Band  
Harold Lloyd’s 1923 Classic Comedy,  
“Safety Last!”

Friday, October 27 — **LSE24-08**



The Roseville Community Concert Band (RCCB) will thrill us once again with great music that will bring a silent movie to life! This year, they will accompany Harold Lloyd’s classic comedy, “Safety Last!” 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 RCCB 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).

The LH Community Chorus presents  
“Holiday Swing”

Sunday, December 10 7:00 PM show — **LSE66-10**

Monday, December 11 7:00 PM show — **LSE67-10**

Tuesday, December 12 7:00 PM show — **LSE68-10**



Start off your holiday celebration by coming to the LH Community Chorus Concert. We welcome our new conductor Paul Melkonian who has selected a marvelous variety of seasonal music for his inaugural appearance in Lincoln. We will be putting the “Swing” into the holidays. You will hear “Swingin’ Saint Nick”, “Swing into Christmas” as well as Mozart’s Fa-La-La and Handel’s “And the Glory of the Lord.” We love singing for you and appreciate your

Cookies, popcorn, and drinks will be available for purchase in the Pre-function Area at the start and at intermission. 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, discount does not include alcohol). Movie with live music 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$10. General admission, \$8.

### KS Classical Music Night Classical Mads Thursday, November 9 — LSE25-09



Mads Tolling is an internationally renowned violinist, violist, and composer originally from Copenhagen, Denmark. He won two Grammy Awards for Best Classical Crossover albums, and was nominated for a third Grammy this year. He returns to his classical roots in a program featuring compositions from Vivaldi and Schumann to Fritz Keisler and

Danish composer of "Tango Jalousie," Jacob Gade. Ian Scarfe will be featured at the piano. Ian enjoys a busy career as a piano soloist, collaborative pianist, and chamber musician. Based in California, he performs regularly around the entire San Francisco Bay-Area, from Napa and Sonoma Valleys in the north, to Santa Cruz and the Monterey Bay in the south. Save \$1 off \$4 or more at KS Café on show night. Concert 7:00 PM, P-Hall (KS). Reserved Seating, \$19.

### My Favorite Barbra: A Tribute to the Songs of Barbra Streisand by Kelly Brandeburg with Music Direction by John Simon Tuesday, November 21 — LSE36-09

Kelly Brandeburg is a winner of BroadwayWorld's "Best Solo Performance" for her Cabaret Tribute to the songs of Barbra Streisand, My Favorite Barbra. She is currently performing regularly as a featured cast member of San Francisco's long-running hit revue, Steve Silver's Beach Blanket Babylon (see [page 54](#) for more information on Beach Blanket Babylon), and is known to Bay Area audiences from co-starring roles in the popular theatrical revues The World of Webber and The Broadway Divas. Kelly's tribute to the life and career of the legendary Barbra Streisand is a journey from the very beginning of Streisand's career as a cabaret singer in New York City to her starring roles on Broadway to her critically acclaimed roles in Hollywood films. Hear Brandeburg share rare antidotes and stories



of how Barbra became the superstar she is today all while singing many favorite Streisand songs including You Don't Bring Me Flowers, Evergreen, The Way We Were and selections from Funny Girl, Yentl, and so much more. 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$21. General admission, \$18.

### Tom Rigney and Flambeau Tuesday, November 28 — LSE26-09

Tom Rigney and Flambeau return to the Orchard Creek Ballroom, bringing their fiery Cajun and Zydeco two-steps, low-down blues, funky New Orleans grooves, and beautiful ballads and waltzes to the OC stage. Their high energy show features tight ensemble playing, infectious grooves, and spectacular soloing. Tom Rigney's charismatic stage presence and high-energy delivery will draw you into his performance and make you feel like an integral part of the music and the show. 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$20. General admission, \$17.



### New Rescheduled Date, Limited Seating!

### KS Classical Music Night An Evening of Opera, Operetta & Musical Theater Performed by Mezzo-Soprano Molly Mahoney

### Saturday, December 2 — LSE20-07

From Gilbert & Sullivan to Rodgers & Hammerstein, Mezzo-Soprano Molly Mahoney with G. Scott Lacy at the piano will charm you with her sublime singing, memorable humor, and heartfelt portrayals. A stylistically diverse performer, she sings opera, musical theater, and jazz with equal aplomb. A favorite of San Francisco Bay Area audiences, Molly's 2016-17 season includes performances as Lady Angela in "Patience" with Lamplighters Music Theatre, Angelina in "Cinderella" with San Francisco Opera Guild Outreach, performances for West Edge Opera's new works series, "Snapshot", and as Clizia in West Edge Opera's production of "The Chastity Tree" by Vicente Martín y Soler. She also returns to Society Cabaret in San Francisco's Union Square after the success of her one woman show, "Mischief!" which debuted there the previous year. Save \$1 off \$4 or more at KS Café on show night. 7:00 PM. P-Hall (KS). Reserved seating, \$19. Note: Tickets for the Molly Mahoney original date of September 14 will be honored on December 2.





**Jim Martinez's  
The Music From A Charlie Brown Christmas  
Tuesday, December 5 – LSE27-10**



A favorite on everyone's holiday "must do" list, this festive music concert features songs from the 1965 classic Peanuts animated special, as well as other traditional Christmas favorites. Pianist and Steinway Artist, Jim Martinez, along with his jazz quartet,

have added a chamber-sized string section (directed by John McDaniel) just for this show. The music from the TV special was written by Vince Guaraldi, composer of the Grammy-winning song, "Cast Your Fate to the Wind." A perfect holiday concert for the entire family. 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$24. General admission, \$20.

**Mitch Polzak and the Royal Deuces  
A Rockabilly Concert  
Tuesday, December 19 – LSE37-10**

Founded in Concord, California in 1999, Mitch Polzak and the Royal Deuces have been entertaining audiences worldwide with their engaging original sound and highly entertaining live stage show. The high energy three piece ensemble performs Rockabilly from the late '50s Sun Records era, blazing guitar instrumentals from influences such as Joe Maphis, Merle Travis, and Don Rich, with a wide range of Bakersfield Honky Tonk, Truck Driving Classics, and classic Country music, with some special Holiday songs to celebrate the season. Save \$1 off \$4 or more at KS Café on show night. Concert 7:00 PM, P-Hall (KS). Reserved Seating, \$19.



**—Grandkids Event—**

**Santa Adventure  
Saturday, December 16 – LSE32-10**



Santa, Mrs. Claus and the Elves will be coming to Lincoln Hills for their special annual 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 cartoon "Frosty the Snowman (1969)" 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.

**—Presentation—**

**Marc Lapadula Great Comic Moments  
in the Movies**

**Monday November 6 – LSE30-09**

Marc Lapadula, Senior Lecturer in the Film Studies Program at Yale University, is returning to the P-Hall (KS) to discuss Great Comic Moments in the Movies. Viewing hilarious clips from nearly every decade, we will quickly discover that film humor can elicit laughs from audiences regardless of their age or cultural background. From highbrow "Masterworks of Cinema" to some lower moments of excruciating comedy, we will explore the unadulterated (and oftentimes adulterated) humor generated from the idiosyncratic minds of uproarious filmmakers like Charlie Chaplin, Buster Keaton, Alfred Hitchcock, Woody Allen, Stanley Kubrick, Mel Brooks, Mike Nichols, Harold Ramis and others. "Definitions of Comedy" penned by notable comics through the years will be recited throughout the presentation. If you are a movie fan, this is a presentation you will not want to miss. Save \$1 off \$4 or more at KS Café on lecture day. 1:30 PM, P-Hall (KS). Reserved Seating, \$16.





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**WEDNESDAY, OCTOBER 18TH**

**10AM - 2PM**

**ORCHARD CREEK LODGE**



**Katrina Ferland**  
Lifestyle Trips Coordinator  
[katrina.ferland@sclhca.com](mailto:katrina.ferland@sclhca.com)

## Day Trips

### —Casino/Races—

#### Jackson Rancheria

Thursday, November 2 — **LST69-09**



This trip is very popular with residents, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Enjoy a nice drive to Amador County and the foothills. Four-hour stay at the recently remodeled and expanded casino. Wheels roll from OC 9:00 AM, return ~ 5:00 PM. \$23.

#### Colusa Casino

Thursday, January 18 — **LST82-10**



Enjoy a nice drive in the country and view one of the world's smallest mountain ranges, the Sutter Buttes, on our way to resident favorite Colusa Casino. Receive casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All attendees over 50 years of age will receive \$3 additional slot credit. Additional credits to be applied based on your prior play. There may be additional promotions in January. Casino promotions subject to change. Five-hour stay at the casino. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM. \$23.

