

February 2018

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



Business excellence AWARD...page 8

SPORTS in Lincoln Hills...page 14

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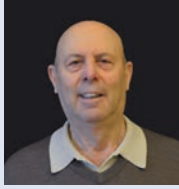
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On the cover - Del Webb Field.



Board of Director's Report

No Smoking Please

Ken Silverman, President, Board of Directors

"Nature surrounds us, from parks and backyards to streets and alleyways. Next time you go out for a walk, tread gently and remember that we are both inhabitants and stewards of nature in our neighborhoods."

— Award-winning geneticist, ecologist, and author David Suzuki

The City of Lincoln passed an ordinance last year (Lincoln Municipal Code §12.20.190) prohibiting smoking of any tobacco, plant, or any other substance in public parks, hiking and running trails, bike pathways, and other public trails throughout the city. This ban also includes e-cigarettes, cigars, and other similar devices.

As the Association's parks and trails are not public, this ordinance did not apply to the Association, and this was brought to the attention of the Properties Committee. The committee then recommended in December that the Board put into place a similar rule for our parks and trails.

At the January Board of Directors meeting a new rule, Resolution 2018.02, was proposed to prohibit smoking in our parks and trails. It includes the following wording:

Smoking in Association Parks and Preserve Area Trails.

- (a) *It shall be against the Sun City Lincoln Hills Community Association Rules and Regulations for any person to smoke within the perimeter of any Association park.*
- (b) *It shall be against the Sun City Lincoln Hills Community Association Rules and Regulations for any person to smoke on any Association preserve area trail.*
- (c) *To the extent permitted by law, smoking shall be allowed on any street, sidewalk, or parking adjacent to the border of Association parks.*
- (d) *"Smoking" or "smoke" means inhaling, exhaling, burning, or carrying any lighted cigar, cigarette, pipe, hookah pipe, plant or other combustible substance in any manner or in any form and use of electronic devices with electrical ignition or vaporization (e-cigarettes/cigars or similar devices).*

The City of Lincoln has a fine structure for their ordinance, and we also have a fine when someone is proved to violate the rule (Appendix A). This could be up to \$100 per violation.

This new rule (resolution) will be posted for 30 days per civil code before the Board can have a final vote and put it into effect. This allows input from residents, and to do so, send your comments to Chris.OKeefe@sclhca.com. The final vote will be held at the regular meeting of the Board of Directors on Thursday, February 22.

Calendar of Events

February 16, 2018 - March 16, 2018

Date	Event	Page #
2/16	How Can We Stand Up to Sexism.....	57
2/17	Movie Secondhand Lions	55
2/19	Short Walk Across France	57
2/22	Setting and Sticking to Your Goals ..	92
2/22	Coffee with the Mayor	55
2/22	Garden Group Special Speaker	35
2/23	A Salute to Songs by Glenn Campbell	60
2/27	It's the Lifestyle Expo	108
2/28	Puzzles of Pain Management	57
2/28	Ellis Rodgriguez.....	60
3/2	Sip and Glaze.....	75
3/9	Songs of Doris Day	61
3/12	Prepared for an Emergency?.....	57
3/13	Cooking with Meridians Chefs	76
3/13	Town Hall Forum	57
3/15	Bach to the Beatles.....	61
3/16	Veterans Groups Annual Luncheon	52



From the Executive Director's Desk

Chris O'Keefe, Executive Director,
SCLH Community Association

Welcome to the February edition of the COMPASS magazine! Pitchers and catchers reported on the 13th; spring is right around the corner!

We have installed a drop box at the Orchard Creek Lodge for residents to drop off their quarterly assessment payments if they wish. We believe that this will be a nice convenience for our residents who have not transitioned to ACH. We have received positive comments on this, so if you still mail your payments, and would like to save on the price of a stamp, the drop box is located in the Resident Resource Center, next to the Membership Desk at the Orchard Creek Lodge.

I am happy to report that at the recent Lincoln Area Chamber of Commerce 2017 Business Excellence Awards, our Catering Department won in the category of Best Customer Service. Kudos go out to the entire team; our Food and Beverage Director Kristy Woodin, Catering Manager Kathy Cameron, Banquet Manager Don Giles, Executive Chef Ian Elieff, Chef Anoud Zaki, and all of the great team members who make it happen. Congratulations!

I would like to recognize some residents who serve our community and enrich our lives. Barry Johnson has been active in Neighborhood Watch and does a great job in providing tips for our residents on how to stay safe and secure. You can check out Barry's tips on the Neighborhood Watch website at <http://lincal.net/watch/>.

Jeff Hanner and Jim Moon have been very active in overseeing audio-visual projects at the Kilaga Springs Presentation Hall and Orchard Creek Lodge Ballroom. We have made several upgrades to improve the functionality and user experience at both locations. These projects would have been far more difficult without the expertise of both of these gentlemen, along with the input of other residents who provided valuable knowledge and feedback. We are lucky to have volunteers like Jeff and Jim on our team!

Finally, if you find yourself needing information regarding the Association, I encourage you to come to the Orchard Creek Lodge membership desk. We will put you in touch with the relevant member of our team, and we will do everything we can to ensure that you have the correct information. You can also reach out to the team via email or phone. The contact information can be found in the COMPASS.

I hope you have a terrific February and a Happy Valentine's Day! See you in March!

Team Member of the Month Award January 2018



Our January 2018 “Team Member of the Month” Award is Chad Morgan! Chad joined our Catering team in September of 2016 as a Catering Server. In late 2017, he took on another position as Food Runner in the Kitchen. Here are just a few quotes shared by our staff:

“Chad is reliable and works hard and receives outstanding comments from clientele at our Catering events!” “Chad is very friendly to both the staff and clientele, and he always has a smile on his face.” “He is a hard worker and is dedicated to Sun City Lincoln Hills!”

We are delighted to have Chad as part of our SCLH Team who delivers the best customer service to our residents and clientele. We thank you Chad for your service, dedication and hard work to Sun City Lincoln Hills!

Upcoming Association Meetings: February 15 – March 31

Golf Cart Registration	Thursday, February 15, March 1 & 15, 9:00 AM
Board of Directors Annual Meeting of Members	Thursday, February 15, 9:00 AM
Board of Directors Special Meeting	Thursday, February 15, Immediately Following
Board of Directors Organizational Meeting	Thursday, February 15, Immediately Following
Board of Directors Meeting	Thursday, February 22, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, February 22, 10:30 AM
Board of Directors Executive Session	Thursday, February 22, 11:00 AM
ARC/Architectural Review Committee	Monday, February 26, 9:00 AM
Listening Post	Monday, February 26, 11:00 AM
Community Forum	Wednesday, February 28, 7:00 PM
Properties Committee Meeting	Thursday, March 1, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, March 2, 10:00 AM
Compliance Committee Meeting	Wednesday, March 7, 10:30 AM
New Resident Orientation	Thursday, March 8, 2:00 PM
ARC/Architectural Review Committee	Monday, March 12, 9:00 AM
CCOC/Clubs & Community Organizations	Tuesday, March 13, 9:30 AM
Finance Committee Meeting	Thursday, March 15, 9:00 AM
Board of Directors Meeting	Thursday, March 22, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, March 22, 10:30 AM
Board of Directors Executive Session	Thursday, March 22, 11:00 AM
ARC/Architectural Review Committee	Monday, March 26, 9:00 AM
Listening Post	Tuesday, March 27, 11:00 AM

Meetings in Orchard Creek Lodge unless noted otherwise.



Finance Committee Report

One Year Ends and Another Begins

Robert Copp, Chair, Finance Committee

At the January Board meeting, all Committee chairpersons had the opportunity to report on their accomplishments for the year 2017 and what they expect to accomplish in 2018. Here are four significant efforts in 2017 and some of what is in store in 2018 for the Finance Committee.

Pete Saco, Laura Thiele, and Joe Stewart were the hardworking WellFit Task Force. Deborah McIlvain, Director of Lifestyle, Wellfit & Spa, saw the need for a mindfulness studio that would provide the serenity truly required for yoga and other practices. The Task Force spent several months pouring through financials to determine the financial viability of the proposal. Before the Task Force could finalize its analysis, the proposal was pulled back to look at other options.

Hans Fokkema, Fred Raach, Greg Burke (Properties), and I were on the Reserves Task Force. With Hans’s leadership, every item in the Reserve Study was reviewed looking for missing items or errors in the supporting information. After this analysis was completed, with the assistance of Chris O’Keefe, Executive Director and Bruce Baldwin, Director of Finance, we became concerned that Reserves were underfunded. This led to a proposal to increase dues

by \$3. If you want to better understand Reserves, see the FAQ on the Association’s website (special thanks to Michele Hutchinson, Chair of CCRC).

With Chris’ leadership, the Department heads provided a 2018 operations’ budget that was flat from 2017 to 2018. Each Department head provided goals and objectives for the year and identified key initiatives and areas of risk. Every area of operations is tightening their budget.

Finally, Laura Thiele and our Board Liaison Molly Seamons, spent significant time working with Bruce Baldwin to improve monthly accounting and financial reporting. They are to be commended for their hard work in this continuous improvement process.

We are looking forward to an exciting 2018. We expect full implementation of Northstar, including consistent monthly financial reporting. We expect further improvements in the Reserves Study with Department heads taking the lead in ensuring the items under their control have accurate useful and remaining life and that replacement costs are accurate. With the Community Enhancement Fund growing more each day, the Board will hold a spring workshop on the capital project selection process to ensure residents have a role in how these funds will be spent.

With the annual audit in the next few weeks, we expect to wrap up 2017 with a more detailed financial summary next month.

Preliminary Statement of Operations YTD December 2017

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$8,270,805	\$8,221,274	\$49,531	\$8,221,274
Administration (Expense)	(1,939,284)	(1,859,690)	(79,594)	(1,859,690)
The Spa at Kilaga Springs	(4,062)	8,085	(12,147)	8,085
Fitness	(480,435)	(538,400)	57,965	(538,400)
Activities	(461,733)	(530,150)	68,417	(530,150)
Rec. Center / Maintenance	(5,250,383)	(5,304,840)	54,457	(5,304,840)
Food & Beverage	(209,946)	(87,895)	(122,051)	(87,895)
Net Revenues (Expense)	(\$75,038)	(\$91,616)	\$16,578	(\$91,616)
CEF/FMA Rec'd YTD Dec 31, 2017	\$605,440	CEF/FMA Balance Dec 31, 2017		\$797,440



What's New with the Communications & Community Relations Committee (CCRC)?

Michele Hutchinson, Chair, CCRC

Progress and change are two words to describe best what is happening regarding communication in Lincoln Hills. The CCRC has been charged by the Board to support the Executive Director and staff for communications needs. CCRC committee members, with help from other residents, serve on task forces with specific communication goals. The teams are focused on website tracking and enhancement, New Resident and Orientation improvements, Videography resources, marketing and improved communication ideas, and Community Forum topics. The latest accomplishments include:

A. Communication tools have been identified, and a process articulated to launch new program concepts, make Capital Asset requests, and meet Association goals and challenges, among other developments. They include:

- Listening Post recaps on the resident website and in the *COMPASS*
- eNews distribution
- Detailed information on the resident website
- *COMPASS* articles
- Committee discussions as needed
- Open workshops

B. Receive input and feedback from residents and make changes as necessary

- Develop a Frequently Asked Questions (FAQ) document accessible to all residents
- Follow process as established for Capital Asset requests
- Open CCRC Task Force meetings to the public, whenever possible

C. Website conversion continues to develop

- Association documents, including ad-hoc committee reports, are posted promptly in the Resident Website Library
- Committee and Board reports are included in Board of Directors meeting minutes.
- Media banner on the website navigational menu has a direct link to community YouTube videos
- Latest Association news including eNews continues to be timely and informative
- Committee FAQ documents are under Resources Tab – covering ARC, Compliance, Reserves Information, and soon, website navigational information

D. New Resident Orientation (NRO) program continues to improve

- A robust questionnaire will request areas of interest, including clubs, and committees
- Possible matchmaking based on responses
- Social hour added, encouraging inclusion for new residents
- Key committee and club representatives invited for meet and greet opportunities

E. Videography services have grown to include videos of:

- Finance Committee
- Community Forums
- BOD Meeting
- BOD Elections-related information

F. Community Forums

- In 2017, 29 presentations attended by over 4000 residents
- Health and technology topics continue to be the best attended

Finally, residents are always invited to attend meetings where enhanced communication ideas are presented and discussed. Our next committee meeting is April 17, room location to be listed in eNews. Look for more change and progress as the CCRC continues to improve communication in Lincoln Hills.

Listening Post Update

The January Listening Post was held in the front ballroom at Orchard Creek Lodge, and it was a good thing since we had close to 90 residents in attendance. Our Director of Lifestyle, Wellfit & Spa Deborah McIlvain give an update on the fitness centers, and our Communications & Marketing Manager, Jeff Caponera gave an update on the website and marketing efforts.

Director of Food & Beverage Kristy Woodin reviewed what was happening in the F&B world; she shared the results of a recent "Secret Shopper" report, in which Meridians received a 97% score. Kristy talked about some of the challenges the department faced in 2017, and the new plans for 2018.

I presented an overview of an F&B task force I am forming to review the department and come up with recommendations regarding hours of operation, menus, budgetary goals, and service levels. The goal is to bring forth recommendations that help the team to achieve a continuing and

sustainable level of improvement.

I also reviewed wildfire issues as they relate to our preserve areas. This information will be posted on the resident website in March. I am happy to report that the Association provides a very high level of care in regards to fuel management in the preserve areas.

Overall, I was very gratified and appreciative of the residents who chose to attend the Listening Post. We had a number of first-time attendees, and I hope that you can find the time to attend an LP or two (or more) over the course of the year. My goal is that we grow this thing and make a difference in our community. Thanks to all who attended.

This month the Listening Post meeting will be on Monday, February 26, in the Front Ballroom of OC. 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.



Let us serve you with a view
Meridians
Restaurant & Bar

Throwback Thursdays and Spring Salad Mondays!

*Kristy Woodin,
Director of Food & Beverage*

Throwback Thursdays are in full swing! The community has been enjoying some old favorites like Salisbury Steak and House Made Meatloaf! Throwback Thursday is every Thursday from 5:00 PM to 8:00 PM until March 8.

When you are tired of Throwback Thursdays, start coming to Spring Salad Mondays! Every Monday, March 12 to April 23 from 5:00 PM to 8:00 PM, enjoy the freshest ingredients and unique flavors that make up this menu.

On Wednesday, April 4, we start our test phase of Home Delivery. How exciting is that! We will start delivering your meals from a special Meridians Delivery Menu on Wednesdays, Thursdays, and Fridays between the hours of 12:00 PM and 8:00 PM. At this time Home Delivery is only available for residents. All you have to do is call, place your order, and we will bring it right to your door! After a

successful test phase, we are looking to extend days and hours. Stay tuned to ENEWS and next month's COMPASS for further details.

**BEST
CUSTOMER
SERVICE!**
**Catering
Department**



Congratulations to the Catering Department which was recognized for "Best Customer Service" at the Lincoln Chamber of Commerce Business Excellence Awards!



Lifestyle News & Happenings Value, Quality, Variety = Lincoln Hills Living!

Lavina Samoy, Lifestyle Manager

Living in Lincoln Hills is a daily celebration of a lifestyle unparalleled in value, quality, and variety. Don't just take my word for it, see it for yourself on February 27, at our annual "It's the Lifestyle! Expo". The event will feature over 70 Association groups and clubs, local non-profit organizations and various Association departments. This is an opportunity for you to meet and learn about their programs, club membership benefits, and volunteer opportunities. It is a fun one-stop-shop information day just for you!

Value, quality, and variety is what drives our classes. We have the most variety and number of classes offered in any active adult community. Our instructors are one of the best in their fields. They are motivated by their passion to share their love for their craft, whether its art, computers, dance, quilting, music, or movies. Our class fees are lower than those offered in local community and adult schools, with the added convenience of having them right in your own community! Register now and enjoy one of the best benefits of being a Lincoln Hills resident. Class listings start on page 72.

Same goes for our trips. A great deal of research and meticulous planning go into putting a trip together. With

your comfort and value in mind, we look for great places to eat, fresh and interesting locales to visit and even the best rest stops. New this month is our 4-day, 3-night **Ventura & Coastal Train Excursion, April 8-11** (page 65). In time for Spring, learn about the best California plants to grow in your gardens by joining our trip to the **UC Davis Teaching Nursery & Arboretum, April 16** (page 69). More day trips are listed beginning on page 65.

Concerts continue to bring us exciting, diverse and phenomenal talents. April ushers in three great shows: **Duo Gadjo: An Evening in Paris, April 3**, a show that brings together The Great American Songbook and popular French songs (page 61). The hit **Fleetwood Mask** returns, this time in the ballroom on **April 13** to bring you the eternal music of Fleetwood Mac (page 61). Completing the awesome list is **Amanda King** bringing her **Salute to Ella Fitzgerald** with songs and stories about the Legend (page 62). Learn about **The Healing Power of Music**, an afternoon presentation that will show you the power of music to heal body, mind, and spirit, **April 12** (page 62).

An exciting life awaits you right within your community! Explore it!



Taking You Places You've Never Been & More!

Bus Trips for Lincoln Hills Residents

Katrina Ferland, Lifestyle Trip Coordinator

As your Lifestyle Trip Coordinator, I am responsible for organizing Association sponsored bus trips. As a travel industry veteran, I'm familiar with the tricks of the trade and how to get the best bang for our buck. There have been many changes that affect our bus trips such as wages and fuel pricing. These impact the costs of the bus, hotels, restaurants and other venues we visit. I negotiate the best pricing and diligently work on exclusive private options for our group. Traveling through our trips offer the following benefits:

- Bus trips are exclusive to residents (two per household). Your guests are welcome to join once guest registration opens up 30 days after the trip has been advertised.
- Special group perks and VIP access to many venues and some venues that are closed to the public.
- No waiting in lines to check in or out on overnight trips, it is all handled for you.
- Explore new and exciting destinations and learn about California.
- Private reserved dining areas in restaurants.
- Priority tickets and seating to plays and events.
- Convenient and safe overnight parking in

designated aisles for bus trips, security keeps an eye on them while you are away.

- Special arrangements with bus and venues for those with ADA challenges.
- No worries on traffic, tolls, and parking.
- Meet your neighbors, start new friendships.
- No charge to be added to the waitlist.

A number of residents have requested to see big-name concerts in various venues. Most production companies do not offer group tickets for more popular acts. This holds true with most concerts at the Golden One Arena. Rest assured that I always inquire regarding group availability and pass on the opportunity to you, e.g., Andre Rieu. Note that some venues have logistical challenges like size, road access and parking availability that prevent us from visiting.

I receive advance notice (before the public) for concerts, museums, festivals, etc. Please feel free to contact me about future trips, questions regarding venue accessibility and any trip suggestions. My goal is for you to have a worry-free trip and a good time.

See you on a future trip! View my contact information on the Association Contacts & Hours listing on page 106.



The Marketing Corner
2018 Lincoln PACE Race
Beneficiaries

Jeff Caponera, Communications and Marketing Manager

Did you know we added a new beneficiary to the 2018 Lincoln PACE Race?

The Lincoln Pace Race is our annual 10K/5K and Kid Run that is held in our beautiful community of Sun City Lincoln Hills on Saturday, May 5. The PACE Race brings people of all ages, backgrounds, and abilities together for a morning run or walk. There are also games, a petting zoo, sponsor booths, music, breweries, and food for all to enjoy.

This year we are proud to partner with the Leukemia and Lymphoma Society, as well as continuing our relationship with Placer County Schools and the Alzheimer’s Association as beneficiaries of part of the funds raised by the Lincoln PACE Race.

Why the Leukemia and Lymphoma society?

We were intrigued by the story of Dr. Larry. Dr. Larry has been a family physician, marathon runner, leukemia and lymphoma patient, strong advocate and survivor. Dr. Larry and his wife Sharon are avid travelers and have seen most, if not all of America and much of the world, but this disease has left their bucket list unfulfilled. Yearning deeply

for an African adventure, the Leukemia and Lymphoma Society started a program called “Climb 2 Cure” to Mount Kilimanjaro in Africa. However, the disease has left Dr. Larry’s immune system weakened, and he cannot go. He just received a generous gift from four gentlemen who have signed up to climb Mount Kilimanjaro this year, raising funds in Dr. Larry’s honor towards research for new treatments for LLS. As high as the mountain is (19,341 feet to be exact) so is the task of raising enough funds for the four brave men to travel and conquer the mountain.

That is where we come in; we will be donating part of the funds from this year’s Lincoln PACE Race to the Leukemia and Lymphoma Society and towards Dr. Larry’s goal.

You can read more about Dr. Larry, his climbing team and the Leukemia and Lymphoma Society by going to the Lincoln PACE Race website at lincolnpacerace.org and follow the links to the beneficiary page or follow the link below: <http://pages.teamintraining.org/sac/mtklmj18/DrLarrysTeam2018>.

The 2018 race is now open for registration at lincolnpacerace.org, after going to the site follow the links to the registration page and you will be redirected to the Race Roster to sign up.

Please also consider sponsoring this outstanding event! Go to <http://www.lincolnpacerace.org/sponsors/> for a Sponsor Packet.

Thank you all for your support.



The Spa at Kilaga Springs
Greetings from The Spa
at Kilaga Springs

Trudy Smith, Spa Manager

I want to share information on a service offered in our Skin Care department that could use more attention. LED Light Therapy.

LED light therapy is a painless, relaxing, non-invasive skin-care treatment that has multiple benefits—particularly stimulating collagen and treating mild to moderate acne.

LED treatments work by using an array of bright light-emitting diodes (originally developed by NASA!) that send low-level light energy into the deeper layers of the skin.

Red light LED stimulates cellular activity, including the fibroblasts that produce collagen, which gives your skin its plump look. That helps minimize fine lines and wrinkles, treat sun-damage and stretch marks. The results will not be as dramatic as plastic surgery, IPL or laser, but it’s a gentler, more natural, less expensive way to go.

Blue light LED works by killing *propionibacterium acnes*, the bacteria that lives below the surface of the skin and is responsible for acne.

Both are highly effective when part of a series—usually six treatments one to two weeks apart, followed by a maintenance treatment every month or two. LED treatments last ten to twenty minutes, and can be a stand-

alone treatment or an enhancement to any facial.

Our Massage department is featuring a Detox Wrap with Massage. This treatment is perfect for the winter season. The treatment starts with Dry Brushing to exfoliate and stimulate the skin. A seaweed-based detox gel is applied with a brush. You are painted and wrapped in layers to create warmth in the body which activates all the ingredients and pulls out impurities. While cocooned you are experiencing a relaxing foot massage. The seaweed gel is removed with warm towels, you are then massaged with an application of Hydropeptide Body Balm. You leave with glowing skin and the dry bath brush to use at home.



My Spotlight this month is on Massage Therapist Pam Kyner. Pam has been with the Spa for several years. She is a nationally recognized board-certified Massage Therapist. This license requires a bit more education and dedication. The most common question is “what is a knot?” The short answer is layers of muscle fibers that have become stuck together. Fascial tissue overgrowth causes muscle fibers to adhere to each other, forming ropes or knots throughout the tissue. These adhesions also bind the nerves that run throughout the muscles. That’s why they feel tight or outright tender. She advises being proactive about treating chronic pain. While massages may seem luxurious, they are a crucial element of whole-body-wellness.

We hope to see you and your friends in the Spa!



WellFit News
To Run or Not to Run

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

New Year has started, and you might have made some changes, and maybe you've tried to set a few new goals along the way. Like go to the fitness centers more often, or attend "that class" you have been thinking about. Now that we are seven weeks into 2018 you might be saying "well, now what"? Try giving yourself a goal date-how about the PACE race on May 5? This is one of SCLH largest events of the year and to say you participated and finished gives you bragging rights and an awesome goal! WellFit is offering 2018 PACE race Team Training, so you do not have to do this by yourself. See our ad on page 21.

I know what you're saying... "I don't run," "I can't do that" well yes you can. First of all, you don't have to run; walking is good too! Still, don't have you convinced? Let me list some health reasons why you should hit the ground running. **1. You can do this anywhere** – trails, treadmill, and upstairs track. **2. Save some cash** – all you need is a good pair of shoes,

and you're off. **3. Live longer** – not only do runners have fewer disabilities, but some research also shows they live longer too. Even as weekly running times decrease with age, the healthy benefits keep on ticking. **4. Boost Memory** – Exercise has shown to keep the mind sharp, brisk walking/running might also reduce symptoms of dementia and protect the brain against Alzheimer's (one of the PACE race beneficiaries) **5. Balance** – Runners have better balance than others. **6. Show your heart some love** – People who run for just an hour a week can reduce their risk of heart disease by almost half compared to nonrunners. **7. Run stress away** – Running/brisk walking boosts the brains serotonin levels and regular exercise might remodel the brain making it calmer and more stress resistant. **8. Take your furry friend** – Dogs are man's best friend for a reason, and they can be man's best workout buddy too. Grab a leash and give your pet a new kind of treat.

Let's get going on accomplishing those Goals!

Make Our Backyard Your Backyard!

Patio Sets & Accessories

Outdoor Kitchens

Portable Weber Gas Grills

Portable Spas

- Largest Selection in Northern CA
- Factory Trained Representatives
- We Guarantee What We Sell
- We Service & Deliver Ourselves
- 4 Convenient Area Locations

ELK GROVE
 8457 ELK GROVE BLVD
683-9000
 Mon-Sat 10-6, Sun 11-5

ROSEVILLE
 1529 EUREKA RD.
773-4800
 Mon-Sat 10-6, Sun 11-5

GOLD RIVER
 HAZEL & HWY 50
353-5100
 Mon-Sat 10-6, Sun 11-5

SACRAMENTO
 2901 ARDEN WAY
488-5100
 Mon-Sat 10-6, Sun 11-5

California BACKYARD
www.CaliforniaBackyard.com
 Making Backyards Beautiful Since 1970!



Discover the magic of the Eskaton Village Carmichael lifestyle

If you want luxury, comfort and service in a gated, country club-style retirement community offering exceptional value ... If you want the freedom of an independent lifestyle in a spacious apartment or cottage, plus the convenience of additional levels of care at your community should your health needs change ... Come to Eskaton Village Carmichael, the Greater Sacramento Area's only continuing care retirement community. Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door. Your community. Your life. **Your choice.**

We're coming to YOU!

Thursday, March 1, 2018

9:30 am - 11:00 am

(Sign-in starts at 9)

The Solarium at Orchard Creek Lodge
Sun City Lincoln Hills

Enjoy a continental breakfast and learn the many benefits of membership at Eskaton Village Carmichael. Q & A session afterward. Reserve a spot for yourself and a guest by calling 916-827-1480

eskaton.org/evc

ESKATON

Transforming the Aging Experience

Eskaton Village Carmichael

Continuing Care Community (CCRC)

3939 Walnut Avenue

Carmichael, CA 95608

916-827-1480

License # 340313383 | COA # 202

Monthly fees from \$3,812



Celebrating 50 years as a leading nonprofit provider of aging services in Northern California

DO YOU SPA?

Intense Hydrating Facial



Revitalize winter worn skin with our "Intense Hydrating Facial." Enjoy the benefits of the newest Hydropeptide Line-Lifting Hydrogel Mask for face and eyes

- Helps boost collagen in the skin for a plumper, firmer appearance
- Provides immediate hydration and locks it into skin for long term comfort
- Helps to calm and cool skin after intense exfoliation

FREE gift with service 5xPower Peel Pads \$18 value



THE SPA AT
KILAGA
SPRINGS

\$130 FEATURED PRICE
(REGULAR VALUE \$140)

ALL SERVICES VALID
FEBRUARY 15 THROUGH MARCH 15

10% off
skin care products
if purchased day
of service



Detox Wrap with Massage

A detoxifying mousse brushed on then wrapped for maximum absorption and activation followed by an invigorating massage to promoting circulation and further detoxification.

\$115

New enhancements – Warm Paraffin hand wrap – ask your therapist



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Sports in Lincoln Hills

Keeping the “Active” in This Active Adult Community

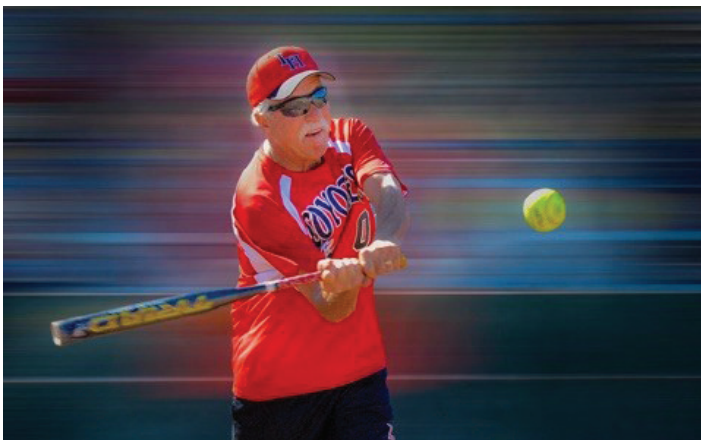
Doug Brown, Resident Editor

A walk or drive into SCLH on Del Webb Boulevard’s north end quickly reveals a visibly active community – golf course; softball stadium; tennis, pickleball, and bocce courts. Among Lincoln Hills hallmarks are its many opportunities to engage in sports. At least a dozen sports clubs together represent over a thousand residents.

In this first of several articles on Lincoln Hills sports, we’ll take a quick look at these five sports that jump out at you as you enter the community.

Senior Softball. Did you know that Del Webb, avid baseball fan and co-owner of the New York Yankees for 20 years, emphasized senior softball in his Del Webb active adult communities? Del Webb Field is abuzz with activity from spring through fall with recreational league teams, travel teams, and major regional tournaments. The 250-member coed softball club boasts numerous championships. Visit www.lhssl.net for spring startup dates.

Tennis. Next, we see tennis courts, with players of all ages enjoying year-round fun and friendly competition. Residents are free to use the courts, with a convenient sign-up system for court time. Most tennis players join the Lincoln Hills Tennis Group for added social connections, events, group



Softball - John Gho



Tennis - Jerry Dong & Russ Smith

play, tournaments, and competitive intramural & traveling teams. Check out www.sclhtg.com

Pickleball. Nestled between the tennis courts and Sports Pavilion are pickleball courts, housing a sport whose popularity has recently mushroomed.

With 550+ club members, there’s nary a moment from sunup to sundown (and beyond, under the lights) that pickleball players aren’t happily whacking that ball back and forth. Interested? Go to www.lhpickleball.com for details.

Bocce. Twelve bocce courts are home to our “Mad Hatters” club, open to all Lincoln Hills residents. Adjacent to our children’s playground, the bocce courts are also a great place to bring your grandkids for some

recreation. Email Mad Hatters club chair Paul MacGarvey at pmac1411@aol.com for more about bocce opportunities in Lincoln Hills.

Golf. On your right – and throughout Lincoln Hills – are two 18-hole golf courses, open to the public year-round, managed by Billy Casper Golf. Several very active SCLH men’s (www.lhmgc.org) and women’s (www.lincsters.com, www.lhlgxviii.com) clubs welcome newcomers and will help you find other players, instructional programs, league options, and social connections.

Never played these sports before? Never fear! All five clubs welcome newcomers and offer instruction to novices! Isn’t lifelong learning, after all, the essence of keeping the active in this active adult community?



Community Forums, What Are They All About?

*Paul Gardner, Coordinator,
Community Forums Task Force*

In 2008, under the Communications & Community Relations Committee (CCRC) umbrella, a new task force was born named Community Forums. It was charged with providing residents with presentations on various topics split into two parts: (1) the Health Education Team (HET), provides talks by physicians who are specialists in their own disciplines; and (2) presentations on a variety of other topics.

The physician's practice at major hospitals and health maintenance organizations in the Sacramento region. They come to us fully prepared with audio-visual media and have been well received by our audiences. HET speakers are selected and scheduled months in advance by a team of retired health professionals among our Lincoln Hills population.

Local history, travelogues, and a variety of other topics make up the majority of the general forums, sometimes several in a month. Most of these are held at Kilaga Springs Presentation Hall, but, when warranted, utilize the Orchard Creek Ballroom instead. A recent Forum on Kitec plumbing issues required tickets to be

among the 425 seated.

Community Forums are brought to our community free of charge by The Community Forum Task Force, a small group of residents who regularly meet to discuss topics and determine which of them are worthy of being presented. Topics are suggested by Task Force members or brought to our attention by residents at large.

Once a topic has been vetted, a volunteer member takes on the role of Moderator, dealing with the details of planning and advertising a successful event. That Moderator then takes on the additional duty of acting as emcee at the Forum. Publicity via eNews and the COMPASS is extremely important. (See page 57 in this issue for upcoming presentations.)

Every Forum is video-recorded and made available on YouTube for viewing by our registered residents. Registered residents may access them on the HOA Website at sclhresidents.com. The videos are maintained on line for a year to allow viewing by those who missed the live presentation and those wishing to review them. The recent Kitec Forum has been viewed more than 800 times.

Come on out and join your friends and neighbors in these informative and stimulating presentations!

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Meet Gary and Darlene Kramer
From Blabbing to Blabbermouth
Nina Mazzo, Roving Reporter

Periodically, over these past several months, I have introduced you to residents who have taken on a personal challenge or used prior skill sets in ways that lead to unexpected surprises.

This month I would like to introduce you to Gary and Darlene Kramer, owners of Blabbermouth Chocolates in downtown Lincoln, who took a delicious idea and transformed it into a thriving business!

“Blab – blab – blab!” Darlene exclaimed to Gary one day as he was chatting on the phone with his brother. Gary does enjoy conversation and is known to his friends and family as the ultimate salesperson. Right around the time Darlene was teasing Gary, they were in the process of looking for a name for their fledgling chocolate candy business. Yep – that’s how Blabbermouth Chocolates began its journey!

I was at Safeway one day where the name – and the fact it contained coffee, my favorite daily drink – caught my eye. After eating, I too became a Blabbermouth! The name sure does fit the product. The kick of caffeine gets your motor going.

How did the Kramers decide on their business? Gary had worked in sales his entire career (he is

also a Vietnam War veteran), and Darlene had a bookkeeping business. Darlene was interested in learning how to make chocolate and attended professional schools to become a professional chocolatier. She needed to create a signature chocolate upon completion, and she concocted chocolate with an espresso bar.

Fast forward to 2014 when they moved from making chocolate at home to a commercial location and in May of 2016 moved into their downtown location that includes retail.

Gary and Darlene emphasize quality products – they use only premium roasts and Belgian chocolate. They have broadened their product line from their initial coffee/chocolate bars to caramels covered in chocolate, toffees, mints, malted balls, black cherries and – would you believe – Gummi bears covered in chocolate?

Who are their clients and customers? Locally you will find their chocolates at Safeway, Whole Foods, William Jessup, and Intel, among others. Nationally you will find them in truck stops, coffee shops, medical and large businesses.

Gary and Darlene would like residents to know they are happy to work with you on special events and even provide limited (8-10 people) tours of their store.

As I was leaving their store, Gary, with a huge smile on his face, said, “Nina, don’t forget to blab about us!”



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Pondering Pain

Shirley Schultz, Health Reporter

Pain management is probably the greatest challenge health care professionals, and patients themselves face. That is because pain is subjective, and everyone experiences pain differently. To understand our own pain, we must accept the fact that pain really is all in our "head" – the *perception* of pain that is. A plethora of information bombards us on a regular basis about pain relief, much of it in the form of advertising to sell products or services. Let's face it; it is not realistic to live life without pain in some form because the experience of pain is a natural protective mechanism to alert us that something is wrong or harmful. We may have learned this in childhood by sticking a finger in a flame of fire.