### —Museums—

#### Legion of Honor – San Francisco

##### Klimt & Rodin: An Artistic Encounter

Thursday, January 4, 2018 — **LST86-10**



Marking the centenary of Rodin's death in 1917 and that of Gustav Klimt in 1918, KLIMT & RODIN: An Artistic Encounter examines the diverse connections between these artists and their impact on the art world. While Rodin is widely regarded as "the father of modern sculpture," Klimt was a groundbreaking painter and a founding member of the modernist Vienna Secession movement. This exhibition marks the first survey of Klimt's work in California. Sharing the galleries with the Legion of

#### Important Information: Entertainment, Trips, Classes

• **Registration:** Required for all activities unless otherwise noted. Resident I.D. is required for registration at the Activities 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.

• **Registration Codes:** Use the codes when registering for an event. The last two digits of the code indicate the month the event first went on sale. Events with codes showing the current month will be On Sale beginning the 17th of that month.

• **Want to Sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.

• **Weather:** Trips and events are held regardless of inclement weather.

• **Scents:** When attending any activity, class, meeting or trip at OC or KS Lodge, 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.

• **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.

• **Assisted Listening Device (ALD):** To align audience sound expectations for shows, Entertainment articles will include ALD symbols when show has ALD compatibility. Due to show requirements and/or performer sound set up, not all shows will have ALD compatibility. ALD is available for check out from the Activities Desk using a valid ID, first come, first served.

• **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. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.

• **Parking:** 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:** Will be handed to guests upon boarding.

• **Travel Insurance:** Insurance is highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.



Honor's important holdings of Rodin works will be examples from Klimt's oeuvre on loan from public and private collections in the United States and Europe. You'll also get to enjoy a separate special exhibit of Gods in Color: Polychromy in the Ancient World that offers an astonishing look at classical sculpture swathed in their original vibrant colors questioning the perception of an all-white "classical" ideal. Ancient sculpture and architecture from Greece and Rome will be revealed as intended—garishly colorful, richly ornamented, and full of life—along with original sculpture from the Near East, Egypt, Greece, and Rome against the backdrop of the Legion of Honor's neoclassical building. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch is on your own at the museum's café or bring your own. Wheels roll from OC at 8:30 AM, return ~ 6:30PM. \$76.

—Performances—

**Two Dates!**

**Beach Blanket Babylon Holiday Edition**  
**Wednesday, December 13 — LST59-08**  
**Or Thursday, December 14 — LST60-08**



It's never too early to start planning your holiday events! Due to vendor deadlines, it's time to register 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. The entire center balcony section has been reserved for our group with open seating, including limited front cabaret floor seating. Please advise if you require handicapped accessible seating upon purchase. There are stairs to where the balcony seating is located with no elevators. Both trips depart at 1:45 PM, the show is exclusive to adult audiences, alcohol is served. \*Dinner is on your own before the

show. Return ~ 12:00 AM. \$108. \*Reservations highly recommended for dinner, restaurant list is available at the time of registration. For more information on the show go to <https://beachblanketbabylon.com>. Watch one of the stars of Beach Blanket Babylon, Kelly Brandenburg on our very own Ballroom stage when she presents "My Favorite Barbra, A Tribute to the Songs of Barbra Streisand." See [page 50](#) for details.

**Auburn Symphony at the Mondavi Center**  
**Masterworks II—Victory**  
**Sunday, January 21, 2018 — LST78-09**

Enjoy an afternoon with the Auburn Symphony at the state of the art aesthetically and acoustically Mondavi Center in Davis. "Masterworks II - Victory" features Peter Jaffe conducting and guest performer Celloist Amit Peled. Performance includes the following: Copland: Four dance episodes from Rodeo, Copland's signature ballet, Shostakovich: Cello Concerto No. 1, after causing a local sensation



last season, a masterful cellist returns in the solo role, gripping charged and powerful intensity and Beethoven: Symphony No 5.. Matinee performance, reserved orchestra and balcony seating. Wheels roll from OC at 1:15 PM, return ~ 7:00 PM. \$75.

**Swan Lake-The Moscow Festival Ballet**  
**Company Harris Center Folsom**  
**Wednesday, February 7, 2018 — LST81-10**

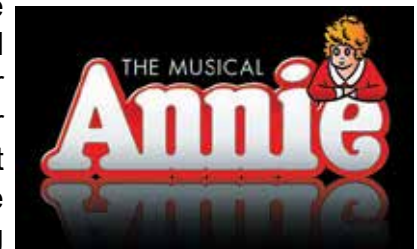
The renowned Moscow Festival Ballet performs one of the most popular classical ballets of all time, Swan Lake a classic from Tchaikovsky. Fashioned from Russian folk tales that tells the story of Odette, a princess turned a swan by an evil sorcerer's curse. Join us for a matinee performance at the Harris Center Folsom in center balcony seating for a better view of the dancers. (Elevator available) Wheels roll from OC at 12:30 PM, return ~5:30 PM. \$93.



—Special Trips for Grandkids and You!—

**Annie the Musical – State Theater, Auburn  
Sunday, November 12 – LST77-09**

The State Theatre Acting Company and the Auburn Placer Performing Arts Center are pleased to present the musical Annie, the Tony award-winning show based on the comic strip “Little Orphan Annie.” Annie is the heart warming tale of Annie’s adventures consisting of escaping an orphanage run by Miss Hannigan, the promise of a new life with Daddy Warbucks, and meeting all the colorful characters along the way. Annie includes such unforgettable songs as “It’s the Hard Knock Life,” “Easy Street,” “I Don’t Need Anything But You,” plus the eternal anthem of optimism, “Tomorrow.” Matinee show, reserved floor seating. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM. \$47.



**The Nutcracker – Harris Center – Folsom  
Sunday, December 17 – LST68-09**

It’s Christmas Eve. A majestic tree sparkles and the Silberhaus’ are hosting their annual Christmas party, welcoming the arrival of their guests. Suddenly, Clara’s beloved Herr Drosselmeyer appears and entertains the guests with magical tricks and life-sized dolls. Come and be swept away with Clara and her Nutcracker Prince on an enchanted journey through the Land of Snow and Kingdom of Sweets, where you will meet the adorable Sweeties, the hilarious Mother Ginger, the beautiful Sugar Plum Fairy and her Cavalier, and all the characters you have grown to love in this timeless tale. Known for its unique entertainment approach and wonderful costuming, Pamela Hayes Classical Ballet Theatre’s The Nutcracker is a holiday treat for all ages. Live orchestra with Maestro Peter Jaffe and members of the Folsom Symphony. Join us for a late afternoon matinee performance with middle-orchestra seating at the Harris Center for the Arts in Folsom (formerly Three Stages). Wheels roll from OC at 3:45 PM, return ~8:45 PM. \$70.



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—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 with seats in corner sections 110, 111 or 116 depending on the game with handicap seating available (please request upon registration). Arrive in time to enjoy pre-game activities and purchase from various food and beverage concessions. See individual games below for pricing & bus times.



**Sacramento Kings vs. Philadelphia 76ers**

**“Salute to Service Night”**

**Thursday, November 9**

— **LST71-09**

Wheels roll from OC at 5:30 PM, return ~ 11:30 PM. Seating section 110. \$84.



**Sacramento Kings vs. Phoenix Suns**

**Tuesday, December 12**

— **LST72-09**

Wheels roll from OC at 5:30 PM, return ~ 11:30 PM. Seating section 111. \$79.



**Sacramento Kings vs. LA Clippers**

**Thursday, January 11, 2018**

— **LST73-09**

Wheels roll from OC at 5:30 PM, return ~ 11:30 PM. Seating section 110. \$98.



**Sacramento Kings vs. Oklahoma City Thunder**

**Thursday, February 22, 2018**

— **LST74-09**

Wheels roll from OC at 5:30 PM, return ~ 11:30 PM. Seating section 116. \$84.



**Sacramento Kings vs. Boston Celtics**

**Sunday, March 25, 2018**

— **LST75-09**

Wheels roll from OC at 1:30PM, return ~ 7:30 PM. Seating section 116. \$121.



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## —Tours/Leisure—

### Victorian Christmas Sunday, December 10 — LST83-10



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 at 12:30 PM, return ~ 7:30 PM. \$27.

### Two Dates to choose from! San Francisco Saturday Holiday Shopping Saturday, December 16 — LST84-10 Or Monday, December 18 — LST85-10



Two dates for you to choose from! Enjoy a lovely holiday trip to the city by the bay and don't worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union

Square) for a day of shopping, lunching and people watching. Includes a 10% off Macy's Certificate. To make your shopping more comfortable, we have made arrangements with the bus company to meet you at 2:30PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more. Lunch is on your own. Departure from SF will be 6:00 PM to allow you more dining and shopping time and less traffic on the way home. Depart OC at 8:30 AM, return ~ 8:30 PM. \$44.