The Joint Commission on Accreditation of Hospitals and Clinics has come out with new Pain Assessment and Management Requirements effective January 1, 2018. This article will not allow for in-depth discussion of the topic, but, in summary, it attempts to resolve the dilemma between achieving pain relief for patients without causing them potentially harmful or life-threatening adverse effects. While opioids, along with other drugs, re-

main a pharmacologic standard for pain management, the standard also requires consideration of nonpharmacologic strategies such as physical therapy, acupuncture, chiropractic, massage therapy, relaxation therapy, and cognitive behavioral therapy. Remember, this is all about changing the brain's perception of pain. Learn more about pain relief by attending the **Community Forum on February 28: "Puzzles of Pain Management"**. (See page 57.)

If pain is not perceived, it is not pain. Often diabetics develop numbness, especially in their extremities, to the point that burning hot water goes unnoticed. On the other side of the coin, it is common for amputees to experience what-is-called phantom pain in the missing body part years after the amputation occurred. The amputee's pain is real, but the treatment years later differs from when the event first happened. Because the brain chemistry involved in pain perception is similar to the brain chemistry involved in depression, some amputees respond very well to some antidepressants for pain management.

The American Academy of Pain Medicine maintains that opioids should be prescribed when medically indicated and appropriately managed. Because inadequately managed pain can lead to adverse physical and mental outcomes for people, we need to develop a safe strategy that works for us.



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Lincoln Hills Foundation Annual Report to the Community

Jeff Andersen, President, Lincoln Hills Foundation

In 2017 we updated the website, undertook a far more aggressive Big DoG campaign, and revamped the Direct Mail program to greatly increase our income for the year. Our enhanced collaboration with the SCLH Community Association expanded our contributor base to include the Community Association vendors and suppliers. We subsidized the training of 62 residents in the use of CPR/AED's. We initiated a volunteer program to expand staffing resources for our Bingo games. We significantly expanded our partnership with the Del Oro Caregivers Resource Center. The enhanced grant program has tripled the level of service available to resident caregivers in Lincoln Hills and can now include professional, financial, and legal counseling.

The Lincoln Hills Foundation is operated totally by the efforts of volunteer members of the Foundation's Board of Directors, the Advisory Board, and Bingo Volunteers. We welcomed two new members to the Board this year, Bruce Pohle and returning member Marsha Watkins. We are also fortunate to have folks who offer their services for specific tasks, like Jerry Mohlenbrok and Cinda Hyman. Leaving the Board

after many fine years of service are John Eberhardt and Rita McPeake (a founding member). Ralph Zitzler moved from the Board to the Advisory Board, as did Bob Free. Bingo Volunteers Marilyn Oxford, Marguerite Hebert, Tricia Tinker, Mary Rockwood, Jeff Hanner, Jim DeDeo, Esther Parfitt, Chuck Cunningham, Don Bowden, Jane Finch, Barbara Paine, and Audrey Leonard have joined our Bingo cadre, and we're pleased for their help.



2018 Foundation Officers and Directors

Officers for 2018 are Jeff Andersen, President; Denise Bowden, Vice President; Joan Logue, Secretary; Jean Ebenholtz, Treasurer. Denny Valentine served us well as President in 2017, and he will continue as a Director.

Don't miss the April 6 Community Forum, Making Your Life Better (see page 57) where

you can learn more about our expanded Respite program and get details about our grants and services. Presented by Vice-President Denise Bowden and Grant Chair Frima Stewart, this will be a short discussion of how to access the grants and services the Foundation provides.

We thank our donors and volunteers whose support enables the Foundation's mission to serve the Lincoln senior community. With your generosity, we look forward to continuing in the coming year and many years thereafter.

Did You Know?

Our Community Association is the proud owner of four wildlife preserves: Ingram Slough, Northeast, Orchard Creek, and Seep Preserves. We manage the preserves in collaboration with the Wildlife Heritage Foundation—and with occasional help from our grazing sheep and goat herd. To enjoy and explore the protected habitats our resident wildlife calls home, click here to visit our new trails map: <https://sclhresidents.com/group/pages/wildlife-preserve-trails>.



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February is Appreciation Month

Patricia Evans, Neighborhood Watch

“Five, six, seven, eight, who do we appreciate? Yea, Team!” Neighborhood Watch thanks every resident who participates in the important tasks of safety, security, and looking after each other. You are the foundation of teamwork success in obtaining these goals.

We want our mail box captains to know that they are the indispensable, grass-roots rim of our organizational “wheel.” When a resident needs assistance or a possible security event occurs, you are on the front line.

This year Neighborhood Watch is having a drawing of the names of mail box captains who submitted their resident roster update to their area coordinator on time. Four \$25 Association gift certificates are being awarded. This is in addition to our admiration and appreciation of every mail box captain.

To the area coordinators, the spokes of the wheel between the directors (the hub), and the mail box captains, we send our gratitude. The success of our communication chain is insured by your competent service.

Our new director, Teresa Tanin, brings vast expertise to enrich our board. She has experience as an insurance underwriter, corporate secretary, notary public, and risk management/safety director. Neighborhood Watch values her energy and insight!

Neighborhood Watch is the one Sun City Lincoln Hills organization to which every resident automatically belongs. With 560 volunteers and over 11,500 residents, each of you is essential in maintaining a safe and comfortable active adult community.

Please turn to page 43 for information about your Vial of Life document to assist your medical teams, especially in cases of emergency.

Contacts: Linda Minor, lindaminor@sbcglobal.net or 707-235-0778; Pauline Watson, frpawatson@sbcglobal.net or 916-543-8436.



Linda Minor (left) Executive Director, talks with new director Teresa Tanin about Neighborhood Watch.



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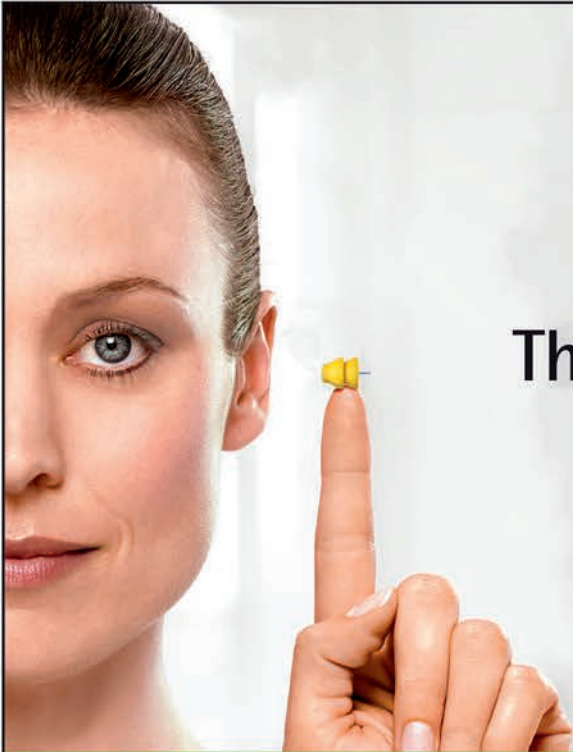
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Library News

Sandy Melnick, Library Volunteer

When donating books for the Kilaga Springs Library, please look at the back of the title page.

On this page, you will find the publishing date. If the book is published 2012 or later, we would appreciate your donation. If the date is earlier than 2012, we ask that you dispose of the book yourself. We are receiving many books that are very old and/or damaged, and we cannot use them. We realize that you may have a reluctance to get rid of books, but we only have limited space. Thank you for your cooperation.

Also, when selecting books in the library, please do not take every book by a single author. Many people are looking for these popular authors and are very disappointed when they are not available. Please limit yourself to two or three books by popular authors so that everyone can enjoy them.

Colleen McCullough has written another book, also set in Australia, entitled Bittersweet. This is the story of sisters (two sets of twins) who go into a training program for nurses. This book is set after World War I when there were limited choices for women. You will find this book in the hardbound novel section of the library.

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

BINGO IN THE BALLROOM

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In Memoriam

Anna May Hart

Anna May was a first-generation American, her parents having come from Eastern Europe. She grew up in Stockton, California and went on to get her nursing degree from St. Mary's Hospital in San Francisco becoming a surgical nurse. She fell in love with Frank Hart, and they were married six weeks later in Chinatown. The couple raised their four children in San Francisco, where Anna May attended daily Mass at St. Brendan Church. She was an avid reader, loved music and took up golf, achieving a hole in one at the Presidio Golf Club. After Frank died, she moved here where she shared an active life with James Hobbs until his death. They enjoyed golf, bridge, reading, bird-watching and her spiritual life. Her life was one of caring for others, and she will be deeply missed by her four children, ten grandchildren, and three great-grandchildren.

Al Klein

Al was born in the Bronx, New York, but spent most of his life in California. He graduated from University of California at Berkeley, and after serving in the Air Force in Japan as a Russian linguist, he returned to New York as Vice President of Schenley Liquors. Al established the Shalom Social Group here serving as one of the first Presidents. He was also a former member of the Players Group. Al will be remembered for his great humor and exuberance by his wife, Sandy, four children and eight grandchildren.

Joan Noreen Scarper

As a granddaughter of farming families and a native Californian, Joan was born near Turlock but soon moved to the Bay Area. She grew up in Berkeley and Menlo Park. She attended San Jose State College while working in the lab of a local cannery. She married Lincoln Scarper, and they moved to San Francisco where she attended San Francisco State College. Her various jobs over the years include librarian, writer, bookkeeper, Director of Personnel, and landscape architect. She designed gardens for several vineyards in Sonoma Valley. Here she convinced the garden club to start a community garden in town. She loved playing cards or traveling with her friends. Joan is especially missed by her two children and many friends.

Donald Michael Schendel

Donald was born in Los Angeles, California in 1959. He lived in Southern California, Houston, Texas, South Lake Tahoe, and since 2001, here in Lincoln. He completed Special Education in Houston and worked for the School District several years. Then for the local Kroger Market, Caesars Tahoe and Pride Industries in Roseville for 16 years. He lived with his father and was seen working out daily in the fitness center. Donald played in two of our recreational league softball games and competed in Special Olympics sports for 48 years. He won 315 gold, silver and bronze medals in nine different sports, was inducted into the Sacramento Sports Hall of Fame in 2014 with five professional athletes, as the first Special Olympian so honored. Donald was truly an amazing man.

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

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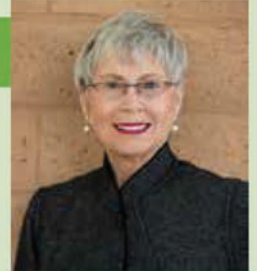
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When: Thursday, March 29, 201
Time: 1:00 PM to 3:00 PM
Where: Orchard Creek Grand Ballroom
Guest Speaker: Doug Lee, Lincoln Police Chief
Guest Speaker: Bill Hack, Lincoln/Rocklin Fire Chief

SPECIAL GUEST: Lincoln Police Chief Doug Lee - Chief Lee believes the community plays a role in helping reduce the crime rate. He believes in providing important services in the area of safety. Key topics to be covered: emergency and non-emergency calls, dispatch, yielding to emergency vehicles, vehicle break-ins, home break-ins, scams, crime stats for Sun City Lincoln Hills and most importantly crime prevention.



SPECIAL GUEST: Lincoln Fire Chief Bill Hack - Chief Hack has revitalized the Lincoln Fire Department and works hand-in-hand with Chief Lee. He believes in developing a pro-active, forward-looking fire and disaster response service delivery. Topics to be covered: emergency and non-emergency calls, dispatch, Vial of Life Program, carbon monoxide and smoke detectors, reasons for falls, prevention tips.

This symposium supports the Neighborhood Watch Mission: Increase Personal Safety and Security Awareness; "Eyes and Ears" of the Police and Fire Departments.



Why Join the Lincoln Hill Tennis Group?

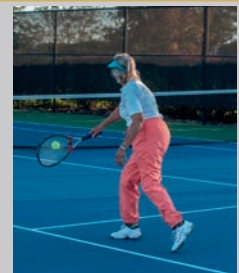
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For more information, visit our website **→ sclhtg.com**

Contact Les Van Pelt: lesvp@pacbell.net

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2018 Tournaments & Social Functions: Valentine's Day, St. Patrick's Day, Men's Doubles, Women's Doubles, Spring LITT, Mixed Doubles, Oktoberfest, Fall LITT, Fall Dinner Dance, Men's & Women's Christmas luncheon.....and more

The Lincoln Hills Tennis Group invites you to become a member!



Club News

Alzheimer's-Dementia Caregiver's Support

We have reserved the Solarium on May 1 for our next Senior Cafe. Its popularity has continued to increase over the last four years for a very good reason: it's fun. You will hear more about this in March when our sign-ups begin. There will be another Cafe in September or October. We will keep you posted. At our next regular meeting on February 28, we will feature guest speaker Nancy Schier Anzelmo, a Gerontologist, and owner of Alzheimer's Care Associates, a multi-faceted dementia care facility. Nancy's topic will be "Secrets to your longevity when caring for another," Tip Sheets will be distributed. The meeting begins at 1:00 PM in the Multipurpose Room (OC) as it does every fourth Wednesday of the month but not in December.

Contact: **Jeff Andersen**
916-434-6009, 2jeffa@gmail.com



Nancy Schier Anzelmo



Amateur Radio

It was not on the nightly news, but amateur radio operators provided essential emergency communications during the fires that ravaged California in 2017. According to reports amateur networks passed official communication including evacuation orders, fire line assessments, weather information and other critical information. Amateur radio operators train year around to be prepared to handle emergency communications. The Lincoln Hills Amateur Radio Group is the emergency communications group for Lincoln Hills and the City of Lincoln. To provide emergency communications, the LHARG operates a repeater at 443.225 MHz with a PL code of 167. Radio operators are available if there is a natural disaster, terrorist attack or whenever effective communication is critical. If you are an amateur radio operator or want to become one, join LHARG members every Monday nights at 6:30 PM at the South Gate Entrance to Lincoln Hills to learn about the LHARG communications network.

Contacts: **Jim Darby** 916-408-8599;
Clare Schloenvogt 916-253-9155
Website: www.lharg.us



Antiques Appreciation

Rock and Roll at our March 5 meeting as we once again become teenagers in the

50's. Our presenter will be bringing vinyl records from that era as well as related memorabilia from his personal collection. Reminisce about these records, the songs and the singers who made them. Elvis will be the "star" for this presentation as well as other singing artists of that time. Do you remember the words to "Jailhouse Rock" or "Hound Dog?"

Our presenter is a Lincoln Hills resident with a vast collection of these records. He will be sharing them with us as well as information on how to determine their value as collectibles.

Meetings are in the Heights and Gable Rooms (OC), the first Monday of the month from 10:00 to 11:30 AM. Join us as we look at history and antiques with our great speakers and presentations. Visitors are always welcome.

Contacts: **Jo Quirarte** 916-408-7140
Pat LePage 916-543-9564



Astronomy

Monday, February 19 Cosmology Interest Group (CIG) Don Wilson will continue his presentations on his alternative theory to the Big Bang Cosmology. "What's The Matter U?" and "The Shell Game" Fine Arts Room (OC) 6:45 PM. Contact Morey Lewis (eunmor@pobox.com) for more information.

Thursday, February 22, Telescope

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Interest Group (TIG) Observing at the Sports Pavilion
Contact Ron Olson (rolson@starstream.net) for more information.



Frank and Jessie Pulino

Wednesday, March 7, LHAG General meeting 6:45 PM in the P-Hall (KS). Tim Unruh will give a presentation on "Meteoroids, Meteors, and Meteorites" He will present his perspective of his personal observations, and a synopsis of the science of meteoritics as he sees it. He will discuss some personal experiences, some history of the science of meteoritics, definitions, nature of meteorites, types of meteorites, statistics, notable terrestrial impact events, the strange Tunguska event of 1908, and tektites – a fourth type of meteorite.
Contacts: Ron Yelton 559-289-8792; Barbara Swerdlow 916-253-3301
Website: www.lhag.org



Beate and Rolf Fromm

Gras mood as the fancy-dressed participants danced and socialized while enjoying delicious desserts and light refreshments.

We are preparing for our next event, the annual St. Patrick's Day Party, on March 10 at Kilaga from 6:00 to 9:00 PM. Purchase tickets at lessons or from Olivia Eckert.

Club membership, only \$7/year, is open to SCLH residents, sponsored guests, couples, and singles. Lessons are every Tuesday at KS: Beginners from 2:00 to 3:00 PM and Advanced from 4:00 to 5:00 PM. Open dance hour is 3:00 to 4:00 PM. The Rumba is taught the rest of February.

Contacts: Sal Algeri 916-408-4752; Olivia Eckert 916-749-9051



Ballroom Dance

On February 3 we transformed the KS Multipurpose room into New Orleans's Bourbon Street, where revelers danced and strutted to ballroom tunes in the spirit of Mardi Gras. The mirrored wall held a backdrop picturing wrought-iron balconies, bar fronts, and revelers. The street scene, along with brightly colored table decorations of brilliant gold, purple and green beads, added to the Mardi

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 March 14. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Orchid Thai on Tuesday, February 20 at 11:30 AM. For more information or to put a Memoriam in the Compass, contact Joan.

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



Big History

Quick, with what fruit do humans share about 60 percent of the same DNA?

Hint: It's slender, yellow and the favorite food of Minions. Answer: bananas.

That's part of what you missed if you weren't at the February 6 presentation by Dave Lewis about "DNA – From Single Cells to Humans."

Coming up next, the Big History Club will host guest speakers from Sierra College on February 20 and March 6. Shawna Martinez, an instructor in botany and biology, will talk about basic genetics on February. 20. Botanist and biologist Joe Medeiros will lead a presentation on evolution on March. 6.



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BIG HISTORY

Learning for the sheer joy of it!

Club website: bighistorysclh.com

Look for our club banner at the "It's the Lifestyle" expo this month.