### Copia – Culinary Institute of America and Oxbow Marketplace, Napa Special Cooking Class Trip Tuesday, January 16, 2018 — LST87-10

Ever wanted to take a class at a culinary institute? Join us for your chance to learn how to make Eclairs and their cousins at the newest Culinary Institute of

America location at Copia in Napa. You'll have time for a leisurely lunch, some shopping and wine tasting before your class later in the afternoon. Lunch will be on your own with many choices either at the Culinary Institute (reservations recommended) or at the Oxbow Marketplace next door. Wheels roll from OC at 9:15 AM, return ~ 7:15 PM. \$80.



## —Overnight/Extended Travel—

### Three nights! United States Figure Skating Championships Friday, January 5 to Monday, January 8, 2018 — LST76-09



Join Katrina, your Trip Coordinator as we get a chance to see history made and witness the best figure skaters from across the country compete for the crown of U.S. champion in San Jose at the SAP Center. The 2018

Prudential U.S. Figure Skating Championships will serve as the final qualifying event prior to the selection of the U.S. Olympic Figure Skating Team. This team will represent Team USA in February 2018 at the Olympic Winter Games. This package includes tickets to all senior (championship) level free skating and the Smucker's Skating Spectacular where all the champions and medalists from the competition let loose in a fun, theatrical ice show free from the scrutiny of the judges and competitor's rules. Lodging will be at the Hilton Santa Clara which includes a hot breakfast buffet each morning. Trip package includes per person:



- Three nights at the Hilton Santa Clara
- Three hot breakfast buffets at La Fontana Restaurant in the Hilton Santa Clara
- Lower Level seating in sections 120 or 121 at the SAP Center in San Jose
- Reserved tickets to five skating events—Senior Ladies Free Skate, Senior Pairs Free Skate, Senior Men Free Skate, Senior Dance—Free Dance and the Smucker's Skating Spectacular.

- Gratuities for bus driver
- Wheels roll from OC at 8:00 AM on the 5th and return to LH at ~ 1:00 PM on the 8th. A signed liability waiver is required for each participant. \$898 per person double occupancy. \$1097 single.

**JUST ADDED!**

**Two nights!**

**Sun City Sierra Comedy Winter Train 2018 Roundtrip to Reno**

**Wednesday, January 31 to Friday, February 2, 2018**  
**— LST88-09**



Enjoy the breathtaking mountain scenery from our reserved rail car via Amtrak on a relaxing winter train trip to Reno escorted by Katrina, your Lifestyle Trip Coordinator. We go round-trip on

the train and spend two-nights in Reno. Last year, trip participants had a great time on the second day visiting the UNR Planetarium, the Reno Auto Museum, the Nevada Museum of Art, movie theaters and the National Bowling Stadium, reached easily by a shuttle making the loop around downtown. You can also enjoy a day on your own at the new European Style Spa with ample time for gaming. Something special and different ... enjoy a Comedy Show at the famous The Laugh Factory inside Silver Legacy after dinner. Trip includes a \$25 food credit voucher per person good at any Silver Legacy restaurant including Pearl Oyster Bar and Sterling Steakhouse.

Trip package includes per person:

- Motor coach transportation to and from Roseville train station
- Casino shuttle to & from Reno train station
- Baggage portorage from Reno train station arrival platform to hotel and back
- Reserved rail car for our group on train
- Non-smoking room at Eldorado Hotel & Casino
- \$25 food credit per person for any restaurant in the Silver Legacy
- Reserved area for our group at the Laugh Factory early show.
- One breakfast/brunch buffet per person in the Eldorado
- \$10 additional food credit per person for breakfast on day of departure at Millie's Coffee Shop or Starbucks inside the Eldorado.
- Gratuities for bell service and bus driver

Leave OC at 10:30 AM, return to LH, ~ 1:30 PM. *On Wednesday, bring a bag lunch to eat on the way to Reno or purchase lunch on board train. A signed liability waiver is required for each participant.* \$280 per person double occupancy. \$339 single.

**—Sold Out Trips—**

**Trip • Date • Departure Time**

- Ferry to San Francisco—  
Fisherman's Wharf  
Tuesday, October 24 • 8:15 AM
- Andre Rieu Bus #1-3  
Wednesday, October 25 • 6:30 PM
- Andre Rieu Bus #4  
Wednesday, October 25 • 6:15 PM
- San Francisco 49ers vs. Arizona Cardinals  
Sunday, November 5 • 8:00 AM
- Beautiful  
Tuesday, November 7 • 6:45 PM  
Wednesday, November 8 • 6:45 PM
- Celine—Las Vegas  
Tuesday, November 14 • 8:15 AM
- Something Rotten  
Tuesday, January 2, 2018 • 6:45 PM
- Jersey Boys  
Tuesday, January 30, 2018 • 6:45 PM
- Book of Mormon  
Tuesday, March 13, 2018 • 6:45 PM  
Wednesday, March 14, 2018 • 6:45 PM
- An American in Paris  
Tuesday, May 22, 2018 • 6:45 PM

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Betty Maxie  
Lifestyle Class Coordinator  
[betty.maxie@sclhca.com](mailto: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. Some classes may require longer class experience. Drop-in sessions are not for first-time students/beginners and offer limited guidance from moderator/instructor.

## Art

### —Announcement—

### Fine Arts Class Gallery

Featuring the Art of Michael Mikolon and LH Students

Opens Friday, November 17 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 Michael Mikolon and community art students. Drawing & watercolor pieces will remain on display until January 18, 2018 and can be viewed anytime an art class is in session.



### —Drawing—

### Beginner Drawing

Thursdays, November 2-30 — LSC269-10

9:30 AM-12:00 PM (OC). \$52 (four sessions, No class November 23). Instructor: Michael Mikolon. The artistic journey starts with basics of drawing. Drawing is about observing. We will focus on materials,

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techniques and developing your sense of design. Learn to look at the shapes, lines, and shadows that make up your subject and develop good daily drawing habits. Live demos will be performed weekly showing how to use materials with one-on-one instruction.



### Mixed Media Art Journaling

Tuesdays, November 14 & 28 — LSC270-10

9:00 AM-12:00 PM (OC). \$45 (two sessions). Supply fee paid to the instructor, \$5. Instructor: Kerry Dahlin.

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



### —Oils, Pastels & Acrylics—

### Paint Your Vision in Oils or Acrylics

Intermediate - Advanced

Wednesdays, November 1-29

9:00-11:30 AM Class — LSC 325-10

(OC). \$52 (four sessions). No class November 22. Instructor: Marilyn Rose. Have you painted in the past and want to get back into it?

Or do you paint now and want some congenial company and tips to improve? These are great reasons to stop by the Fine Arts Room at OC any Wednesday morning and see what this fun and informative class is all about! Students with some background in painting receive expert guidance in creating original paintings of their choice, whether landscape, still life, portrait or a clothed figure. Students are encouraged to develop their own artistic style. Demonstrations, masterwork examples, and individual instructions 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. See her website at <https://artistmarilynrose.com>. Questions? Call



Marilyn at 916-409-0397. Please request supply list for the Intermediate-Advanced Class at the Activities Desks and online.

**Vacation drop-in: PAINT – \$17 per session.**

**Beginning Oil and Acrylic Painting  
Wednesdays, November 1-29– LSC326-10**

1:30 to 4:00 PM (OC). \$52 (four sessions). No class November 22. Instructor: Marilyn Rose. Have you always wanted to try painting in oil or acrylic but have never picked up a brush? Or have you painted in the past and want a refresher? Peek into the Fine Arts Room at OC any Wednesday afternoon and see how much fun we are having! We will start with exercises in basic color mixing and handling of the brushes and paint. We will then move on to creating simple forms that will become the basis for just about any subject you'll ever want to paint. Plenty of discussion, demonstrations, paint-along exercises to help you get comfortable and have fun. Minimal investment in materials. Note: intermediate and advanced students are more than welcome to take this class and work mostly on their own with minimal guidance if it suits their schedule. They are a supportive inspiration to the beginners, and we all have a common goal, to make art! About the Instructor: Marilyn has over 25 years experience in landscape, portrait, figure, and still life painting. See her website at <https://artistmarilynrose.com>. Questions? Call Marilyn at 916-409-0397. Please request supply list for the Beginning Class at the Activities Desks



**Vacation drop-in: PAINT – \$17 per session.**

**Pastels for all Level with Michael Mikolon  
Mondays, November 6-27 - LSC327-10**

9:30-12:00 AM (OC). \$52 (four sessions). Instructor: Michael Mikolon. Learn to paint with pastel. Open to all levels, beginner through advanced. Each class will begin with a demonstration showing different pastel

techniques. Each student will be given individual instructor attention at their level. The course will focus on all subject matters: landscape, still life, people, and animals. Bring a good attitude and a creative spirit! About The Instructor: Artist Michael Mikolon is an accomplished artist and art instructor in the Downtown Sacramento area. He currently lives and works out of the Warehouse Artist Lofts (WAL).