Big History, a science-based history program, meets the first and third Tuesdays at 6:30 PM in the Fine Arts Room (OC). Doors open at 6:00 PM to mix and mingle.

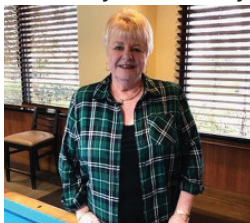
Check out our presentations on our website, bighistorysclh.com, and don't forget to visit our table at the club expo February 27!

Contact: **Sandi Dolbee 916-587-3530, sandidolbee@yahoo.com; Website: www.bighistorysclh.com**



Billiards

The Woman'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.



Woman's Tournament
6 game winner
Phyllis Papagannis



Co-ed Tournament 5 wins Barb and Jim Conger, Joan Wendell and AJ Jhanda



Players Tournament 6 of 7 games
Tom Thornton, Bill Davis, Doyle Corker,
Ben Bainbridge, 5 of 7 games Del Torres,
Oscar Alvares

This is for new and returning players (men and women). You do not need anything to play. Just show up and see what we have to offer. Remember it's free.

Contact: **Tony Felice 916-955-0501, atfelice3@gmail.com**



Bird

The Bird Group's next general meeting is Monday, March 12. Our guest speaker will be Chris Davis, General Manager of the Farwest Rice Corporation. His topic will be the growing of rice in the Central Valley and the partnership between growers and government to provide water for the many waterfowl that spend winters in our area. Join us on the second Monday of March at 1:30 PM in the P-Hall (KS).

We have two-day trips coming up. On Friday, February 23, we head to San Pablo Bay National Wildlife Refuge with stops along Rt. 37 to check out the shore birds and coastal waterfowl. We plan to have lunch at the Front Room on the Vallejo Wharf. On March 9 we

Three of the larger waterfowl that spend their winters in the Central Valley.



White Pelican



Tundra Swan



Ross's Geese

visit Vic Fazio Yolo Wildlife Area. This floodplain is the winter home for many waterfowl and shore birds. We will stop for lunch in Davis.

Contact: **John Redmond 916-253-3511, jcred40@gmail.com Website: www.lhbirders.org**



Bocce Ball, Mad Hatters

Speaking of pioneer energy, we were delighted, last month, to have a brief visit from two pioneers of the Mad Hatters Bocce Group. Karin Weiser and Dee Maher stopped by the courts to say hello. Karin and Dee were both with the original group of people that founded our group and Karin wrote the Compass and Sun Senior News articles for several years. Karin has since moved to Carlsbad, but Dee is still around. It was a pleasure to see them again. Speaking of writing for the Compass, Paul

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Day 7 Honolulu, Hawaii
Day 8 Kauai, Hawaii
Day 9 Maui, Hawaii
Day 10-13 At Sea
Day 14 Ensenada, Mexico
Day 15 San Francisco

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\$2499 Balcony

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1/22/18, 2/26/18, 3/23/18, 11/18/18,
12/23/18. Prices based on 11/13/17

10 Day Mexico

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:

\$1,124 Interior
\$1,324 Ocean View
\$2,324 Balcony

Sailing dates are 5/26/18, 6/25/18, 7/15/18,
8/24/18, 9/13/18. Prices based on 8/24/18.

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has been doing that for a few years now and would like to find a volunteer willing to take over. It only takes an hour each month. If you would like to meet the author of this current article he is at the Bocce Courts every Thursday morning at 10:00 AM.

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



Pioneers Karin and Dee

Book, OC

This month's book discussion highlights the #1 New York Times bestseller, *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis*, by J.D. Vance.

Schedule for remainder of 2018:

March 15: *The Devil in the White City*, by Erik Larson

April 19: *A Full Life*, by Jimmy Carter

May 17: *Snow Falling on Cedars*, by David Guterson

June 21: *Where'd You Go Bernadette*, by Maria Semple

July 19: *The Martian*, by Andy Weir

August 16: *A Gentleman in Moscow*, by Amor Towles

September 20: *The Orphan Master's Son*, by Adam Johnson

October 18: *The Underground*

Railroad, by Colson Whitehead

November 15: *The Winter of Our Discontent*, by John Steinbeck

December 20: Holiday Luncheon

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

Contact: Darlis Beale 916-408-0269

Website:

LHocbookgroup.blogspot.com/

Wiki: ocbookgroup.pbwiki.com/



Darlis Beale with Linda Kennedy, Holiday Luncheon guest speaker

Bosom Buddies

Our February speaker, Sylvia Atieno, RN, MSN and OCN from Sutter Health, spoke about the role of a Clinical Manager/Nurse Navigator in dealing with cancer patients, from diagnosis through treatment and recovery, even into survivorship. Nurse Navigators answer questions and offer information not only about surgeries, medicines, and treatments but also about complementary therapies, support groups, exercise classes and how to access special services that provide wigs, make-up and other accessories designed to

make cancer patients feel better.

Bosom Buddies will have a booth at the Club Expo February 27, members will be there to answer any questions about our organization. We look forward to meeting new people.

We meet the second Thursday of the month at 1:00 PM (OC). Before meetings, members are invited to meet at Meridians for lunch at 11:15



Caron Russell, our January speaker, talked about the changes in the Relay for Life.



Donna Wood, Barbara Mathot, Susan Wright, Caron Russell, Kathy Woodward and Rita Wilks in front of the Bosom Buddies' motto poster.

AM. To make a reservation and to place a lunch order, call Val Singer. **Contacts: Marianne Smith 916-408-1818; Val Singer 916-645-8553**

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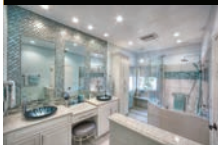
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Contact: Lynne White 916-253-9882,
lynnewhite2000@yahoo.com
www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for early sign-up, or show up with your favorite partner, Sierra Room (KS). You play if we have even pairs up

to 28. We must be seated by 5:45 PM, with standbys seated immediately thereafter, we must finish by 8:30 PM. Winners: December 28 -First: John Butler/Byron Hansen; second: Rose/Joe Phelan with the high round of 1890; third: Warren Sonnenburg/Larry Mowrer; fourth: Chris Jacobson/Chuck Dietz. January 4 -First: Larry Mowrer/ Warren Sonnenburg; second: Jodi Deeley/Harry Collings with the high round of 1780; third: Byron Hansen/John Butler; fourth: Judy Olson/John Griggs. January 11 -First: Dee Williams/Sue Cirerol; second: Stan Mutnick/Harry Collings with the high round of 1940; third: Linda Theodore/Janet Pinnell; fourth: Sue Petersen/Gay Gladden. January 18 -First: Lorraine/Bob Minke with the high round of 2280; second: John Butler/Byron Hansen; third: Bev/Allan Blaine; fourth: Janet Pinnell/Linda Theodore.

Contact: Ben Newton 916-408-1819,
kbnewton@sbcglobal.net



Bridge, Social

Join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive 12:30 PM. Reserve your space in January and February by contacting Chet Winton at 916-408-8708, cnwinton@sbcglobal.net. December 29 to January 19,

2018, Winners: First Place: Byron Hansen, Rosanna Jensen, Gretchen Thomas, & Joanna Haselwood. Second Place: Harry Collings, Joe Phelan (twice), & Ralph Madsen. Third Place: Linda Scott, Kurt Wolff, & Jean Richards (twice). Fourth Place: Carol Mayeur, Rich McGough, Joan Singer, & Flo Hunt. Congratulations to the six Grand Slam Winners: Mo Scarpitti & Rosanna Jensen; Howard Lutz & Dolores Marchand; Jay Southard & Frank Kamienski! Well Done!

Free Classes: Introduction to Bridge is on Wednesdays from 8:30 to 10:00 AM; Intermediate Bridge will continue on Wednesdays from 10:00 AM to 12:00 PM in the Card Room (OC). Teachers: Pat Mullins, Jodi Deeley, John Woodbury & Alan Haselwood. No sign-ups necessary, just come.

Contact: Pat Mullins
408-202-1865, pam7nt@gmail.com



Bunco

The Cards Room (OC) was full of fun and laughter with dice flying all over! I got two Buncos in the first game, sadly no more after that game. Only one roll off with six players (very unusual) in January, for the Most Bunco prize. After Bunco a few of us headed over to William Jessup University for lunch.

Bunco is a non-membership group with a \$5 'pay to play' fee.

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Play starts promptly at 9:00 AM. Bunco play is the third Thursday of the month in the Cards Room (OC). Please consider joining us for a morning of laughter, fun, and friendship!

January Winners: Most Buncos - Karen Anderson; Most Wins - Paulette Rhoads; Most Losses - Claudette Rhoads-Kinman; Traveler - Linda Bales.

Next Bunco is Thursday, February 15.

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



Ceramic Arts

The New Year is off to a great start for CAG – the second “Sip and Glaze” class offering spring themed earthenware items is scheduled for March 2, 2018, at OC. For the first time, the chairperson of the CAG steering committee participated in the New Resident Orientation on January 11 and was able to invite the new community members to visit the studios.

Spring will soon be in full “sprung” with the OC window decorations reflecting colorful fun seasonal items.

CAG workshops at OC Saturdays 9:00 AM to 4:00 PM, Sundays 12:00 PM to 4:00 PM. KS workshops Monday 1:00 to 4:00 PM Earthenware/Spanish Oils, Sundays 1:00 to 4:00 PM

Earthenware/Spanish Oils. Open studio available to all residents: OC Fridays 12:00 PM to 4:00 PM; KS Sundays 1:00 to 4:00 PM. Please check bulletin boards and studio windows for changes or closures.

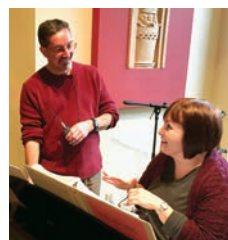
Contact: *Gabriele Dawson*
916-209-3683
Website: *www.sclhresidents.com*



Chorus

Songs star in movies and win Academy Awards just like actors and actresses. “Movie Music Memories,” our spring concert on April 22-24, will feature some of the biggest musical movie stars ever.

Among them are “Over the Rainbow,” which took the Oscar for Best Original Song in “The Wizard of Oz” (1939) and was judged the 20th century’s greatest movie song by The American Film Institute. Along with three more Best Original Song winners: “Moon River” in “Breakfast at Tiffany’s” (1961), “My Heart Will Go On” in “Titanic” (1997), and “City of Stars” in “La La Land” (2016).



Chorus director
Paul Melkonian
and accompanist
Nina Malone

Other memorable movie songs we will sing you include “42nd Street,” “As Time Goes By,” “Singing in the Rain,” “The Pink Panther,”

“Hallelujah” from “Shrek,” and a marvelous medley from “Grease.” See page 60 for ticket information, and plan now to enjoy our “Movie Music Memories.”

Contact: *Suzanne Rosevold* 916-587-3035; *suzannechorus@gmail.com*;
Website: *lincolnhillschorus.org*

Computers

Apple Users



Videos, videos, videos! On the Apple User Group website, lhaug.org, there is a prominent tab named VIDEOS. Clicking on this tab brings up all of our seminars and meetings for 2017 and 2018. Selecting a year shows all of that year’s recordings sorted by type of Apple device, be it iMac, iPad, iPhone, iWatch or Apple TV. Here are a wealth of



instructions and comments on virtually everything Apple. Among the most popular is the “Tour of the Mac” series, soon to be followed by “Tour of the iPad” and Tour of

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the iPhone." We will have several seminars on iPhoto, a very powerful and popular feature of the Apple Software Family. Last month, Bill Smith and Helen Rains presented a seminar on "Getting Organized" with Apple. Coming up are talks on iCloud, Mail, Passwords, and Security. Membership information and more is on our website.

Contact: Vicki White,
vickiawhite@me.com
Website: lhaug.org

PC



Main Meeting March 14, 6:30 PM, P-Hall (KS). Google – What are they up to now?

The company that started as a search engine is now a manufacturer, and everything is embedded with Artificial Intelligence, and these items will communicate with each other. Google and the country's biggest retailers have one problem in common: Amazon.

The whole electronic world is jumping on the "AI" wagon: smart refrigerators, smart door locks, smart everything. Whereas Amazon has its own distribution system now Google has selected to join in partnership with retailers, namely, Target and Wal-Mart. Artificial Intelligence can now scan millions of pictures taken by Google Street View to glean

insights into income or voting patterns, pollution, etc.

Walk-In-Workshop March 20, 1:00 to 3:00 PM in the Computer Lab (OC).

Ask the Tech: March 23, 10:00 AM Informal Q & A session for any and all technical questions, Multi Purpose Room (OC).

Contact: Karl Schoenstein,
sclhcc@gmail.com
Website: www.sclhcc.org



Bob Ringo



David Whorf



Marsha Brigleb, Nancy & Dave Millican



Chicken Dance



Ivan Hesson, Sylvia Passaglia,
Larry Brigleb

(donated anonymously) and one lucky winner received a \$25 SCLH gift certificate. The evening ended with everyone raising their glasses to welcome in the New Year. What a fun way to end the year together.
Contacts: Marsha Brigleb
916-434-5460; **Irene Hesson**
916-434-6804



Country Couples

2017 went out with a bang! Our last party, "Night Before New Year's," was catered providing ham, turkey, two green salads and all the fixings plus dessert. The food was hot and delicious! The servers and bartender were superb! Tables were decorated with mirrors, tiny lights, beads, and tall black, gold and silver sprays that looked like fireworks. DJ, Jim Keener, kept us on the dance floor with all our favorite dances and for this special occasion, a few fun dances were added to the mix: The Stroll, The Twist, YMCA, Macarena, and yes, even the Chicken Dance! Lot's of laughs! A surprise drawing was added for all who attended



Cribbage

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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 December were Lynn Bell, week one, Jack Poshepny week two, Mel Switzer, week three, Christmas, week four.

New players are always welcome!

Contacts: Larry O'Donnell
406-672-6493; **Ken VonDeylen**
916-599-6530



Cyclists

We have had a few accidents caused by riders descending hills too fast. On unfamiliar descents with curves, you should use caution. Reduce speed by feathering your brakes. Keep your weight back and sit up to let more air catch your chest. Apply brakes before entering a curve, not in the curve. Always look well ahead. Keep your line fluid by using the entire lane. Sit up with your hands on the brake hoods. You can see better and breathe easier. Wear sunglasses to protect your eyes from airborne objects. Descend in a high gear. You may need to pedal through a flat section. Move your legs intermittently to prevent muscle tightening. Apply both brakes simultaneously. Using the rear brake alone will cause a skid. When coasting, keep the crank arms horizontal to help your arms and butt support your body weight and absorb road shock. Above all, stay relaxed.

Contact: Steve Valeriot
916-408-5506, jillsteval@gmail.com
Website: www.LHcyclist.com



Eye Contact

General Meeting, Fine Arts Room (OC), Tuesday, March 6, 2:00 to 4:00 PM

“Keep Driving Now – Be Driven in the Future” will be our topic. Senior Driver Ombudsman, Jerrod Sieberg, with the California Department of Motor Vehicles will be our speaker. He will discuss drivers’ licenses and tests, I.D.s and self-driving cars. Bring your questions with you. Ample time will be allowed for Q&A. Following that our Group Discussion will focus on local transportation options.

Volunteers Needed: Eye Contact Eye Contact is seeking two volunteers to assist our group. Most of our members have vision problems and need assistance signing in at our monthly meetings on the first Tuesday of the month. Sign-in runs from 1:15 to 2:15 PM. We are also looking for a volunteer or two willing to search the internet for vision-related articles suitable for our newsletter. Please contact Cathy at the number below if you are interested in helping us.

Contact: Cathy McGriff 916-408-0169,
cathy.mcgriff@yahoo.com

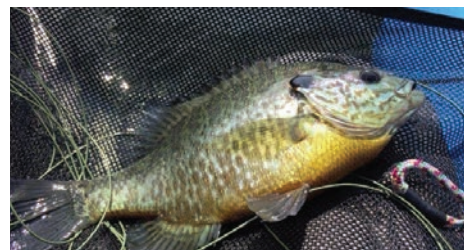


Fishing

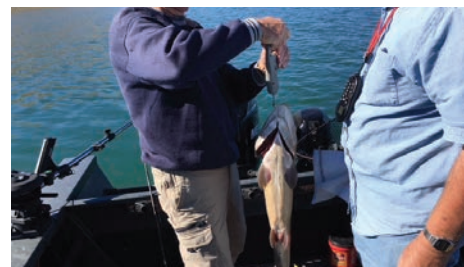
I guess most fishermen are settled down for the winter (here in Lincoln Hills that is)...too cold for us old folks. I do know there are many fishermen out there challenging their once spent youth, to try just one more time for that record fish or they are just plain stubborn. Good for you! You see fishing is addictive and definitely satisfying. Join our club and become part of the addiction!

Come to our meetings (speakers, BBQ's and a Holiday dinner, coffee 2-3 times a week) which are held on the second Monday of the month at 7:00 PM at KS. Start your journey to becoming a better angler.

Registration for the Garden Group-2018 began January 1. All past members who do not renew by February 28 will be dropped from the membership and email lists. Contact: Margie Anderson at 916-408-7685.



Crappie or Bluegill



Let's see its weight



Did you pay for your BBQ?

“YouTube” has great videos on fishing – type: youtube fishing – you’ll be amazed at the videos available, pick any fishing subject. **Contact: Henry Sandigo**
hsandigo@gmail.com



Garden

Registration for the Garden Group-2018 began January 1. All past members who do not renew by February 28 will be dropped from the membership and email lists. Contact: Margie Anderson at 916-408-7685.

Our guest speaker for the General Meeting, Thursday,



Home gardening

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February 22, 2:00 PM, KS, is Kevin Marini-Master Gardener Programs Manager of Placer County. His topic is "Top Ten List for Spring/Summer Vegetable Gardens." The presentation will cover important considerations when planning and planting a spring and summer vegetable garden. With 15 years of experience diagnosing gardening issues, the presenter will have a lot to offer.



Kevin Marini

Kevin also manages a free quarterly newsletter called "Curious Gardener" available to all Placer County residents.



Gardening for All Ages

This online newsletter is filled with information on all garden topics written by Master Gardeners. There are links to many questions you may have on gardening.

HTML Link: pcmg.ucanr.org/?newsitem=72804.

Contacts: Lorraine Immel 916-434-2918, limmel@gmail.com; Larry Clark 916-409-5214, lkclark@surewest.net; lhgardengroup.org



Genealogy

February 19 Presidents Day and the Genealogy Club will have Bob Ringo, our club president

teaching us how we can organize our Files and Folders to more easily access our Genealogy information. He will share with us a simple method for organizing our Windows information so that we can quickly locate it on the computer. We will learn how to create a set of folders for our personal computer that is easy to set up, simple to use, simple to understand and flexible to modify. Being able to find things makes genealogy so much more fun!



Members arrive before 6:30 PM P-Hall (KS) start time to sign in. After our meeting, we gather in the social hall across the hall for beverages, cake, cookies, fruit, and fun connecting with others.

Contact: Maureen Sausen 916-543-8594; Bob Ringo 916-543-5310; Website: lincolnhillsgenealogy.com



Golf

Ladies XVIII

Only 16 gals were ready to play the Hills during mid-January, and it was a nice reward for Valerie Green, who came out on top of three contenders for the CTP on Seven. Although Lissi Bedford and Mikie Briggs were vying for the honor, Green ended up the closest to the blue flag. Other highlights included an improbable birdie by

Bedford on Hole Three, adeptly aiming her blind approach from nearly 100 yards out. Another was a birdie by Candy Koropp on 17 and a chip-in by Hur on Eight. Judy Habecker captured first place with a net 72 in the First Flight, followed by Koropp with 73 and Patti Tilton with 75. In Flight Two, Briggs took first place with a net 73 and Ofra Unger was one behind with 74. Yeong Ja Hur had 75 for third. We were happy to finish ahead of the approaching storm.

Contact: Joyce Hults

Website: lhlgxviii.com

Lincsters

The first Lincster event of 2018 was the Grandmothers' Tournament held on January 31. Any member who is a grandmother, wants to be a grandmother, or who has a grandmother was eligible to play. There was a full field for the 1:00 PM shotgun event held on the Hills Course and was preceded by a luncheon in the OC Solarium. Numerous prizes were awarded, and a good time was had by all that participated.

Golf during January, February, and March will be played in the afternoons at 1:00 PM. Following golf, there is an opportunity for members to gather in the Meridians for a 5:00 PM dinner.

The new Lincster Executive Board was presented to the membership in December. The Executive Board

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members are: Alyce Stanwood and Marie Bossert, Captains; Linda Salmon, Co-Captain; Brenda D'Andre, Secretary; Mary D'Agostini, Treasurer; Judy Josse, Tournament Chair.

Contact: Pat Shafer 916-408-7174, gdskd70@aol.com; Website: lincsters.com

Mens, golf

The Two Man Scramble, pick your partner, is on March 6 playing on the Hills course. March 20 is our NCGA 4 ball, two-man best ball on the Orchard course. To see the full slate go to tournaments on our website lhmgc.org. There you will find new rules for 2018. We will recognize the most improved golfers quarterly. The two winners each time will be given \$50 and \$25 for 1st and 2nd in pro shop credit. Currently, we have 14 new members bringing our total to over 230. Membership for 2018 is \$98.00 that includes your NCGA dues, two lunches, and all tournaments! Applications are in the Pro Shop above the Men's Club drawer.

We appreciate Bob Emge for stepping in to fill in as Secretary. Being a member of the Board is a rewarding experience.

Contacts: Rodger Oswald, rodgeroswald@gmail.com; Roger Cummings, cummingspct@aol.com; Doug Hinchey, doughtinchey@gmail.com; Website: www.lhmgc.org



Healthy Eating

What has 120 calories per tablespoon and is 100% fat, provides us little-to-no nutritional value and none of the fiber so essential to all of us? Answer: the oils we cook and dress salads with! Yes, the oils from otherwise healthy vegetables, nuts, and seeds. We can learn to cook without oil by using stock, water or certain fruit and vegetable juices when sautéing and stir-frying. Learn to steam some



Local chard



Sumo citrus

foods rather than frying and eliminate oil for browning when roasting or baking just by cooking lower and slower.

In January we sampled a healthy cream of vegetable soup after our club meeting. The soup was vegan

with no heavy dairy cream or butter and used healthier cashew cream instead. Recipes for these cream soups and other healthy soups are in the Building Community With Soups section of our website (see website address below).

Contact: Don R. Rickgauer 916-253-3984, sclh13HealthyEating@gmail.com; Website: HealthyEatingClub.wildapricot.org



Hiking & Walking

"Walking has a huge impact. It makes people healthier. It makes medications work better. It makes people happier", says George Halvorson, former CEO of Kaiser. If you made a resolution to be healthier this year, then the Hiking & Walking Group is just the place to start. You will meet wonderful people, engage in interesting conversation, tone up your muscles, strengthen your heart and see new places. And be happier! Plan on joining a walk on




The group took the farm-to-fork message to heart and enjoyed lunch together after the hike along the East Sacramento River on January 11.

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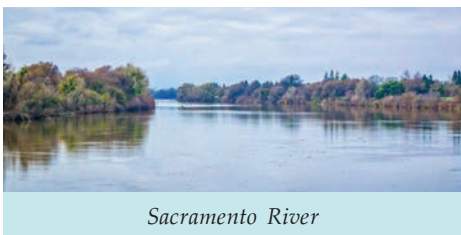
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Wednesday mornings exploring a different trail in our neighborhood, or join one of the upcoming hikes. There are hikes for all abilities from easy to moderate to strenuous. Everyone is welcome! Check out our website for upcoming hikes and weekly walking locations. With rainy winter weather, it's critical to check the website frequently for rescheduling information. Stop by our table at the "It's The Lifestyle" Annual Club and Community Expo Tuesday, February 27.

Contacts: Hiking - Art McGrath 916-434-5540, lhikers@gmail.com, Walking - Debbie Schryver 916-666-1741, dshumhaven@earthlink.net; Website: www.lincolnhillshikers.org



Investors' Study

All residents are welcome to attend as guests or join as a member. Our speakers in February are Ron Kron of Blackrock who will give his views on the investment world and our consultant, Russ Abbott, who will update his Playbook. Both men will answer questions and spend time afterward during coffee and refreshments. Come and enjoy a stimulating



Jack Crump, left on the foreground, founder of our group.



Mark Vincenzini, CPA (middle).

afternoon. The Active Investors sub-group meets on the second Monday of the month at 3:00 PM in the Multimedia Room (OC). **Contact: John Noon 916-645-5600**



Lavender Friends

Look up "volunteer extraordinaire," and you'll likely find a photo of Joan Lacktis. She volunteers at FieldHaven Feline Center and The Salt Mine charity center, is also a longtime leader in her congregation, Sierra Foothills Unitarian Universalists and does work with Faithful Friends, which visits people in immigration detention.

Joan has now taken on another role: President of Lavender Friends. She was elected in January, replacing Kate McCarthy, who is now vice president. "I want to

be president because this organization is important to me," says the retired school teacher. "I moved here because I knew there was an



New President Joan Lacktis and her 5-year-old dog, Leila

active gay and lesbian group and I knew I would be welcome here."

Lavender Friends is much like any other club – filled with active seniors looking for a supportive community. "I want people to see that we're here. We're getting older, too, and we have some the same needs" says Joan.

To learn more about Lavender Friends and its activities, check out our website: lavenderfriends.com. **Contacts: Sandi Dolbee 916-587-3530, sandidolbee@yahoo.com; Website: www.lavenderfriends.com**



Line Dance

To be a member of the Line Dance group all you have to do is sign up for a line dance class. There are no dues or meetings involved. There is a steering committee that coordinates the activities of the group. The committee had it's first meeting of the year recently to go over the upcoming events. The first event is the "Lifestyle" annual club and community expo that will be held at OC on February 27 from 10:00 AM to 1:00



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- Maui www.homeaway.com/368174
- Tahoe www.homeaway.com/275698

PM. There will be a social dance on March 11 in the Ballroom (OC) from 1:00 to 4:00 PM. This dance is open to all dancers taking a class of any level. The new introduction classes will be starting again in March. Check the compass for the sign-up information. If you've thought about trying line dance, this is where you want to start.

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



Mah Jongg, Chinese

Greetings! Please join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 10 minutes before. Play continues until Noon. Winter is a great time of year to join others in a friendly game of Chinese Mah Jongg.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the tiles, score sheets and companionship. (No money is involved.) It is not difficult to learn especially when we teach you! You can master the basics in three hours. If you are curious about learning



Steering Committee Ginger Fullerton, Marlene Woodbury, Nancy Prall, Cheryl Ramm, JoAnn Faria

this game, please join us. If you already know how to play or it has been a long time since you played, we welcome your attendance.

Contact: Bruce Castle 916-846-1500, brucecastle101@gmail.com



Mah Jongg, National



All are welcome to join us, play this fun and intellectually stimulating game. Mah Jongg is an ancient game from China, using tiles in place of cards. We meet Tuesdays in the Card Room (OC) from 12:30 to 4:00 PM.

If you are interested in learning to play, please contact Fran Rivera at 916-434-7061 so she can put you on the list for the next session. Lessons are free and last twelve weeks. They are held on Tuesdays 11:00 AM to 1:00 PM. Winter session is now beginning. The next session will be this Fall; usually starting in September. Mah Jongg is a challenging game to learn, but, once you do, you'll be hooked!

Contact: Patti Kingston 916-587-3056, designalm@gmail.com



Mixed Media Arts

Our March 21 meeting, will begin at 1:00 PM. Mona Mathias will demonstrate the use of plumbers tape and copper electrical tape in combination with dimensional objects, paint, and ephemera to create book covers, box lids, picture frames or

other surfaces. Club members will receive written instructions and a small box to decorate. Plumbers tape and copper electrical tape will be provided.

REMINDER: Our February meeting will be a field trip to the home/gallery of Maija Peeples-Bright. We will meet in front of Orchard Creek Main Entrance at 1:00 PM. Please bring a snack to share.

Contact: Frima Stewart 916-253-7659, frimastewart@gmail.com



Motorcycle

The club's Road Captains gathered together in January to lay out the riding schedule for 2018. The RoadRunners scheduled rides are on the second Saturday of the month, March - November. Besides the scheduled rides, the club also enjoys impromptu rides, along with social events ranging from barbecues to bingo.

If you like motorcycle touring and have a roadworthy 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 February 22. Guests are always welcome.

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Movie Lovers

If you are interested in discussing current movies with others, please consider attending the Movie Lovers Group. We meet on the second Thursday of each month in the Multimedia Room (OC) at 6:30 PM. We watch current trailers and vote on two movies to review in the coming month. In January we discussed the Movies: Shape of Water and The Post. Our discussions are informative and stimulating. We also share information related to other local movies, as well as, films available on streaming (Netflix, Amazon, etc.) Next meetings are March 8 and April 12. All residents are welcome.

Contact: **Cliff Roe 916-409-2049**



Music

Music Group highlights of 2017 included: improved sound systems and group songs at the beginning and end of the meetings. We have also added a jam session at the end of the meetings for those that want to "get down." It seemed that we had a wider range of music genre including folk, rock, classical, and bluegrass in 2017. We also saw the increased involvement of new, along with veteran, Music Group members at the meetings and Open Mic sessions. We are towards a great 2018.

Our next meetings are scheduled

for February 28 and March 28 from 6:30 to 8:30 PM, Fine Arts room (OC). Lead Sheets for the group songs and jam are on the website: lincolnhillsmusicgroup.org (password: musicgroup). The next Le Open Mic is scheduled for March 29 P-Hall (KS). Note that these sessions will be from 3:30 to 5:30 PM.

The SCLH Ukulele Jam continues to meet Wednesdays, 1:00 to 3:00 PM, (OC Lodge). Open to all residents. Contact Ron Peck at 916-409-0463 for information.

Contact: **Don Smith 916-838-4691,**

Donsmith6704@frontier.com;

Website:

LincolnHillsMusicGroup.org



Needle Arts

Be sure not to miss the general meetings the second Tuesday of the month, P-Hall (KS) at 1:00 PM. In January, Carol Gebel spoke about Pre Civil War quilting. February 13, Kim Spears, our guest speaker spoke about needlepoint.

The Sewing Room (OC) is abuzz though out the week with breakout groups such as Community Service, Hardanger, Knitting/Crocheting, Quilting, Fiber arts, Cross Stitch, Needlepoint, Rug



Susan Smotherman sharing her Fiber Art Quilt

Making, and Beading. Find out what is going on by looking at the calendar posted in the hallway near the door of the Sewing Room.



Carol Gebel, January guest speaker

Join in the fun.

Save the dates May 14-18 for the Mercy Retreat, more information coming soon.

For more information on the Needle Arts Group and subgroups schedules, visit www.sclhna.com.

Do you have sewing goods, knitting materials, or other items to donate? If so, contact President Shirli Lenz at 916-645-8581, or email shirliknitter@gmail.com.

Contact: **Jill Short 916-409-2481,**

Jillann322@gmail.com;

Website: www.sclhna.com



Neighborhood Watch

"The Vial of Life" kit may look like another prescription bottle, but it's more than that. It contains information that could save your life. These vials are in the "welcome packets" given to new residents and include two sheets for people to complete with their names, family/neighbor contacts, medical information and other data that help first responders to provide emergency care. If

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Contacts: Linda Minor 707-235-0778, Pauline Watson at 916-534-8436
Website: www.SCLHWatch.org



Painters

Our January meeting showcased our wonderful teaching staff, so check the Compass for classes being offered in a wide variety of mediums and maybe try something new for the New Year.

"It's the Lifestyle," the Club & Community Expo, will be held on February 27 in the Ballroom (OC) from 10:00 AM to 1:00 PM. Painters



Marilyn Rose - Masters Division



Paula Pesavento - 2nd Place/Open



Phyllis Belben - 3rd Place/Open

Club members will be there to introduce our exciting schedule of activities to more of our residents

and hopefully enroll new members as well.

Discussion of plans for the annual Art & Craft Studio Tour are upcoming. While complex to organize, this event allows visitors to see the wide range of our artists' works in a relaxed, casual atmosphere.

Currently, the Plein Air Exhibit, which runs until February 24 at Art League of Lincoln features works by many of our members who gather together to seek out lovely and often challenging landscapes to capture with paints.

Contact: Joan Musillani 916-712-4393, joanmusillani@gmail.com



Paper Arts

Our new president Dottie Macken led our first meeting of the year, sharing many ideas she and the Board plan to introduce this year. We also had time to create two Valentine "make 'n take" projects. Mina Bahan led our February project demonstrating a new technique we used to create birthday cards. Stop by our table at the "It's the Lifestyle" club expo,



Claudette, Bailey, and June help out at the membership table

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2018 Board Members



Erika, Maureen and Bonnie

Tuesday, February 27 at 10:00 AM in the Ballroom (OC). We'll have lots of cards and other items on display. In March we will hold a special workshop for members on our regular meeting day. Peggy Jo Ackley of Pink Ink Stamp Company will "color our world" when she offers techniques for coloring when using colored pencils. 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: Dottie Macken 916-543-6005, justdottie@sbcglobal.net; Margaret Hornsby 916-543-3804, lovestampin50@gmail.com



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have

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

Contacts: Denise Jones at 916-543-3317, djonesea@att.net; Doris DeRoss at 916-253-7164, dorisdeross@gmail.com



Photography

As part of its 2018 Learning Initiative, the Photography Club presented its first in a series of learning opportunities, the 'Basics of Great Photography, Lighting Workshop.' The room was packed with an enthusiastic audience determined to improve their photography skills. The workshops will be offered monthly at the newly established 'Learning SIG' and will cover topics such as composition, exposure and use of space. And although it's not an element of



Photo by Joe Mello



Photo by Bill Kress

shooting, post-processing techniques are an important tool for the photographer and will be included as a future workshop.

Knowledge gained at the Lighting Workshop can be put to immediate use at the Club's February field trip to Yosemite for the park's spectacular Firefall phenomena.

The February General Meeting will feature Ed Rotberg, a sensational self-taught photographer from Nevada City CA. A link to Ed's website and galleries is posted on our website.

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



Photo by Truman Holtzclaw

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Pickleball

Want to join in the fun? The Pickleball Club offers two ways to learn.

Our first 2018 Welcome Saturday introduction is 11:00 AM March 24, weather permitting. No reservations or paddles required. Please wear a form of tennis shoe.

Another option: on most Wednesdays at 1:00 PM, weather permitting, Cal Meissen offers a free introduction. Paddles provided; no reservations required.

New Year's Courtside Resolution Tournament medals went to: 3.5 mixed: Susan Whalen-Ron Greeno, gold; Didi Martin-Mike Gardner, silver; Judy



Craig Fraser, Pickleball Club president, introduces new players to our sport at a 2017 "Welcome Saturday."

Musgrave-Roland Lee; bronze. Women's 3.0: Sully Hannah-Carol Judd, silver. Women's 3.5 B: Pam Abad-Judy Musgrave, bronze. Women's 4.5: Andrea Mayorga-Jenna Green, gold. Mixed 3.0B: Bob and Molly Morris, bronze. Mixed 4.0A: Mike Irwin-Jenna Green, bronze. Mixed 4.0B: Sue O'Connell-Dan

Busch, bronze. Men's 3.0: Bob Morris-Ron Powers, silver. Men's 3.5 B: Ross Meiklejohn-Roland Lee, gold; Ron Greeno-Armando Mayorga, bronze. **Contact: Michael Gardner 916-834-6549, pickleballmike1@gmail.com Website: www.lhpickleball.com**



Players

The recent (free) Readers Theater production, "The Nighttime Traveler," written and directed by Alan Lowe, was well-played by our very talented actors. This warm and humorous production was pleasantly received by our audience.