**Sip and Paint “Yosemite in Fall”  
Friday, October 27 – LSC201-09  
Or Sip and Paint “Snowy Bridge”  
Friday, November 17 – LSC286-10**

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. The instructor will teach you how to mix colors, use media, brush stroke techniques, use of pallet knife, and offer 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, and 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 30+ years and has been a member of the High Hand Gallery for four years. More information at [www.unniart.com](http://www.unniart.com).





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## –Watercolor–

**Watercolor Painting****Thursdays, November 2-30 – LSC271-10**

1:00-4:00 PM (OC). \$60 (four sessions, No class November 23). Instructor: Michael Mikolon.

Learn and improve watercolor painting techniques. This class is for all levels; beginners through advanced. Each class will begin with a live demonstration showing different watercolor painting techniques. The demo will be followed by one-on-one instruction. This course will focus on materials and painting technique, developing your sense of color, color theory and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art. About The Instructor: Artist Michael Mikolon is an accomplished artist and art instructor in the Downtown Sacramento area. He currently lives and works out of the Warehouse Artist Lofts (WAL).

**Ceramics**

## –Pottery–

**Beginning/Intermediate Ceramics****Tuesdays, November 7-28 – LSC272-10**

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. An introductory class for residents who have never worked with clay, and continuing students who want to further develop their skills. This 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.

**Vacation drop-in: CERD1 – \$17 per session.****Advanced Ceramics****Tuesdays, November 7-28 – LSC273-10**

9:00 AM-12:30 PM (OC). \$54 (four 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 the instructor. The course includes demonstrations, assignments, group discussion, and constructive critique.

**Vacation drop-in: CERD3 – \$17 per session.****Crafts**

## –Card Making–

**Intro to Card Making 101–Level 1****Mondays, November 6-20 – LSC274-10**

9:00 AM-12:00 PM (KS). \$30 (three sessions).

Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't sure how



to get started? Then this class is for you! This class will teach all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards 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.

**Card Making Level 2–Intermediate****Tuesdays, November 7 & 14 – LSC275-10**

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

**Card Making Level 3–Intermediate/Advanced****Wednesdays, November 8-22 – LSC276-10**

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.

**Card Making Level 4–Advanced****Fridays, November 3 & 17 – LSC277-10**

9:00 AM-12:00 PM (KS). \$20 (two 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 instructor's approval. The class will continue to build and explore different card making and paper craft



techniques, dyes, inks, and much more. Class size is limited, so sign-up early to reserve your space. All supplies and equipment will be provided.

—Cooking—

**Cooking with our Meridian Chefs—  
Celebrate International Flavors**

**Tuesday, October 17 — LSC259-09**

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

Instructors: Chef Ian and/or Sous' Chef Anoud. We will be celebrating the flavors of Europe, Asia and the Middle East. Introducing the exotic flavors of foreign cuisine from savory to sweets. A few items that we will be presenting are Baklava, Crepes, Curry dishes and Quiche.



Dance

—Belly Dancing—

**Beginning Basic Belly Dance**

**Tuesdays, November 7-28 — LSC278-10**

11:00AM -12:00PM (KS). \$32 (four sessions).

Instructor: Anna Woods. Learning the art of belly dance is not only fun, but a great way to remember who we are as women. Working on posture, core, and technique. Belly dance is a full body workout that tones muscles as you slowly get your lovely figure back in shape. The rhythms of middle eastern musicians are the best part of all. About the Instructor: Anna Woods performed for 15 yrs on stage Washington DC Chicago, Los Angeles, and Harrah's Tahoe. Belly dance belts will be available for use. Best attire is leggings, yoga pants, or long skirts.

—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 7-28 — LSC279-10**

10:00-11:00 AM (KS). \$21 (three sessions; No class November 21). Instructor: Janice Hanzel. For new beginners, a revamped foundation and fundamentals class low impact, not as hard as you think. Bring your

friends, bring your enthusiasm. The class will move through the eight basic traditional clogging movements while developing skills of the foundations of clogging 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 for this fun class and move to the music. No special shoes required; flat-soled shoes recommended.

**Easy-to-Intermediate Clogging**

**Tuesdays, November 7-28 — LSC287-10**

11:00 AM-12:00 PM (KS). \$21 (three sessions, No class November 21). Instructor: Janice Hanzel. Prerequisite: Instructor approval and/or new and returning students with clogging experience. Class features review of



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steps from previously learned dances. You will also learn new dances, easy to Intermediate, from recent workshops and conventions. Come join the fun. All levels encouraged to participate. Check with the instructor before signing up for this class.  
Vacation drop-in: CLOG1 – \$10 per session.

### Intermediate Plus Clogging

**Tuesdays, November 7-28 – LSC288-10**

12:00-1:00 PM (KS). \$21 (three sessions, No class November 21). Instructor: Janice Hanzel. Prerequisite: Instructor approval. Students are strongly encouraged to take the 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. This class will move a bit faster this year and will get into more Intermediate level dances.

Vacation drop-in: CLOG2 – \$10 per session.

### –Country Western Dancing–

#### Country Couples Western Dance

##### Beginner Level One & Two

**Mondays, November 6-20 – LSC289-10**

7:00-8:00 PM (KS). \$18 (three sessions). Instructors: Jim & Jeanie Keener. Closed to new students. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners.

#### Country Couples Western Dance

##### Beginner/Intermediate Level Three & Four

**Mondays, November 6-20 – LSC290-10**

6:00-7:00 PM (KS). \$18 (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 that will be taught this month will be a review of dances taught in 2016.



#### Country Line Dancing

**Fridays, November 3-17 – LSC291-10**

3:00-4:00 PM (KS). \$18 (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–

#### Dance for Life!

**Instructor: Dolly Schumacher**



“Dance for Life” is a class designed for seniors who love music and what it does to them emotionally and physically. Using the Ballet barre, class begins with exercises to warm the muscles. Gentle stretching awakens the body as we move on to

balance exercises and coordination patterns to stimulate the mind to body connection. Students will gain flexibility and strength while using dance moves; utilizing all parts of the body. Then we move to center floor for stretching, balancing and timing through basic dance steps and patterns, as we learn the terminology of movement. The last half hour of class is devoted to a simple dance choreographed to incorporate the steps students have learned. Each week a different style of dance is introduced. Cha-Cha, Character, Rock n Roll, Disco, Pop, Soft Shoe, and Lyrical. Students should wear comfortable clothes with either Ballet or Jazz shoes. No need to memorize, each week is something new! The class is designed for all levels of experience, whether you are currently taking dance classes or haven't danced since you were a child. A friendly non-competitive atmosphere, where dance is fun, energizing, fulfilling, exciting and empowering.

#### Beginning Dance for Life

**Thursdays, November 2-30 – LSW4-10**

5:00-6:30 PM, (OC). \$50 (four sessions, No class November 23).

Instructor: Dolly Schumacher.

#### Dance for Life Intermediate

**Fridays, November 3-17 – LSW5-10**

2:15-3:45 PM, (OC). \$38 (three sessions).

Instructor: Dolly Schumacher.

### –Hula–

#### Hula Basics

**Thursdays, November 2-16 – LSC292-10**

12:00-1:00 PM (KS). \$24 (three sessions). Instructor: Pam Akina. Learn and practice basic hand and foot motions which are foundational to hula. Mandatory for new students of hula and beneficial for experienced dancers. Essential hula terms, cultural and historical

information are also taught. This class may be taken alone or in conjunction with regular Hula class. Please contact Pam prior to first class, pamahoa@hulapono.com or 916-521-0474.

**Hula Intermediate**

**Thursdays, November 2-16 – LSC293-10**



1:00-2:15 PM (KS). \$30 (three sessions). Instructor: Pam Akina. 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.

**Vacation drop-in: HULA – \$14 per session.**

**–Jazz–**

**Jazz Class for the Beginner**

**Thursdays, November 2-30 – LSC294-10**

11:00 AM-12:00 PM (KS). \$32 (four sessions No Class, November 23). 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.**

**Jazz Performance**

**Tuesdays, November 7-28 – LSC295-10**

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. Not open to new students. At

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this time this class is a closed performance class. Must have instructor approval. This class is geared toward stage performances throughout the year.