The February meeting was held at Turkey Creek Golf Club, followed by a Valentine's Party that included a buffet dinner and dancing. The Players Group rewards its members with fun social events, as well as opportunities to perform



"The cast" Front Row: Eileen Hacker, Barbara Swerdlow, Estelle Feineman, Kathy Shaddox, Corrine Ehlers, Alan Lowe (Director) Back Row: Paul Gardner, Chuck Harrison, Bob Parker, Bob Murdock, Joe Nichols, Nick Gerenday Missing: Jan Weaver, Carol Murdock

on stage. If you're interested in joining this dynamic group, please contact club president Ron Hanson.

Contact: Ron Hanson 916-434-7112, racketron@yahoo.com; Website: www.lhplayers.org



Poker

The Poker Group plays a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday, starting 4:45 to 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's - same times.

Effective with the New Years all poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesday's). The new seating arrangement will eliminate people not being able to play because tables are full. The new 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 or Arnold Baker 916-434-5412

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RV

We had our first meeting with the new board January 14. Many of our members are attending rallies in Mesa and Lake Havasu, Arizona in January. We look forward to hearing about all the great times they had, at our February meeting. We had an opportunity to discuss upcoming rallies for the 2019 season. Our Vice President's Sharon Skar and Steve Beede presented a list of locations for the group to review and comment on. The meeting was adjourned and we all enjoyed the shared appetizers.

To learn more about our club visit our website at LHRVG.com. We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month, where we discuss upcoming rallies and past rallies and then visit with appetizers. Residents with interest in RVing are always welcome to visit, met new friends and discuss the thrill of RV travel.

Contact: Dean Schumacher
 916-223-5182,
 schumacherdean@sbcglobal.net;
 Website:www.lhrvg.com



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

The SCHOOLS program is looking for volunteers just like you! We have a large group of volunteers, but the



Marilyn Miller
 volunteering in
 Ms. Burke's class at
 Coppin Elementary
 School



teachers in our elementary schools are still asking for help. If you have time to spare and an interest in working with children in our Lincoln schools, you can begin in a classroom and grade level of your choice and with a schedule to accommodate your lifestyle. You need not have had teaching experience to participate.

Visit our website at schoolssun-city.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.

Crystal Elledge (Elementary) 916-543-8617, ceelledge@sbcglobal.net or Irma Mendez (Phoenix HS) at jmeidm@aol.com.
Contact: Patti Kingston
 916-587-3056



SCOOP

Attention all animal lovers! Please join us for a meeting of the new and improved SCOOP club!

We are now Sun City Organization of Pets. So, whether you share your home and/or heart with a dog, a cat or a mongoose, this is the group for you. And more good news – dues will no longer be charged – we will be supported through donations only.

SCOOP is a place where we come together to be informed (with great and diverse guest speakers) and to socialize with others who truly love all creatures – great and small. We welcome new ideas for guest speakers you would like and any other ideas of social activities you'd like to join in on.

SCOOP meets every month, first Tuesday, at 11:00 AM in the Fine Arts Room (OC). So, put Tuesday, March 6 at 11:00 AM on your calendar!

Contact: Michele Murphy,
 zumbalove57@gmail.com;
Ginger Nickerson,
 gingerlee22@gmail.com



Scrabble

We invite you to join our group of Scrabble enthusiasts on Monday afternoons at 1:00 PM in the Card Room (OC) to play the popular word game of "Scrabble."

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Come and play one or more games.

Contact: Anne McMaster
916-409-5408,
wiltonanne@yahoo.com



Singles

Singles enjoyed their Annual Pre-Super Bowl Party at their January Social with a hot dog meal in the Meridians Ballroom and playing trivia games. Those members paying their 2018 dues in advance got in FREE. Upcoming events include Dining Out at Kobe in Lincoln on February 15. Our February Social will be "White Elephant aka Re-gifting with Judy Monteleone as our chair. Members wishing to play please bring a wrapped gift and let the fun begin. Our Cocktail Time is March 1 at Orchid Thai at Twelve Bridges. Our Business Meeting is March 8 with a Speaker. On March 10 we have 2nd Saturday Breakfast in the Sports Bar at 9:00 AM. Our weekly activities include Bocce Ball on Wednesdays and Golf on Fridays. Start your year off with a bang and join the Singles Club for just \$15 a year. Call Maggie at 916-409-5348.

Contact: Kathy Shaddox 916-209-3307,
kathyshaddox@gmail.com



Ski

In January about twenty members and guests spent two nights and three days skiing and riding at Heavenly Valley. Storms just before and during the trip added much needed new snow. In the evenings many of us



Heavenly Valley

warmed up with hearty meals and good times in South Lake Tahoe. A bigger version of this fun trip takes place in Mammoth for a week in early March. Our next general membership meeting is on February 15, in the Multipurpose Room (OC), starting at 4:00 PM.

Contacts: Bill Smith or Mike Hilton
at 916-258-2150, lshskiclub@gmail.com



Softball

We will open our 19th season in mid-April this year at beautiful Del Webb Field, one of northern California's premier softball venues.

There is still time to apply for league membership and to prepare to participate, either as a player or a volunteer (e.g., umpire, scorekeeper).

Our league is open to all residents and skill levels, and our goals are to have fun while enjoying the camaraderie and focusing on everyone's health and safety.

You're invited to attend one of our regular Sunday practices 10:00 AM to 12:00 PM to see if you would like to play. Most of us started here after a "lay-off" of 20 to 30 years.

Or...stop by our table at the Club Expo on February 27, 10:00 AM to 1:00 PM in the Ballroom (OC) and chat with some knowledgeable and friendly members.

Membership applications will be available at all practices, the Club Expo and on our website.

Contact: Tom W. Brown
860-490-7799,
tomwalkerbrown@gmail.com;
Website: lhssl.net



Sports Car

January saw the Sports Car Club jump right into planning many new trip destinations and training for tour leaders. January 16 and 17 offered two two-hour training sessions for new and experienced leaders. The workshops covered planning, route guidance, handouts, meal locations, and hotel arrangements. This training will make for safe and successful trips.

Members had a great time when they visited BMR Racing in Roseville with a great lunch

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following. Some day trips that are planned are Tahoe for lunch, Lockeford Sausage Company for a shopping experience followed by lunch and a Baseball game in Lincoln including dinner and beverages.

We have two overnight trips currently planned which include Irish Days in Murphys and Pacific Grove on Monterey Bay.

Currently, our club has 115 households. If you own a sports car and want to join us contact Tom Breckon.

Contact: Tom Breckon 916-434-6989, Tom.Breckon@sbcglobal.net; Website: lhspcars.com



Sun City Squares

Sun City Squares is now open to all singles and couples for all position dancing. If you haven't danced in a long time, or you have lost a partner, we are happy to help you learn again and have a great time.

Sun City Squares meets at Kilaga Springs

* Monday from 1:00 to 3:00 PM for Plus level dancing

* Monday from 3:00 to 3:30 PM for Advanced level dancing

* Thursday from 1:00 to 3:00 PM for Advanced level dancing

Contact: Sandy Cleaver 916-409-0409, slctravel@yahoo.com



Swimmers & Water Walkers

To join this newly formed club, please subscribe to our Yahoo Group, subscribe-lhswimmers@yahoo.com to learn about club activities and contact other

swimmers and water walkers. We will have quarterly meetings with the first one scheduled for Monday, March 19, 2018, in the Fine Arts Room (OC) at 3:00 PM. We are open to suggestions for guest speakers who can educate us on improving our swimming capabilities and effective water walking techniques. We have a very skilled person in our club who has been helping some of us improve our swimming skills. So, if you need or would like an improvement, please contact Jean or Suzan. Please join us at our first meeting in March and please bring your ideas.

Contacts: Jean Ware 916-543-6791; Suzan Hunt 916-408-4286; lhgroupurlswimmers@yahoo.com



Table Tennis

Beginners are welcome. Did you play ping pong as a kid? You still can.

We have seven tables with all levels of play, from raw beginners to advanced. Table 7 in the kitchen area is for beginners. The object of the game on table 7 is to keep the ball in play, without slamming. We have guest paddles. Just wear tennis shoes rather than street shoes.

We play in the Multipurpose Room (KS). Our play times are: Sunday

12:30 PM at KS to closing: Tuesday 6:00 to 9:00 PM; and Friday 8:00 to 11:00 AM.

On Friday we put up a robot ball machine, you can sign up for 15 minutes.

Free lessons are available. Contact Tim at timcfrank@gmail.com.

Contact: Warren Akey 916-408-1658, akeywarren@att.net



Tap Company

Dance! Dance! Dance! Thursday, March 22, 7:00 PM; Friday, March 23, 7:00 PM



Jan Kearney (left), LaDonna Cumiford (right)

Saturday, March 24, 2:00 PM and 7:00 PM

Dance! Dance! Dance! Thursday, March 22, 7:00 PM; Friday, March 23, 7:00 PM; Saturday, March 24, 2:00 PM and 7:00 PM. The Lincoln Hills Tap Company is excited about presenting the show this year! Reserved Seating: \$18; General Admission, \$13. Tickets are on sale at OC, KS and Online. Yvonne Krause-Schenck, the Director, has organized a wonderful variety of dances and dancers. We all hope everyone enjoys this fun toe-tapping event! LaDonna Cumiford, one of our coaches, is extremely artistic and designed the new tap logo: Dance Dance Dance. She and Jan Kearney, our Treasurer, are modeling both sides of the tee shirts with the logo. Thank you for your design and all the legwork involved in getting the shirts!

Contacts: Natalie Grossner: 916-209-3804, natalie_g@msn.com; Freddie Dempster 916-253-9734, fredeedee@gmail.com



Tennis

With January behind us, all eyes were focused on our first tournament of the year. The Valentine Tournament was held on Valentine's Day. For winner's names and pictures, visit our website www.sclhtg.com.

In March we will celebrate St. Patrick's Day with our tournament of that name. The tournament will be held on Saturday, March 12. If you are a Resident but not a member of the Tennis Group, then become a member and sign-up to play in this exciting tournament. All the forms you will need are available at our website: www.sclhtg.com.



The play will be doubles; however, you do not need a partner as we will provide a new one for each of three rounds of play. The provided lunch will have the Irish theme of course. You do not need to be Irish; you just need to be a member of the Tennis Group.

Contact: Bob White,
bobwhiteca@gmail.com;
Website: www.sclhtg.com



Veterans

Bill Adams, a Marine veteran, and participant in the 1956 H-bomb tests, will be the featured speaker at the February 15 general membership meeting at 1:00 PM in the P-Hall (KS).

Adams will discuss his service experience, focusing on nuclear bomb testing, and then go into his family genealogy which includes ties to the Revolutionary War, the War of 1812 and the Civil War. He has found links to five U.S. presidents, including John Adams and John Quincy Adams.

Plan now to attend the Veterans Group's annual St. Patrick's Day luncheon in the Ballroom (OC) on Friday, March 16. Reservation forms will be available at the February 15 general membership meeting and in the March Veterans Group Bulletin.

Contacts: Wayne Gallant 916-543-4856,
wayne.gallant@sbcglobal.net



Water Volleyball

The Steering Committee is busy gearing up for a fun year. Our social calendar is including two outdoor potlucks, three outdoor games at the OC lap pool, and the "Fall Fling." As other events are planned, members will be informed by email.

The "It's the Lifestyle" Expo at OC is February 27, and our club will be there. Please stop by and see what water volleyball is all about. We'll be able to answer questions and hopefully get new members. We are a very enthusiastic group and enjoy playing games at the KS pool! Sometimes it's the only sport our bodies can handle safely.

Members need to stay on top of emails and regularly view our website to keep informed of our club news. Those interested in joining our club should contact our new player liaison, Rhonda. See you in the water!

Contact: Rhonda George 907-242-3161,
sclhwatervolleyball@gmail.com
Website: www.lhwatervolleyball.com



Woodcarvers

Woodcarvers recent open house was successful in that many members brought some of their finished work to show off to those that attended. There was a nice turnout of admirers and those curious about woodcarving. As a result of the open house, we now have several new members. It needs to be noted that woodcarving is not a male members only club as with the additional new members there are five women members of the Woodcarvers Club.

Woodcarvers Club are for those that like to carve in a group setting where they can socialize as they work, exchanging carving tips and experiences. This is helpful for beginners and others who are

learning to carve or wish to try a new technique. Additionally, we have a large library of books, plans, and videos.

Woodcarvers Club meets every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).

Contacts: Dick Skelton 916-626-0895



Writers

Join us at 6:30 PM the second, fourth, and fifth Monday evenings every month in the Ceramics Room (OC). Our current writers recently met some new people and look forward to seeing them at future meetings. Of course, we would enjoy seeing former members return. Everyone - bring 15 copies of your writing, so that we can see it while you're reading. Listeners will be able to make editing comments, which are very helpful. You may also hear something you read out loud and want to revise it. Writers know that you write, rewrite and rewrite; then edit, edit, edit. Hope to see you at our next meeting!

Contacts: Jim Fulcomer,
[916-543-9201, jjfulcomer@mac.com](mailto:jjfulcomer@mac.com);
Andy Dexter, 707-224-7508,
mcpodexter@gmail.com;
Freddie Dempster, 916-253-9734,
fredeedee@gmail.com



Bulletin Board

AARP Tax-Aide

2018 Tax Season is Here! Lincoln AARP Tax-Aide volunteers are ready to assist you with your 2017 tax returns. The service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. People can make income tax preparation appointments by calling 916-878-6249. The Intake/Interview Sheet is required of all clients and may be downloaded or completed online from www.irs.gov by entering Form 13614-c. The form is also available in the Orchard Creek Lodge lobby or Kilaga Springs library. These returns will be filed electronically (e-file) with the IRS and California FTB. For more information contact, Mark Burke at 916-878-6249.

Lincoln Hills Airport Co-op

Transportation to and from Sacramento Airport for Lincoln Hills residents, works on a point system – give a ride – get a ride. Information can be found on our website www.lhairportco-op or for more information contact Barb Iniguez at 916-408-7812.

Lincoln Library Book Sale

The first book sale of 2018 will be held at the Lincoln Twelve Bridges Public Library Saturday, March 10. Library doors open at 11:00 AM to all, even shoppers with bags, wagons, and carts. Thousands of paperback books at 25 cents each are available in the Willow Room. One area is devoted exclusively to YOUNG READERS. Nonfiction, vintage books are in the library rotunda, they are priced from \$1.00 and up. Featured will be WWII and COLLECTIBLE Civil War Books. Proceeds from this Friends of the Lincoln Library sponsored event are used to promote library projects. For more information contact Jo Jones at 916-408-3955.

Caregiver Support Group

The caregiver support group meets at the Twelve Bridges Lincoln library on the third Thursday

You're Invited to Attend:

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

- **Tuesday, March 6, 10:00 AM** – Nautilus Society – Oaks (OC)

of each month. We are there for persons caring for spouses, friends, or other loved ones with any illness. Caregiving is hard work. Join us from 9:00 to 11:00 AM. Come in the back employee's entrance. Call Brenda Cathey at 916-253-7537 for more information.

Cloggers

The Cloggers hope you are keeping fit as we begin 2018, energetic, rhythm-filled clogging dance is a perfect way to do it! We also hope to see you at two great clogging workshops coming up. First, the March Madness clogging workshop on March 10 in Danville. Second, a BIG clogging convention in Sacramento on April 27-28. See www.ncca-inc.com (Northern California Cloggers Association) for more information on these events. For information on clogging in SCLH, please contact Natalie Grossner at 916-209-3804

A Course In Miracles

This study group meets at 2:00 to 4:00 PM on the first and third Mondays at my home 2325 Longspur Loop. Whether you are new to the Course or a long-term student, you are welcome to join us in an on-going discussion group as we focus on the Workbook Lessons. Call Alexandra at 916-409-5253 for more information.

Lincoln Democratic Club

On Thursday, February 15, Jackie Smith, candidate for State Assembly 6th district, will be our speaker. Jackie is a small business owner, community organizer and has served on the boards of several non-profits. Jackie's focus is on protecting affordable healthcare coverage, promoting affordable housing, addressing the needs of seniors, promoting

higher education and safeguarding our environment. Note that the meetings are now held at the Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. Doors open at 6:30 PM with business meeting starting at 6:45 PM, followed by the program. See club website <http://www.democratic-clublincolnca.org/> or contact Fred Barnhart at lincolndems@gmail.com.

Glaucoma Support Group

We welcome Dr. Annie Baik to our March meeting. Dr. Baik, a Glaucoma Specialist with the UC Davis Eye Center, will provide us with a presentation on the "Latest Information on Glaucoma Treatments." Our meeting will be held on March 14, at 4:00 PM in the Multipurpose Room (OC) (note room change). For additional information, please contact Bonnie Dale at Bjdale@aol.com.

Grief Support Group

GriefShare is a weekly Christian faith-based seminar/support group for people grieving the death of someone close to them. Whether the loss was recent or some time ago, you are welcome. It is a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you will learn valuable information that will help you through this difficult time in your life. A new group started Tuesday, February 6, at Granite Springs Church 1170 E. Joiner Pkwy in Lincoln. We meet weekly for 13 weeks, ending on May 1, 2018. Contact Cheryl Edwards at 916-505-5777 or 63cheryle63@gmail.com to find out more.

Italian Club

We have paired up two favorites for "Pizza and Movie" night,

on Saturday, February, 24, from 3:00 to 8:00 PM (KS). We will watch the 1964 film, "Seduced and Abandoned" – a satire presented in Italian with English subtitles. A brief discussion will follow, led by Aldo Pardini. We will top it off with pizza, salad, and dessert along with a no-host bar.

Coming March 19: A Pasta Dinner – Western Style. (Details on the website.)

If you are a Lincoln Hills resident of Italian heritage, consider joining our club. Check the website at www.lhitalianclub.org or contact Sandi Graham, membership, at 916-826-5711 for more information.