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

**–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 6-27 – LSC296-10**  
4:00-5:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish
- **Thursdays, November 2-30 – LSC297-10**  
9:00-10:00 AM (KS). \$24 (four sessions No class November 23). Instructor: Yvonne Krause-Schenck

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### Line Dance I—Beginner

Prerequisite: Not for newbies, students that have completed the Intro level and have mastered basic line dance steps, movements, and dances. Beginner dances may have more turns and combinations of steps connected together, sometimes to faster music. Beginner dances will be taught, at the teacher's discretion.

- **Mondays, November 6-27 — LSC298-10**  
9:00-10:00 AM (KS). \$24 (four sessions).  
Instructor: Yvonne Krause-Schenck
- **Thursdays, November 2-30 — LSC299-10**  
2:30-3:30 PM (KS). \$24 (four sessions, No class November 23). Instructor: Audrey Fish, Substitute: Ginger Fullerton November 9
- **Tuesdays, November 7-28 — LSC300-10**  
9:00-10:00 AM (KS). \$24 (four sessions).  
Instructor: Sandy Gardetto

### Line Dance II—High Beginner/Improver Class

Prerequisite: This level is a great way to help experienced beginners improve their skills and to learn slightly more complex dances. Dances will range from High Beginner to Improver dances, with students developing movements and steps that are beyond the basic beginner level. Various rhythms and tempos will also be taught reflecting different timing and styling. High beginner/Improver dances will be taught, at the teacher's discretion.

- **Mondays, November 6-27 — LSC301-10**  
5:00-6:00 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish
- **Wednesdays, November 1-29 — LSC302-10**  
9:00-10:00 AM (KS). \$30 (five sessions).  
Instructor Sandy Gardetto
- **Thursdays, November 2-30 — LSC303-10**  
10:00-11:00 AM (KS). \$24 (four sessions, No class November 23). Instructor: Yvonne Krause-Schenck

### Easy Intermediate Class

Prerequisite: The dances taught in this class will be more involved than High Beginner/Improver and a lot easier than Intermediate/Advanced. Great music with less challenging dances. Easy Intermediate will have steps from the previous class descriptions and more, with easy tags and restarts. Easy Intermediate dances will be taught, at the teacher's discretion.

- **Wednesdays, November 1-29 — LSC304-10**  
10:00-11:00 AM (KS). \$30 (five sessions).  
Instructor: Sandy Gardetto

### Intermediate/Advanced Class

Dances will be taught at a faster pace to a smaller group of dancers who are eager to push the boundaries and challenge themselves. You will learn newly choreographed dances that are popular on the world line dance surveys. If you have a good foundation and are comfortable with easy intermediate level dances, you will be able to master these. Come and join this enthusiastic group and see how much fun you can have! Dances in this class will be taught at the teacher's discretion.

- **Thursdays, November 2-30 — LSC324-10**  
3:30-4:30 PM (KS). \$24 (four sessions, No class November 23). Instructor: Audrey Fish, Substitute: Barry Mackintosh November 9

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## 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 is an excellent line dance instructor, with over 15 years of experience. She has been trained in all disciplines of dance since she was eight years old. To encourage people to sign-up for her classes, she has simplified her Beginner Class (LD I) as well as her High Beginner/Improver Class (LDII). She also is offering an Easy Intermediate Class for those who want easier dances with great music.



- **Yvonne Krause-Schenck**

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—



#### Tap Classes with Alyson

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

#### Beginning Tap

**Mondays, November 6-27 — LSC280-10**  
12:00-1:00 PM (KS). \$32 (four sessions, No class November 23). Instructor: Alyson Meador. If you have

never taken a tap class, or have less than six months experience this class is for you. You will be taught basic tap skills to build a solid basic level of technique (shuffles, flaps, cramp rolls, Irish, shuffle ball change, etc.). Basic fundamental music skills will be introduced as well. Students will learn unique combinations using these tap fundamentals, and will learn parts of the "Soft Shoe" the "Waltz Clog and the "Shim Sham".

#### Choreography for Fun 1 & 2

- **Mondays, November 6-27 — LSC305-10**  
11:00 AM-12:00 PM (KS). \$32 (four sessions, No class November 23). Instructor: Alyson Meador.

#### Technique Classes

Instructor: Alyson Meador.

- **Tuesdays, November 7-28 — LSC306-10**  
10:00-11:00 AM (KS). \$32 (four sessions).
- **Thursdays, November 2-30 — LSC307-10**  
10:00-11:00 AM (KS). \$32 (four sessions, No class November 23).
- **Mondays, November 6-27 — LSC308-10**  
10:00-11:00 AM (KS). \$32 (four sessions).

#### Performance Class

**Thursdays, November 2-30 — LSC285-10**  
11:00AM-12:00PM (KS). \$32 (four sessions, No class November 23). Instructor: Alyson Meador. The class is open to selected students only. Students must have instructor approval to register. Class is CLOSED to new students. The class is in preparation for next year's Tap Show.

### Jewelry

### —Beading—

#### Glass Art

Stained Glass and Fused Glass will be on hiatus for the month of October - December

#### Hi-Lo Necklace

**Tuesdays, October 24 & November 7 — LSC265-10**  
9:00 AM - 12:00 PM (KS). \$20 (two sessions). Instructor: Cathie Szabo. A new look for all of us - but it's built on an old favorite. Different sized beads are stitched in the familiar peyote pattern, with the results producing a new, richly textured design. If you know peyote, here's a chance to breathe new life into an old stitch. For folks who are unfamiliar with peyote, the first class will give you the basics of peyote stitch. Simple to do once the technique is learned. OK for folks who





can handle small beads. Classes are two weeks apart to allow for completing the necklace before finishing techniques are shown. Check the display in OC for a sample. Be sure you get the proper materials list when you register for the class (check for the correct photo and class number).

## Movies

### The Star Wars Saga (Part 2)

**Wednesday, October 25 - November 15 – LSC309-10**



1:00-4:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. In Part 2 we continue with the original 1977 movie "Episode IV: A New Hope". Here we meet Luke, Leia, Chewbacca, and Hans Solo and over the next two films "Episode V: The Empire Strikes Back" and "Episode VI: Return of the Jedi" we will follow their journey of personal discovery as well as their struggle against Darth Vader and the Empire. In the fourth film of this session "Episode VII: The Force Awakens" we find ourselves 30 years later where the new generation discovers their relationship to "The Force" and struggles to find their place in the galaxy. All of this will set us up for the next part of the story being released in theaters December 15, 2017 "Episode VIII: The Last Jedi". In both sessions we will see how these films were made, how the changes in technology have had an impact on the visuals of our theater experience, and how the mythology of "Star Wars" has had an influence on our culture. So, buckle up and prepare to understand the experience that has thrilled the world.

## Music

### —Guitar—

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

### Guitar 1A—Beginner Level

**Wednesdays, November 1-29 – LSC311-10**



8:00-10:00 AM (KS). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: The class is currently closed to new students. This class is designed for the person who has not played before or hasn't played for many years. The 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

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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 at 916-899-8383.

### Guitar 1B—Continuing Beginner Level

**Mondays, November 6-27 – LSC312-10**



8:00-10:00 AM (OC). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: The 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, basic finger picking. 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 at 916-899-8383.

### Guitar 2B—Entry to Intermediate Level

**Wednesdays, November 1-29 – LSC314-10**

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. The new positional study will be started in second, fifth, and seventh positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill at 916-899-8383.

### Guitar 3—Intermediate

**Thursdays, November 2-30 – LSC339-10**

8:00-10:00 AM (OC). \$44 (four sessions, No class November 23). 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. This class will continue to study more advanced styles of guitar, plus more advanced versions of ensemble playing, duets, trios, and quartets. Questions? Call Bill at 916-899-8383.

### Guitar 4—Advanced

**Thursdays, November 2-30 – LSC313-10**

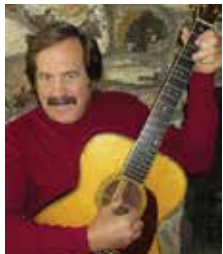
10:00 AM-12:00 PM (OC). \$44 (four sessions, No class November 23). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Prerequisite: Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists.

This class will continue to study more advanced styles of guitar plus more advanced versions of ensemble playing, duets, trios, and quartets. Questions? Call Bill at 916-899-8383.

**Folk Guitar for Fun Folks 101**

**Beginner Class**

**Tuesdays, November 7-28 – LSC316-10**



1:00-2:00 PM (KS). \$36 (four sessions). Instructor: Darrell Effinger. No prior music knowledge is necessary for this classes; a good singing voice is not a prerequisite! Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught, including songs by artists such as the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver, and others. Various strumming styles will be taught at the intermediate level along with finger picking. Basic music theory (notes) will be shown, not emphasized. Information on how to choose and purchase a guitar for personal use, beginner through advanced, will be available. Guitar aides such as capos and tuners will be discussed at the first class. Learn, sing, enjoy, have fun and join the Hootenanny! About the Instructor: Darrell is a long-time teacher, musician, story teller and folk singer. He was a member of the New Christy Minstrels; appeared on the PBS Folk Music Special, "This Land Is Your Land,;" toured with Glenn Yarbrough; opened for the Kingston Trio; played with Peter, of Peter, Paul and Mary, and has appeared solo, and with various groups. Questions: Call Darrell at 916-989-8532.

**Folk Guitar for Fun Folks 102**

**Intermediate Class**

**Tuesdays, November 7-28 – LSC317-10**

2:00-3:00 PM (KS). \$36 (four sessions). 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. The class can be taken in conjunction with the 1:00 PM Beginning class, as long as the student feels comfortable they have met this prerequisite and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 916-989-8532.

–Voice–

**Singer Vocal Boot Camp Continuation**

**Fridays, November 3-17 – LSC318-10**

10:30 AM-12:30 PM (KS). \$33 (three sessions). Instructor: Bill Sveglini. This class will continue to sing special SAT and SATB arrangements that have been written by the teacher. You will also be working on vocal exercises to increase range and tone quality, as well as warm-up exercises and sight singing exercises specifically written for this class by the instructor.



**Personal Improvement**

**Two-day class! AARP Driver Safety Training**

**Monday & Tuesday, November 20 & 21 – LSC319-10**

9:00 AM-1:00 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.

**Creative Writing & Storytelling**

**Wednesdays, November 1-22 – LSC328-10**

1:00-3:00 PM (KS). \$ 58. (four sessions). Instructor Robert Chang. Do you have stories you want to share with the world? Whether you want to write short stories, novels, screenplays, or nonfiction, the

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fundamentals of storytelling are essential for crafting compelling narrative experiences that captivate your readers from beginning to end. In this class, you'll learn storytelling techniques that will help you write stories that are not only entertaining but also have emotional and intellectual resonance. You'll learn various writing techniques that make your prose more vivid and expressive, creating an immersive experience for your readers.

## Sewing

### —Certification—

#### Bernina Serger Certification

**Monday, November 13 — LSC320-10**

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

#### Bernina Sewing Machine Certification

**Monday, November 13 — LSC321-10**

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.



#### Janome Sewing Machine Certification

**Monday, November 13 — LSC322-10**

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.

### —Quilting—

#### Charming House Quilting Placemats

**Fridays, October 20, November 17,  
December 15, January 19, 2018 — LSC194-08**

1:00 -3:30 PM (OC) \$60 (four sessions). Instructor Betty Kisbey. This placemat-of-the-month class will be offered over four months. You will make two placemats each month from the book, Charming Houses, Dressed for Show. At the end of the class, you should have eight placemats measuring approximately 14"x18." In class, instruction will be given for cutting out the pattern, how to sew the block together, and how to add borders. Some sewing may have to be finished at home. In addition to using good sewing techniques, the use of embellishments will be emphasized.

#### Wool Embroidered Scissors and Needle Case

**Saturday, October 28 — LSC185-08**

10:00 AM-3:00 PM (OC) \$30. Instructor Betty Kisbey.

Make this attractive scissors and needle case using wool and cotton fabrics with decorative stitches. Learn the common stitches used on wool. This scissors and needle case is very handy to have when traveling with your handwork. The case is very easy to make. Make one for yourself and/or make one as a gift for that special friend. Great for the beginner who would like to learn some basic embroidery stitches and how to work with wool. In class we will be working with hand stitching on wool, however, putting it all together requires machine stitching and will be done at home. Note: Kits are available for \$20 from the instructor. Kit includes supplies needed to make one needle case.



## Technology

### —PC—

#### Amazon Echo Dot

**Monday, November 1 — LSC329-10**

**Or Thursday, November 9 — LSC330-10**

1:00-3:30PM 9 OC). \$20. Instructor: Bob Ringo. The Amazon Echo Dot functions as a source of entertainment, a personal assistant, and a smart home controller. It sells for only \$50 making it a perfect Christmas gift. The Dot can play your favorite music, answer your questions, and control your smart home devices by responding to your voice commands. In this class, you will learn how simple it is to set up the Dot plus new "tricks" that make the Dot more fun to use. Whether you are thinking about buying a Dot or you want to use the one you already own more effectively, this class is for you.



### —Smart Phones and Tablets/Mac—

#### Photography 101

**Thursday, November 9 - December 7 — LSC334-10**

9:00 - 11:00 AM (OC). \$58 (four sessions, No class November 23). Instructor: Robert Chang.

Have you ever wanted to take better photos but never learned photography or how to use all those controls on your digital camera? In this class, you'll learn how to operate the essential features of modern digital cameras, regardless if it's a small compact, professional DSLR, or a smartphone camera app. You'll also learn important photography principles that will help you take better photos by utilizing good composition, effective camera angles and focal lengths, interesting

lighting and color theory photos that are aesthetically more pleasing and artistically more interesting. In addition, you'll learn how to use simple digital photo editing techniques that will significantly improve the quality of your photos. Please bring the cameras you want to learn to use and take photos with including mobile devices with decent built-in cameras such as smart phone and tablets.

**Digital Drawing and Painting**

**Monday, November 6-27 — LSC331-10**



6:00-8:00 PM (OC). \$58 (four sessions). Instructor: Robert Chang. Prerequisite: Basic computer skills. Learn how to draw and paint with your mobile devices and computer!

Today's technology allows us to create beautiful artwork using digital equivalents of charcoals, pastels, watercolor, acrylics, oils, airbrush, pen & ink, etc., while also having the convenience of undos, layers, and many other powerful digital tools. In addition to digital art techniques, you'll also learn important drawing and painting fundamentals such as composition, shapes and proportions, lighting and form, color theory, brushwork, and more. Supply list available at Activities Desk and online.

**iPhone Basics Workshop**

**Monday, November 13 — LSC332-10**

9:00 AM -12:00 PM (OC). \$30 + \$5 paid to instructor for class material. Instructor: Andy Petro. Prerequisite: You must have an iPhone 6, iPhone 6 Plus, iPhone 6S, iPhone 6S Plus, iPhone 7, or iPhone 7 Plus; and you must be on iOS 11.0 or higher. Bring your iPhone to the Workshop. Do you want to learn how to get the most out of you iPhone? Do you want to learn how to use the Settings App to personalize your iPhone? Do you want to learn some tips and tricks that will make your iPhone one of your most prized possession? Then this class is for you. If you have any other specific questions about the class call Andy Petro at 916-474-1544.

**iPhone Advanced Workshop**

**Thursday, October 19 — LSC264-09**

**Or Monday, November 20— LSC333-10**

9:00 AM-12:00 PM (OC). \$30 + \$5 paid to instructor for class material. Instructor: Andy Petro. Prerequisite: You must know the basics of your iPhone, have an iPhone 6, 6 Plus, 6S, 6S Plus, 7, or 7 Plus, and you must be on iOS 11.0 or higher. Bring your (fully charged) iPhone to the workshop. We will go beyond the basics. You will discover how to use apps on finance, weather, photography, communications and more. You will learn many tips and tricks that make your iPhone easy and fun to use. If you have any other specific questions about the class call Andy Petro at 916-474-1544.

**Facebook 101**

**Saturdays, November 11-25 — LSC335-10**

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. Class size is limited so sign up early.



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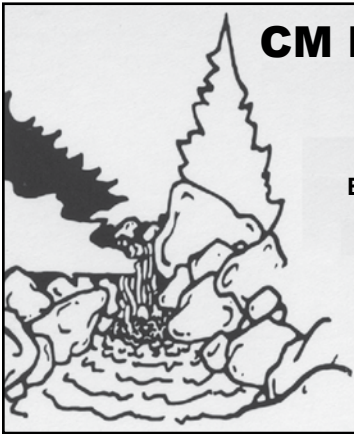


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- **Wednesday, October 18**  
2:00 PM-3:00 PM, Fitness Floor (OC)
- **Wednesday, October 25**  
2:00 PM-3:00 PM, Fitness Floor (OC)
- **Wednesday, November 8**  
3:00 PM-4:00 PM, Fitness Floor (OC)
- **Tuesday, November 14**  
1:00 PM-2:00 PM, Fitness Floor (OC)
- **Tuesday, October 17**  
1:00 PM-2:00 PM, Fitness Floor (KS)
- **Tuesday, November 21**  
2:00 PM-3:00 PM, Fitness Floor (KS)
- **Wednesday, November 29**  
3:00 PM-4:00 PM, Fitness Floor (KS)

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#### Spotlight On...