Attention all JUDYS

Sun City Lincoln Hills has many ladies named Judy, Judith, Judie. We get together once a month for lunch, and you are invited to join us. For more information, please contact jgtravelers@gmail.com.

Parkinson's Group

Join us as we meet together on the third Tuesday of each month for our Parkinson's support group. We meet at the Granite Springs Church on East Joiner Parkway from 10:00 to 11:30 AM. This month we have Ginger McMurchie from Elder Care Management. Ginger is a Geriatric Care Manager. For more information call Brenda Cathey at 916-253-7537.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville

916-781-2323. Membership to the fitness center is required. We begin play at 8:00 AM and end between 9:30 to 10:00 AM. Depending on the number of players, we play doubles, cutthroat and/or singles. Ladies are welcome. See you on the court! Contact: Armando Mayorga at 916-408-4711 or amoon38@sbcglobal.net for more information.

Lincoln Hills Republican Club

February 27 meeting, P-Hall (KS) doors open at 6:00 PM speaker at 6:30 PM. Topic: California's New Marijuana Laws and the Challenge of Illegal Growers.

Speaker: Sheriff Jon E. Lopey, Siskiyou County. An explosion of illegal pot farms on private property in Siskiyou County and a drug cartel problem on public lands, mostly from Mexico, has kept this sheriff busy. He is outspoken on the need to control illegal marijuana. Sheriff Lopey is a retired marine colonel and bronze star awardee. He has spent nearly 40 years in law enforcement.

Shalom Social Group

We were saddened in December when Al Klein, one of our founding members, passed away. Al not only started our group but was an active and well-loved member since we started in 2001. But life does go on, and so does our group. We now have five active Havurah (special interest) groups. Our women's group had a luncheon meeting at Meridian's with assorted card and table games. The Shalom Social Group focuses on Jewish interests,

but everyone is welcome. If you'd like to take part in our activities, please contact Vida Morrison at 916-984-1043.

Shooting Group

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 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 trifilom@gmail.com. Come out and have fun!

Sons In Retirement Branch 13

Will hold its monthly luncheon on Tuesday, February 20 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. This is a great opportunity for men who are new to the area to meet other retired men. A three-course gourmet lunch costs \$20.00 pp. 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.

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Community Perks



**KS Classic Movies on Saturday:
Secondhand Lions**
Saturday, February 17, 1:30 PM,
P-Hall (KS)—Free

2003, Rated PG, 109 min, Comedy/Drama/Family. Starring Haley Joel Osment, Michael Caine, Robert Duvall, and Kyra Sedgwick. A coming-of-age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas.



Coffee with the Mayor
Thursday, February 22, 8:00 AM,
Terra Cotta Room (KS)—Free

Please join Stan Nader, Mayor of the City of Lincoln, at his monthly Coffee meetings. 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; the Mayor is happy to answer any all resident concerns.



Listening Post
Monday, February 26, 11:00 AM,
Front Ballroom (OC)—Free

The Listening Post is an informal meeting which gives you the opportunity to ask questions and get answers about your community and Association. Come join the conversation!



It's The Lifestyle! Expo
Tuesday, February 27, 10:00 AM
to 1:00 PM, Orchard Creek
Lodge—Free

Want to learn about the various Clubs and volunteer opportunities available within and outside your community? Join us for the annual *It's the Lifestyle! Expo* and celebrate the lifestyle that is uniquely Lincoln Hills. The event will have over 70 SCLH clubs and community interest groups participating plus various local non-profit organizations. Learn about the many clubs and organizations within your community, speak to different SCLH department teams and learn about local volunteer opportunities and how to get involved! See you there!



2 Showings!
**KS at the Movies:
Battle of the Sexes (2017)**
Saturday, March 3, 6:00 PM,
P-Hall (KS)—Free
Monday, March 5, 1:30 PM,
P-Hall (KS)—Free

Rated PG-13, 121 min, Biography/Drama/Comedy. Starring Emma Stone and Steve Carell. The true story of the 1973 tennis match between World number one Billie Jean King and ex-champ and serial hustler Bobby Riggs.



**KS Classic Movies on Saturday:
Adam's Rib (1949)**
Saturday, March 17, 1:30 PM, P-Hall
(KS)—Free

Not Rated, 101 min, Comedy/Drama/Romance. Starring Spencer Tracy and Katharine. Domestic and professional tensions mount when a husband and wife work as opposing lawyers in a case involving a woman who shot her husband.



Spring Garden Tour in April

Is this the year that your yard is ready to be shown on the Spring Garden Tour in April? If you are ready to show your yard, download a nomination form from the Garden Group website: www.lhgardengroup.org and send it in, or leave a message for Carol Thompson at 916-295-1912. Thank You!



Multiple Sclerosis Walk
Sunday, April 15, 8:00 AM, American
River—Free

All are welcome to join our Multiple Sclerosis Group, the "Lincoln Trailmixers" in The MS Walk along the beautiful American River.

Details of the Walk will be reviewed at the Tuesday, March 6 MS Meeting, 1:00 PM, Sierra Room (KS). Can't make the Meeting? Call Jeri Di Fiore at 916-408-7565. To donate: log onto "Walk MS Folsom 2018" Click "Donate" then "Team" and type Lincoln Trailmixers and Click "Donate" with the amount.



Lincoln Hills Pet Fair
Friday, April 27, 9:00 AM to 1:00 PM,
Fitness Center Parking Lot (OC)
—Free

Celebrate your pets and join us for our first Pet Fair. Check out various local vendors and pet services available around town. Sitters, groomers, trainers, vets and more will be here to answer all your questions and sell their wares. Make it a date with your four-legged friends. Interested vendors may contact Shelvie Smith (shelvie.smith@sclhca.com) to reserve your space.



Annual Parking Lot Sale
Saturday, April 28, 7:30 AM
to 12:00 PM, Fitness Center
Parking Lot (OC)—Free

Come by and see what is in store for you at our annual Parking Lot Sale! So many goodies and fun stuff to choose from: clothes, decors, furniture, small electronics, kitchen gadgets, one-of-a-kind treasures, unique trinkets, and more. You'll never know what you will find! Bring your whole family! Interested in selling? See page 60 for more information.

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Lincoln Hills Community Forums

How Can We Stand Up to Sexism?

Friday, February 16, 4:00 PM, P-Hall (KS)—Free

Just what is sexism and how can we stand up to it? Who is affected by it? Five South Placer high school students will address this timely topic in the final round of the AAUW Eleanor-Stem Allen Memorial Speech contest, sponsored by the AAUW Roseville-South Placer Branch of American Association of University Women. Students will compete for substantial cash prizes. These polished speakers will impress you! Afterward, join us for a reception and an opportunity to chat with the contestants.



Short Walk Across France

Monday, February 19, 2:00 PM, P-Hall (KS)—Free

Join us for another exciting adventure with Bruce Quick, a Lincoln Hills resident. This year he walked for 32 days and 500 miles on the Chemin de Compostelle – also known as Chemin de St. Jacques (The way of St. Jacob Pilgrimage) from Le Puy en Velay, France to St. Jean Pied de Port, France. If walking over the French Pyrenees last year into Spain was not enough, he did that again too! He describes this beautiful journey as a cultural education and a “gastronomical” pleasure. Bruce is delighted to share his adventure with you.



Puzzles of Pain Management

Wednesday, February 28, 7:00 PM, Ballroom (OC)—Free

While everyone experiences pain, very few understand the underlying causes. Dr. Singh will discuss the physical and mental factors involved in the perception of pain, differences between acute and chronic pain, the effects of pain on individuals and families and the treatments available for pain management. Dr. Singh is an Associate Professor of Pain Medicine at UC Davis Medical Center. Her clinical interests include interventional pain medicine, neuromodulation, alternative medicine, and pain education. Dr. Singh received her M.D. degree from the Stanford University School of Medicine in 2006. She is board certified in both Anesthesiology and Pain Medicine.



Are You Prepared for an Emergency?

Monday, March 12, 10:00 AM, P-Hall (KS)—Free



You will receive information and learn how to plan for potential disasters. In this presentation, you will receive basic preparedness tips and strategies to use to help yourselves and your neighbors if an emergency should arise. You will learn about developing an emergency plan, receive a checklist of what to include in your emergency kit along with resources to help you stay informed. With simple preparations, you can be ready for the unexpected.

Town Hall Forum

Tuesday, March 13, 10:00 AM, Ballroom (OC)—Free

Ken Silverman, President of our Homeowners Association Board of Directors, will moderate a Roundtable of the Chairs of all seven of the Board’s Standing Committees. After brief statements from each of the Chairpersons, Ken will open the Roundtable to questions from our residents. This will be an excellent opportunity for you to find out what is being accomplished by each of these Committees.



How to Coexist with SCLH’s Community Wildlife

Monday, March 19, 2:00 PM, P-Hall (KS)—Free

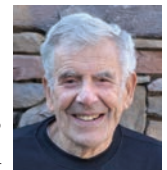
Wild animals find ways to adapt in urban landscapes when their natural habitat is encroached upon or lost entirely. Many species of wildlife do not cause damage or harm by their presence. Gaylene Tupen, Wildlife Heritage Foundation Senior Wildlife Biologist with two experts, will explain how to coexist by focusing on the diversity & benefit of local wildlife, will recommend effective & humane solutions to prevent & respond to possible resident-wildlife conflicts, and answer your specific questions. Live educational birds will be presented.



Hijack the Aging Process

Wednesday, March 28, 7:00 PM, P-Hall (KS)—Free

SCLH resident, Lee Belshin has always been interested in the relationship between humor and health. Many studies reveal that mirthful laughter stimulates the immune system helping to resist diseases. Come and learn what Lee has discovered: how humor, exercise, diet, and stress are all related to our wellbeing. Lee is the author of several books including “The Complete Prostate Book” which has been translated into several languages. At this forum, he will be introducing his recently published book titled “Hijack the Aging Process.”



Police and Fire Safety Symposium
Thursday, March 29, 1:00 PM
Ballroom (OC)—Free



Police Chief Lee plays a very important role in keeping Lincoln safe by helping reduce the crime rate. He believes in supporting the community by providing important service in the area of safety. A few of the topics to be covered are home and vehicle break-ins, scams, and crime prevention. Fire Chief Hack has revitalized the Lincoln Fire Department and works hand-in-hand with Chief Lee. A few of the topics to be covered are most common calls, bark fires, Vial of Life Program, reasons for falls, carbon monoxide and smoke detectors, wildland threats and prevention tips. There will be a Question & Answer period. This symposium supports the Neighborhood Watch Mission to Increase Personal Safety and Security Awareness and to be the “Eyes and Ears” of the Lincoln Police and Fire Departments.

The Lincoln Hills Foundation
Making Your Life Better
Friday, April 6, 2:00 PM – P-Hall (KS)
—Free



You may know us from Bingo, but our contribution to the community goes far beyond an afternoon’s enjoyment. You may be a donor – thank you. We are proud that all donations raised go toward serving our community. The Lincoln Hills Foundation’s mission is to fund programs and services to seniors in Lincoln, services that you or a loved one may benefit from now or in the future. Be inspired by stories from friends and neighbors about the impact we have had over our sixteen years and learn about the direction we are headed.

Upcoming Events

- **Joint Discomfort: How to Manage it**, Wednesday, April 25, 7:00 to 8:30 PM, Ballroom (OC) — **Free**
- **Snake Forum: Who You Callin’ Ovoviviparous?**, Tuesday, May 8, 2:00 PM – P-Hall (KS) — **Free**
- **Using Your Medications Safely**, Wednesday, May 23, 7:00 to 8:30 PM, Ballroom (OC)— **Free**

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Entertainment

—Club Performances—



The Lincoln Hills Tap Company presents:
Dance! Dance! Dance!
Thursday, March 22, 7:00 PM Show — LSE44-01
Friday, March 23, 7:00 PM Show — LSE45-01
Saturday, March 24, 2:00 PM Show — LSE46-01
Saturday, March 24, 7:00 PM Show — LSE46-01
Ballroom (OC)

The Lincoln Hills Tap Company is excited about presenting this year's show! Yvonne Krause-Schenk directs a wonderful variety of dance and dancers. Almost twenty people have choreographed and coached the dancers, who have been learning new steps – just for you! Don't miss this fun event! In addition to Tap Dancers, this fun show will include Country, Premier, Men, Tahitian, Hula, Bollywood, Jazz, Clogging, Belly Dancing, Line, Ballroom, and Black & White. What is this last one? Come and find out! Over 60 of your friends and neighbors will be on stage. **Premium Reserved Seating, \$18.** General Admission: \$13.



LH Community Chorus presents:
Movie Music Memories!
Sunday, April 22, 2:00 PM Show — LSE54-02
Monday, April 23, 7:00 PM Show — LSE55-02
Tuesday, April 24, 7:00 PM Show — LSE56-02
Ballroom (OC)

Come join the LH Community Chorus as they sing songs from the movies. You will hear the "Pink Panther Theme" song, songs from "Grease," "42nd Street," and "La La Land's" "City of Stars" plus many others. You will be taking a stroll down memory lane of many wonderful movies. The Chorus appreciates your support! **Premium Reserved Seating, \$20.** General Admission: \$15.

—Community Event—



Annual Parking Lot Sale
Saturday, April 28,
7:30 AM to 12:00 PM
— LSR22-02
Fitness Center Parking Lot (OC)

Don't miss your chance to participate in the Annual Parking Lot Sale; either to shop or sell! The event brings buyers from the community and neighboring cities. Residents who want to sell are limited to two spaces per household. A six-foot table and two chairs will be provided per space. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. **Resident booth, \$29 per space. Limited spaces are available for home or local businesses, \$50.** Registration is limited to in-person at the Activities Desk.

—Comedy—



KS Comedy Night:
Ellis Rodriguez
Wednesday, February 28,
6:00 PM & 8:00 PM Shows,
P-Hall (KS) — LSE92-12

Ellis Rodriguez is funny, or at least that's what everyone says in Northern California, home of this magnetic, charming comic. He was born in Boston, MA and they said the same thing, he's funny. He is a United States Marine, raised by immigrant parents from Panama in Stockton, CA. The diversity of his life experience has helped him establish rapport with anyone and make them laugh. He found his passion when he picked up a mic and has made a home on stage across the nation, including *The Improv*, *Laugh's Unlimited*, *Punchline*, and *The Laugh Factory*. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating, \$16.**

—Performances—



Rhinestone
A Salute to the Songs & Career of Glen Campbell
Performed by Andrew Kahrs
Friday, February 23, 7:00 PM,
Ballroom (OC) — LSE84-12

The distinctive voice of rising star Andrew Kahrs celebrates The Legacy of Glen Campbell in a salute to the songs of this contemporary music legend. Including hits "Gentle on My Mind,"

“Galveston,” “Wichita Lineman,” “Rhinestone Cowboy,” and more. Andrew was born and raised in Atlanta, Georgia and has since moved to San Francisco. He picked up a guitar and started writing at age 15. Now, at age 27, a seasoned blend of blues, country, and bluegrass can be heard in his recorded music. **Premium Reserved Seating, \$22.** General Admission: \$19.



**Branden and James from
Bach to the Beatles
A Cello/Vocal & Piano Duo
Thursday, March 15, 7:00 PM,
Ballroom (OC) — LSE31-01**

Recommended by several residents, Branden & James put on a show playing classical covers of pop songs such as The Beatles,

Elton John, Simon & Garfunkel to Andrea Bocelli, Broadway hits, and the Great American Songbook, as well as more current songs from Adele to Sam Smith. Branden was a finalist on America’s Got Talent, and his grandfather toured with Johnny Cash and Elvis Presley. These two top talents will come together to entertain you with beautiful music and great stories. **Premium Reserved Seating, \$24.** General Admission: \$20.



**Tori Anna: A New Day
The Songs of Doris Day
Friday, March 9, 7:00 PM, Ballroom
(OC) — LSE95-01**

Bay Area favorite and Michael Feinstein Great American Songbook Alum, Tori Anna, is in the spotlight again with a stunning new show.

Along with the incomparable Mike Greensill on piano, Tori will take you on a sentimental journey through her favorite Doris Day songs – and then bring you back to present day with a quick trip to La La Land! You’ll be glad you didn’t miss the boat! **Premium Reserved Seating, \$22.** General Admission: \$19.



**Duo Gajo: An Evening in Paris
The Great American Songbook
with a French Accent
Tuesday, April 3, 7:00 PM, P-Hall
(KS) — LSE97-02**

Duo Gajo’s music is inspired by the sounds of the 20’s and 30’s

when jazz was the thing, and Paris was the place to be. Their style is called ‘French Cafe’ and their repertoire spans from Bal-Musette to Edith Piaf, and Serge Gainsbourg, but also includes selections from the Great American Songbook. They accompany themselves on guitars and the Melodica, but the real feature is Isabelle Fontaine’s sultry vocals. They will feature classics including “La Vie En Rose,” “It Had to Be You,” “Beyond the Sea,” “Night and Day,” C’est Si Bon... and many more favorites. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$21.**

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**Fleetwood Mask: The Ultimate
Tribute to Fleetwood Mac
Friday, April 13, 7:00 PM,
Ballroom (OC) — LSE100-02**

Returning to Sun City Lincoln Hills, Fleetwood Mask is the ultimate Fleetwood Mac tribute band. The

band performs the greatest hits of Fleetwood Mac from the 1960s blues band with Peter Green, through the most popular line-up featuring Lindsey, Stevie, and Christine. Mick Fleetwood, the founder of Fleetwood Mac, gives the band his endorsement because of the passion and style found in their live performances. Mick believes that the music of Fleetwood Mac will live on through the authentic performances of Fleetwood Mask. **Premium Reserved Seating, \$24.** General Admission: \$21.