#### Bowenwork and Arthritis

#### Wednesday, October 18 – Free

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#### Arthritis

**Tuesdays, November 7-28**

**Thursdays, November 2-30**

**Fridays, November 3-24**

Fridays, 12:00-1:00 PM, Aerobics Room (OC). Tuesdays & Thursdays, 11:00 AM-12:00 PM, Aerobics Room (OC). Classes are priced differently:

Tuesdays, Thursdays and Fridays \$35 (four sessions), (no Class November 23). Instructor: Linda Hunter. This class is designed for those with Arthritis and other conditions 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. 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, explore and share companionship." Linda Hunter, LVN, is a certified Arthritis Foundation instructor with many years of experience.



### Lessons

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**Tuesday, November 7**

9:00-10:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso.

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high blood pressure; reduce impact on hips, knees and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Walking poles are available for each class at no charge with option to purchase at the final session.

## Martial Arts & Mindful Movement

*Experience 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.*

### Mindfulness for Health

#### Wednesdays, November 1-22

4:00-5:00 PM, Aerobics Room (OC). \$60 (four classes). Instructor: Michelle Jamieson. It is no secret that emotional, mental, social and spiritual factors can directly affect health. In fact, up to 80% of illnesses are related to chronic stress. Fortunately there are techniques that can help manage and minimize the effects of stress. The Mindfulness-Based Stress Reduction (MBSR) program is designed to help participants by inviting them to enter into a new relationship with the present moment. This session is an experiential and intensive four-week training program offering powerful, integrative approach for tapping into and mobilizing innate inner resources for healing and well-being. Participants can develop a life affirming approach to living with stress influenced conditions such as chronic pain, anxiety, depression, headaches, high blood pressure, sleep disturbances, immune health gastrointestinal issues and weight management.

### Mindfulness Weekend Retreat

#### Discovering the Presence of Peace

#### Saturday, November 18

9:00 AM-12:00 PM, Multipurpose Room (OC) \$45. Instructor: Michelle Jamieson. Renew your energy, take time for yourself, and explore ways to calm your mind and body during this weekend retreat. This three-hour event will focus on mindfulness practices that will allow you to let go of your "to-do list" so you can relax and focus on the present moment.

### New! Coming in January!

#### Mindful Meditation

#### Mondays

3:00-4:00 PM. Aerobics Room (OC). \$60 (four sessions). Instructor Michelle Jamieson. Body movement has long been understood to cultivate mental skills such as self-awareness, focus and attention, and self-regulation. Engaging with the sensations, emotions, and thoughts of the present



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moment is known as mindfulness, and mindful movement practices such as yoga and tai chi support the development of these skills. Additional benefits of mindful movement include reduced stress, physical benefits like increased strength, balance and flexibility, and psychological benefits such as relaxation and improved mood and concentration. Research studies support these findings and show that regular practice of mindful movement can have a positive impact on one's life.

### Tai Chi—Qigong Introductory Class

#### Tuesdays, November 7, 14, 28

1:00-2:00 PM, Aerobics Room (KS). \$22.50 (three sessions). Instructor Peli Fong. Tai Chi is a centuries-old health system that uses smooth and rhythmic movements that are coordinated with the breath in order to improve one's health and vitality. This clinically proven system is the fastest-growing form of exercise throughout the world as it is greatly recommended by healthcare professionals such as the Mayo Clinic, to improve posture, balance, and tranquility. The series of mindful movements that are synched with the breath are confirmed to alleviate arthritis, hypertension, asthma, digestive disorders, high blood pressure, vertigo, and more. This class is designed for people who wish to experience the multitude of health benefits of Tai Chi and Qigong by learning the classic 12 postures, basic Qigong warm-ups, and exercises that prepare them for the next level.



### Tai Chi Qigong L1

#### Tuesdays, November 7, 14, 28

2:00-3:00 PM, Aerobics Room (KS). \$22.50 (three sessions) 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 7, 14, 28**

3:00-4:00 PM, Aerobics Room (KS). \$22.50 (three sessions). 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 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.

### Money Matters

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

### Where Are We with Tax Reform?

**Tuesday, October 24**

10:30 AM-12:00 PM, P-Hall (KS) \$5. Instructor: Russ Abbott. The Trump administration has promised to work on and possibly implement tax reform in its first few years. Is it even possible and, if so, what is the best guess of which direction it will go and how far? Will both businesses and individuals prosper or will it be one-sided? Come listen to this informative topic and what you might be able to expect for taxes in 2018 and beyond.

### Nutrition

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

### Re-Start—Your Health in Just Five Weeks

**Tuesdays, November 14 - December 12**



1:00-2:30 PM, Multipurpose Room (OC) \$129 (five sessions). Instructor: Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner.

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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.

### Restorative Wellness with Audrey Gould, RD/RDN, NTP



“Restorative Wellness with Audrey” will focus on educating and empowering residents to take control of their own health by teaching them how to reverse the effects of the modern diet and live in “Health Nirvana!” Restorative Wellness is sold in three month packages to help residents resolve specific health issues that can’t be solved in one session. The three Month Nutrition package includes:

- A personalized assessment of any nutritional deficiencies and dysfunctions in your body.
- Six hours of personalized nutrition consulting including a two-hour initial assessment.
- Interpretation of laboratory values and/or food sensitivity panels (additional labs are optional and not part of the package price).
- A personalized program that will identify the areas and strategies for both the short term and long term goals.
- An understanding of your specific symptoms
- Personalized food and/or supplement recommendations that are specific to your individual needs.

Total Cost: \$549. *Additional consultations @\$75/session after the completion of the three-month program.* Audrey Gould is a clinically trained Registered Dietitian/Nutritionist, Nutritional Therapy Practitioner and a Restorative Wellness Specialist. Audrey teaches the popular Re-Start Nutrition classes at SCLH and is committed to helping her clients find their best self.

### Personal Improvement

*The following Personal Improvement classes are offered through the WellFit Department; registration is available at the Activities/WellFit Departments or online.*

### Memory: The Long and Short of It Wednesday & Friday, November 8 & 10

9:30 AM-11:30 AM, Multipurpose Room (OC) \$30. Instructor: Alice Jacobs. This two session interactive workshop will cover current scientific information about memory - including the components of memory, memory changes with age—reviewing normal and abnormal changes, tips and techniques for improving memory, and new advances in memory diagnosis. Participants will create a personal memory improvement plan. Educational physiologist, Dr. Alice Jacobs is



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a pioneer in brain wellness and memory training, and is the founder and CEO of Brain Gain™ (www.brain-gain.info). She has taught health and health-related courses for several universities including private and public institutions.

### Beginning Sudoku

**Tuesday October 24**

**Tuesday, November 20**

9:00-10:30 AM, P-Hall (KS). \$5.

Instructor: Russ Abbott. Come learn the basics of Sudoku, one of the most popular puzzles in America today. Puzzle layout, logic, and playing methods will be discussed and reviewed. The instructor's own Box Rule of Two strategy will be taught, making you feel much more comfortable with Sudoku. Come enjoy something the American Medical Association has cited as a worthwhile activity to do every day.



## 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**
- **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 916-625-4032 or Carol.Zortman@sclhca.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

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 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.

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 916-625-4032.

### 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, 916-408-4825,

### 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.*

*Events go on sale on the 17th of this month at 8:00 AM. Register at either Fitness Center.*

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. Please note not all classes are eligible for drop-ins. Please see descriptions for each class.

### SGT—Parkinson's Indoor Cycling Wednesdays & Fridays, November 8-December 6

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class 11/24). Instructor: Milly Nuñez. Have you or a loved one been diagnosed with Parkinson's disease? Join this class and make friends facing some of the same challenges as you while a trainer guides you through class using the premise of "forced exercise." Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program that includes "forced exercise" (exercise that is beyond a voluntary level). The first class will include an assessment and bike setup day. Participants must be able to sit unassisted on a spin bike and heart rate monitors are required. Feel free to contact Jeannette Mortensen with questions at 916-408-4825 or jeannette.mortensen@sclhca.com.



### SGT—Parkinson Wise Thursdays, November 2-30

1:30-2:30 PM, Aerobics Room (KS). \$70. (four sessions; no class 11/23) Instructor: Milly Nuñez. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression of symptoms, in reducing the impact of symptoms, and increasing general well-being. The class will emphasize focused movement, maintaining and increasing range of motion, movement in all planes, low versus high intensity movements, balance and coordination, multi-tasking, and more. Enjoy a group setting with a certified trainer who will lead and motivate the class. All levels are welcome as the class will address modifications and progressions to keep participants motivated and engaged.

### SGT—TRX Interval Training L3 Mondays & Wednesdays, October 23-November 15

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method

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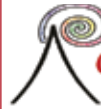
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levels can improve their performance and their bodies with TRX! *This class is available for the SGT Drop-in Pass.*

### SGT—Fit 101 at Kilaga Springs L1

**Mondays & Wednesdays, October 30-November 22**

10:30-11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Danielle Lawlor. Are the new machines at Kilaga Springs Fitness Center a little overwhelming? Take this class and not only will you finish class with a complete understanding of the new equipment at KS, but you will also 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—Fit 101 at Orchard Creek L1

**Tuesdays & Thursdays, November 2-30**

12:00-1:00 PM, Fitness floor (OC) \$135 (eight sessions; no class 11/23). Instructor: Marilyn Harder. 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 at our Orchard Creek Fitness Center. 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, November 7-December 5**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class 11/23). 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 23-November 15**

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 23-November 15**

7:15-8:15 AM, Aerobics Room (KS). \$135. (eight



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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 L2

**Tuesdays and Thursdays, October 24-November 16**  
5:30-6:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Danielle Lawlor. This TRX class covers strength, balance, cardio, core and stretch all while using TRX suspension training straps. You will work on posture and keep your joints safe while building lean muscle mass and flexibility. *This class is available for the SGT Drop-in Pass.*

### SGT-TGIF TRX & More L2

**Fridays, November 3-December 1**  
7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions; no class 11/24). Instructor: Danielle Lawlor. 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, October 30-November 22**  
11:30 AM-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Marilyn Harder. 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, October 23-November 15**  
2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Danielle Lawlor. Learn simple stretches and exercises that will help improve 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 101-104](#) 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. 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 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 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/yn

for the last 20 minutes. Take 60 minutes for yourself and join class, you deserve it!

- **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 for All L2:** Get your heart rate up while learning the basics of step. Learn or continue to love step in a fun and safe environment. 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 L2:** 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. Tuesday and Thursday 7:30 AM classes will be in the outdoor lap pool while open during summer months. Enjoy the sun and fresh air while getting an outstanding work out!
- **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 Sculpt L2 & L3:** This class will challenge your body and mind. We will enjoy some vinyasa flow as well as some strengthening exercises based on yoga asanas. Light weights may be used, but are always optional.
- **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.

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## Did You Know?



The City of Lincoln has designated a red fire lane on Staggs Leap Lane. Staggs Leap Lane narrows as it meets Sun City Blvd., there was concern that emergency vehicles would not have access if cars were parked there. Please be aware and observe this new safety measure. Thank you.

## OC Aqua WellFit Class Schedule November 1-30, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
	Water Works L2/3- <i>Jeannette</i>		Water Works L2/3- <i>Marla</i>		Water Works L2/3- <i>Jennifer</i>		
8:30	Aqua Fitness L2- <i>Lori</i>		Aqua Fitness L2- <i>Lori</i>		Aqua Fitness L3 - <i>Jennifer</i>		
9:30	Core n More L3- <i>Danielle</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Marilyn</i>		
10:30	H2O Bootcamp L3- <i>Jennifer</i>	Water Works L2/3 - <i>Deanne</i>	Splash Dance L2- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	H2O Bootcamp L3- <i>Jennifer</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		
12:30	(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H2O Bootcamp L3 TBA		H2O Bootcamp L3- <i>Marla</i>				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

## WellFit Pilates Reformer Class Schedule November 1-30, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
	Mixed Equipment L1- L2 - Cynthia				Mixed Equipment L1- L2 - Gretchen		
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 Marilyn	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	Ref Basics + L1-L2 - Julie	
12:00			Cardio Jump & Core L2 - Gretchen				
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
5:30		Reformer Basic+ L1-L2- Lori		Reformer L1- Lori (Coming Soon)			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC WellFit Class Schedule November 1-30, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	Athletic Stretch L1/3 - 7:15-8:00am Jen <b>NEW TIME!!</b>		Athletic Stretch L1/3 - 7:15-8:00am Jen <b>NEW TIME!!</b>				
8:00	Strictly Strength L3 - Jen	Step for All L2 - Kim	Strictly Strength L3 - Jen	Step for All L2 - Kim	Yoga Sculpt L3 - Jeannette <b>NEW!!</b>		
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3 - Summer	Core & Strength L2 - Kim	20/20/20 L3 - Gretchen	Yoga Basics L1 - Cynthia/Sara	Cardio Strength L3 - Kim
10:00	Slow Flow Yoga L2/3 - Jennifer	Yoga Flow L2 - Ashley	Everybody Can L2 - Linda	Yoga Flow L2 - Jennifer	Strictly Strength L2 - Valerie		Zumba L3 - Carrie
11:00	Piloga L2 - Cynthia	Arthritis L2 - Linda	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 - Lola		
12:00	Yoga Stretch L1 - Julie	12:15-1:15pm Rest Meditation and Yoga L1 - Iram		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 - Kathryn		
2:00	SGT - Balance & Fall Prevention L1 - Danielle		SGT - Balance & Fall Prevention L1 - Danielle				Yoga Flow L2 - Ashley
3:00		Healthy Living Exercise L2 - TBA (completion of Healthy Living Session required)		Healthy Living Exercise L2 - TBA (completion of Healthy Living Session required)	Activities	SCLH Booking	
4:00	Healthy Living Exercise L2 - TBA (completion of Healthy Living Session required)	Activities	Mindfulness - Michelle	Mindful Movement - Michelle (coming in Jan)			
5:00							
6:00			Mixed Levels Yoga L1-3 - Jennifer	Activities			
Group Exercise Classes (punch pass) \$3.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes, unless otherwise noted.							

KS WellFit Class Schedule November 1-30, 2017							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
KS	KS	KS	KS	KS	KS	KS	KS
7:15 SGT- Morning Bootcamp L2 <i>Milly</i>	Mixed Level Cycle L2 - <i>Deanne</i>	7:15-8:15am SGT- Morning Bootcamp L2- <i>Milly</i>	Mixed Level Cycle L2- <i>Deanne</i>	7:15-8:15am SGT- TGIF TRX L2- <i>Danielle</i>			
8:30 Low Impact/Sculpt Interval L2 - <i>Jeannette</i>	Zumba Gold L2 - <i>Joanie</i>	Power Vinyasa L3- <i>Deanne</i>	Low Impact/Sculpt Interval L2 - <i>Jeri/Jeanette</i>	Zumba Gold L2 - <i>Joanie</i>	Low Impact L2 - <i>Jeri</i>		
9:30 Cardio Strength L3 - <i>Valerie</i>	Strictly Strength L2 - <i>Linda</i>	Cardio Strength L3- TBA	Strictly Strength L2- <i>Linda</i>	Cardio Strength L3- TBA	Strictly Strength L2 - <i>Jeri</i>		
10:30 Pilates L2 - <i>Sarah</i>	Piloga Flow L2 - <i>Julie M</i>	Strength & Flexibility L2- <i>Gretchen</i>	Piloga Flow L2 - <i>Cynthia</i>	Everybody Can L2- <i>Linda</i>	Yoga Stretch L2- <i>Jeri</i>		
11:30 SGT - Healthy Back L1- <i>Marilyn</i>		SGT - Healthy Back L1- <i>Marilyn</i>		WaiDan Gong L1- <i>Joan</i>			
12:30	12:00pm SGT- Functional Fit L2- <i>Deanne</i>	SGT- Indoor Cycling for Parkinson's L1- <i>Milly</i>	12:00pm SGT- Functional Fit L2- <i>Deanne</i>	SGT- Indoor Cycling for Parkinson's L1- <i>Milly</i>			
1:00							
1:30 Yoga Basics L1- <i>Ursula</i>	1:00pm Tai Chi Intro- <i>Peli</i>		1:30- 2:30pm SGT- ParkinsonWISE- <i>Milly</i>				
2:00							
2:30 SGT- TRX Interval L3- <i>Mike</i>	2:00pm Tai Chi L1- <i>Peli</i>	SGT - TRX Interval L3- <i>Mike</i>					
3:30	3:00pm Tai Chi L2 - <i>Peli</i>			SCLH Booking			
4:30 SGT- Bootcamp L3- <i>Mike</i>	4:00pm Yoga for Osteo L1 - <i>Julie</i>	SGT- Bootcamp L3- <i>Mike</i>	4:00pm Yoga for Osteo L1 - <i>Julie</i>				
5:30							
6:30	SGT - TRX L2- <i>Danielle</i>		SGT - TRX L2- <i>Danielle</i>				
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.							



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be for missing out on the  
greatest event of the year!"**

*-Puck, Midsummer Night's Dream  
(paraphrased just a little)*



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