**Amanda King: "A Salute to Ella"
Friday, April 20, 7:00 PM, P-Hall
(KS) — LSE101-02**

Before she was the First Lady of Song, Ella Fitzgerald was a young girl with a dream and determination. Noted jazz/cabaret chanteuse Amanda King, a vivacious and captivating entertainer, shares Ella's origins, inspiration and early music in a swingin' evening of song and history celebrating the Legend. The show will feature many of Ella's classic songs including "Bei Mir Bist Du Schoen," "Take the A Train," "Caravan," "A-Tisket, A-Tasket," "Mack The Knife," "Someone To Watch Over Me," and many more favorites. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$23.**

—Grandkids Event—



**Spring Egg Hunt
Saturday, March 31, Outdoor
Amphitheater Terrace
— LSE98-01**

An eggciting time for all the kids and kids at heart! Bring your grandchildren to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises with a special visit from the Easter Bunny! Fun prizes and activities await your grandchildren during the event. Don't forget your cameras for picture-perfect photo opportunities! Please bring a basket for collecting eggs. Sign up your grandchildren, toddler to ten years only, please. Please indicate the ages of your grandchildren during registration. The egg hunt will be divided into age groups: **Children—one to four-years-old; children—five to seven-years-old; children—eight to ten-years-old.** Children one to four-years-old will begin the hunt sharply at 10:30 AM. Wristbands required to participate. Event hours: 10:00 AM to Noon. **General Admission, \$12 per child.** Limited space. *The event may be canceled due to rain.*

—Presentation—



**The Healing Power of Music
With Gayle Cohen
Thursday, April 12, 2:00 PM,
P-Hall (KS) — LSE118-02**

Join Gayle Cohen, vocalist, and keynote speaker, on this one-of-a-kind, autobiographical and musically interactive journey

through her 35-year career. She will share first-hand experiences and teach how Music is used to lift and heal Body, Mind, and Spirit. Topics include everyday stress, loss of spouse or friend, divorce, chronic illness, terminal illness, ADHD, fear and confidence issues, memory difficulties, addictions, and more. Throughout the presentation, Gayle will also sing some of your favorite songs as she demonstrates the subject matter through melody and lyrics. **Reserved Seating: \$16.**

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Katrina Ferland
Lifestyle Trips Coordinator
katrina.ferland@sclhca.com

Featured Trip!

New! Ventura & Coastal Train Excursion Sunday, April 8-Wednesday, April 11 — **LST118-02**



Join Katrina, your Trip Coordinator, on this four-day, three-night trip that includes the beach & a scenic coastal train ride! Ventura, officially named San Buenaventura, was founded in 1782 when Saint Junipero Serra established Mission San Buenaventura, the ninth of the California missions. Serra named the mission after the Italian Saint Bonaventure. Located on the “Gold Coast” of central California, Ventura is known for its gorgeous beaches, weather and laid back atmosphere. The train trip up the coast to San Luis Obispo offers some of the best sights that you cannot view from a car!

Trip Includes:

- Two nights at the Crowne Plaza Ventura Beach in oceanview room with private balcony
- Welcome dinner on oceanfront lanai at Crowne Plaza
- Daily hot buffet breakfasts at Crowne Plaza
- Free day in Ventura to do as you wish: take a trip to the Channel Islands, whale watch, visit the San Buenaventura Mission, museums, shopping, walk the Ventura Beach Promenade & more!
- Amtrak Coastal Train ride from Oxnard to San Luis Obispo.
- One night at Embassy Suites San Luis Obispo with evening reception and hot cooked-to-order breakfast
- Wine tasting at Tobin James Winery in Paso Robles
- Lunch at Harris Ranch Restaurant
- Bus driver gratuity



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.



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Detailed trip itinerary, free-day options, and US State Department trip insurance providers list available at the Activities Desk. A signed liability waiver required for each participant. Wheels roll from OC at 8:00 AM, April 8, return April 11 ~ 5:45 PM. \$698 per person double occupancy. \$978 single.

Day Trips

—Casino/Races—



Jackson Rancheria
Thursday, March 22
— LST108-01

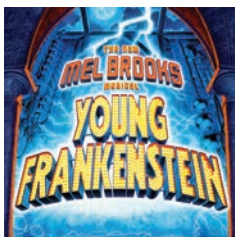
Very popular with residents, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Enjoy a nice spring drive to Amador County and the foothills. Four-hour stay at the recently remodeled and expanded casino. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM. \$23.



Feather Falls Casino
Wednesday, April 18
— LST117-02

Enjoy a nice spring day with a trip to Oroville about 70 miles north of Lincoln for a four-hour visit. Many gaming options available with \$10 cash back. An 11,000 square foot smoke-free gaming area is available with over 300 machines for your clean-air enjoyment! Lunch on your own at the buffet or Feather Falls Brewing Company. Additional promotions may become available by trip date. Leave OC at 9:00 AM, return ~ 4:00 PM. \$18.

—Performances—



Young Frankenstein –
Directed by Ray Ashton
Auburn State Theater, Sunday,
April 15 — LST106-01

The comedy genius Mel Brooks adapted his legendarily funny film *Young Frankenstein* into a brilliant stage creation. Resident favorite Ray Ashton directs this production at the intimate Auburn State Theater. Grandson of the infamous Victor Frankenstein, Frederick Frankenstein inherits his family's estate in Transylvania and finds himself in the mad scientist shoes of his ancestors. "It's alive!"

he exclaims as he brings to life a creature to rival his grandfather's. The monster escapes and hilarity continuously abounds. *Young Frankenstein* has all the panache of the screen sensation with a little extra theatrical flair added. Wheels roll from OC at 12:45 PM, return ~ 5:30 PM. \$48.



Les Misérables
Orpheum Theater, San Francisco
Wednesday, August 15
— LST111-02

Cameron Mackintosh presents the new production of Alain Boublil and Claude-Michel Schönberg's Tony Award-winning musical phenomenon, *LES MISÉRABLES*, direct from an acclaimed two-and-a-half-year return to Broadway. Set against the backdrop of 19th-century France, *LES MISÉRABLES* tells an unforgettable story of heartbreak, passion, and the resilience of the human spirit. Featuring the beloved songs, "I Dreamed A Dream," "On My Own," "Stars," "Bring Him Home," "One Day More," and many more. With its glorious new staging and dazzlingly reimagined scenery inspired by the paintings of Victor Hugo, this breathtaking new production has left both audiences and critics awestruck. Matinee performance with Mid-Orchestra seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$152.



The Phantom of the Opera
Orpheum Theater,
San Francisco
Thursday, September 6
— LST112-02

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's *The Phantom of the Opera* is making a triumphant return to San Francisco as part of its North American Tour. Critics are raving that this breathtaking production is "bigger and better than ever before" and features a brilliant new scenic design by Paul Brown, Tony Award®-winning original costume design by Maria Björnson, lighting design by Tony Award®-winner Paule Constable, new choreography by Scott Ambler, and new staging by director Laurence Connor. The production, overseen by Matthew Bourne and Cameron Mackintosh, boasts many exciting special effects including the

show's legendary chandelier. The beloved story and thrilling score – with songs like “Music of the Night,” “All I Ask Of You,” and “Masquerade”—will be performed by a cast and orchestra of 52, making this Phantom one of the largest productions now on tour. Matinee performance with Mid-Orchestra seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$152.



Waitress
Golden Gate Theater,
San Francisco
Wednesday, November 7
— LST94-12

Brought to life by a groundbreaking all-female creative team, this irresistible new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles (“Brave,” “Love Song”), a book by acclaimed screenwriter Jessie Nelson (I Am Sam) and direction by Tony Award® winner Diane Paulus (Hair, Pippin, Finding Neverland). Inspired by Adrienne Shelly’s beloved film, WAITRESS tells the story of Jenna – a waitress and expert pie maker. Jenna dreams of a way out of her small town and loveless marriage. A baking contest in a nearby county and the town’s new doctor may offer her a chance at a fresh start. Jenna must summon the strength and courage to rebuild her own life. Don’t miss this uplifting musical celebrating friendship, motherhood, and the magic of a well-made pie. Matinee performance with Rear Orchestra & Loge seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC 10:45 AM, return ~ 9:45 PM. \$135.

—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 with handicap seating

available (please request upon registration). Arrive in time to enjoy pre-game activities and purchase from various food and beverage concessions.

Limited seats available!

Sacramento Kings vs.

Boston Celtics

Sunday, March 25 — LST75-09

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



Oakland A’s

Oakland A’s vs. Houston Astros
Wednesday, May 9,
— LST99-12



Special deal for A’s and the World Champion Houston Astros! Enjoy an included an all-you-can-eat private BBQ Buffet with soft drinks. Day game in field level seats with shade in Sections 101-102. The bus drops off near the gate by our seat locations. Wheels roll from OC at 8:45 AM for a 12:45 PM game time and return ~ 7:15 PM. \$104.

Oakland A’s vs. San Francisco Giants
Sunday, July 22 — LST103-01

Upgraded seats in Plaza Level right behind dugout overlooking 1st base Section 210. The bus drops off near gate by our seat locations. Wheels roll from OC at 9:15 AM for a 1:05 PM game time and return ~ 7:45 PM. BBQ buffet not included. \$99.

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**Giants vs. Washington Nationals • \$121
Wednesday, April 25 — LST100-01**

Wheels Roll from OC at 8:45 AM for a 12:45 PM game time and return ~ 8:00 PM. (This trip includes a rest stop on return due to weekday traffic.)



**Giants vs. St. Louis Cardinals • \$154
Sunday, July 8 — LST101-01**

Wheels Roll from OC at 9:15 AM for a 1:05 PM game time and return ~ 7:00 PM.



Giants vs. Los Angeles Dodgers • \$154

Sunday, September 30 — LST102-01
Wheels Roll from OC at 8:15 AM for a 12:05 PM game time and return ~ 6:00 PM.



—Tours/Leisure—



**San Francisco for the Day
Fisherman's Wharf –
Tuesday, March 27
— LST114-02**

Enjoy a lovely day trip to the city by the bay without worrying about traffic, the bridge, parking, etc. Relax and let our comfortable

coach take you to the vibrant Fisherman's Wharf for a day to do as you wish. Cable & streetcars are nearby to take you on an adventure. Visit Pier 39 or Ghirardelli Square. Lunch on your own. Rest stop on the way home. Wheels roll from OC at 8:30 AM, return ~ 8:00 PM. \$46.



**Taste of Calaveras
Ironstone Winery – Murphys
Saturday, April 7
— LST104-01**

This annual event is a celebration of wine, food, art and culture of Calaveras County featuring vintages from local wineries and food from Calaveras restaurateurs. View local art with live music and food and wine-related demonstrations. Silent auction for Calaveras products and experiences. The gardens at Ironstone will be blooming with daffodils and other spring flowers! Includes admission, food, wine tastings and a commemorative wine glass. Wheels roll from OC at 9:30 AM, return ~ 5:30 PM. \$96.



**UC Davis Teaching Nursery & Arboretum
Monday, April 16 — LST116-02**

All are invited to join the Lincoln Hills Garden Club on a visit to the UC Davis teaching nursery, public gardens and arboretum. Enjoy a guided tour of the pollinator demonstration gardens with the Arboretum's Director of Horticulture with plant shopping in the teaching nursery after the tour. The Arboretum Teaching Nursery is a horticultural hub where plants are grown for the Arboretum collections and plant sales. See the Arboretum All-Stars— top recommended plants for California gardens that are tough, reliable plants, easy to grow and UC Davis tested. The nursery only accepts checks and credit cards, no cash. Free time in the Arboretum after an included box lunch from Meridians with choice of *Turkey or Ham Sandwich or Vegetarian Wrap*. Comes with fruit, chips, cookie & bottled water. Choose lunch at the time of registration. Wheels roll from OC at 8:45 AM, return ~ 2:45 PM. \$36.



San Joaquin Asparagus Festival
Friday, April 20
 — **LST115-02**

Visit the biggest Asparagus Festival in the West! The San Joaquin Asparagus Festival offers everything from food to fun. Enjoy asparagus alley, live entertainment, health & wellness Fair, countless vendors, craft beer and wine pavilion, and so much more! Enjoy many types of dishes including, deep-fried asparagus, asparagus ice cream, asparagus lumpia, asparagus chicken bowl, asparagus corn dogs, asparagus nachos, bacon wrapped asparagus and more! The event is now held at the San Joaquin County Fairgrounds in Stockton with indoor and outdoor venues with plenty of seating areas. We will arrive at the opening of the event and stay for four hours. Wheels roll from OC at 8:30 AM, return ~ 4:00 PM. \$38 (includes admission; food and drink on your own.)



Beale AFB Open House and Air Show
Saturday, April 28 —
LST109-02

Join us to visit our nearby Beale Air Force Base for their open house & airshow. Last year's trip was a big hit with residents! Special appearance by the USAF'S F-22 Raptor, the world's only operational stealth fifth-generation fighter. There will be jet demonstrations from the Patriot Jet Team featuring former members of the Blue Angels, Thunderbirds & Canadian Snowbirds. Enjoy static displays of many types of aircraft including the U-2 and talk to the ground support crew and pilots! Skip the traffic and parking hassles and join us for this spectacular airshow. This trip will be leaving from KS due to the Parking Lot Sale at OC. Foam ear plugs and bottled water will be provided. Lunch on your own. This trip does not include a tour of the base. Wheels roll from KS at 9:00 AM, return ~6:00 PM. \$35.



Lodi Street Faire
Sunday, May 6
 — **LST113-02**

A popular event with residents! This event attracts vendors from throughout California and takes up a 10-square block area of downtown Lodi. More than 600 vendors participate in this

biannual event, selling antiques, arts & crafts and commercial items. While shopping, visitors can satisfy their appetite with their choice from 25 food vendors offering everything from hamburgers, to hot dogs, sausages, to pizza. Mexican, Chinese and Filipino dishes are also available for those craving a more international fare. You will have four hours to spend to shop, lunch (on your own) and explore downtown Lodi. Wheels roll from OC at 8:00 AM, return ~ 3:00 PM. \$30.

Overnight/Extended Travel

New! Ventura & Coastal Train Excursion
Sunday, April 8-Wednesday, April 11 — **LST118-02**

Join Katrina, your Trip Coordinator, on this four-day, three-night trip that includes the beach & a scenic coastal train ride! Detailed trip itinerary, free-day options, and US State Department trip insurance providers list available at the Activities Desk. Wheels roll from OC at 8:00 AM, April 8, return April 11 ~ 5:45 PM. \$698 per person double occupancy. \$978 single. Read details on the Featured Trip section, page 65.

Sold Out Trips

Trip • Date • Departure Time

- Cache Creek Casino
 Wednesday, February 21 • 9:30 AM
- San Francisco for the Day -
 Chinese New Year
 Sunday, February 25 • 8:30 AM
- Dublin Irish Dance - Harris Center
 Wednesday, February 28 • 12:30 PM
- Comedy Winter Train
 Wednesday, March 7 • 10:30 AM
- Book of Mormon
 Tuesday, March 13 • 6:45 PM
 Wednesday, March 14 • 6:45 PM
- An American in Paris
 Tuesday, May 22 • 6:45 PM
- Redwoods/Eureka
 Sunday, April 29 • 8:00 AM
- Ashland, Oregon
 Sunday, June 10 • 8:00 AM
- Laguna Beach Pageant of the Masters
 Sunday, July 28 • 8:00 AM
- On Your Feet - The Gloria & Emilio Estefan
 Musical Wednesday, September 19 • 10:45 AM

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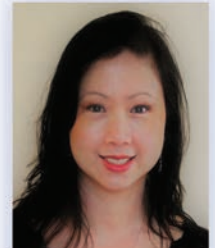
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Class Index

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

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

Classes

Vacation Drop-In

We currently offer drop-in sessions to accommodate your vacation plans! Drop-in sessions allow current students able to work independently but unable to attend class full-time, to register on a per session basis. Sessions are held in conjunction with ongoing regular classes. Drop-in space is on a first-come, first-served basis. Students must check with the instructor prior to registration to ensure space is available and class **prerequisite is met**. Registration for drop-in sessions is available 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 one 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

Fine Arts Room (OC). The Activities Department, in cooperation with Lincoln Hills art instructors and their students, welcome all residents and their

guests to stop by the Fine Arts Room to view wonderful artworks. The gallery will feature a revolving display of artworks from Marilyn Rose's Oil & Acrylic classes and Pastels and Watercolor paintings from Michael Mikolon's class. Come by anytime an art class is in session to view the works and watch the class' creative process in action.

—Drawing—



Mixed Media Art Journaling

Tuesdays, March 13 & 27 — LSC525-02

9:00 AM to 12:00 PM (OC). \$45 (two sessions). Plus, \$5 Supply fee paid to the instructor. Instructor: **Kerry Dahlin**. A variety of media will be used as we "play" on the pages of our art journals. 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—



Oil and Acrylic Painting: Intermediate/Advanced Wednesdays, March 7-28

— LSC526-02

9:00 to 11:30 AM (OC). \$52 (four sessions). Instructor: **Marilyn Rose**. Have you painted in the past and want to get back into it?

Do you paint now and want some congenial company and tips to improve? Stop by the Fine Arts Room (OC) any Wednesday morning and see what this fun and informative class is all about! Students receive expert guidance in creating original paintings of their choice from 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 www.artistmarilynrose.com. Questions? Call Marilyn at 916-409-0397. Please request supply list for the Intermediate-Advanced Class at the Activities Desks.

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



Oil and Acrylic Painting: Beginner/Refresher Wednesdays, March 7-28

— LSC527-02

1:30 to 4:00 PM (OC). \$52 (four sessions). Instructor: **Marilyn Rose**. Have you always wanted

to try painting in oil or acrylic but have never picked up a brush or want a refresher? Start with exercises in basic color mixing and handling of the brushes and paint, followed by creating simple forms, the basis for just about any subject you will want to paint. Plenty of discussion, demonstrations and paint-along exercises to help you get comfortable. Minimal investment in materials. Note: intermediate and advanced students

are welcome to take this class and work mostly on their own with minimal guidance if it suits their schedule. 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 Levels with Michael Mikolon

Mondays, March 5-26 — LSC528-02

9:30 AM to 12:00 PM (OC). \$52 (four sessions). Instructor: *Michael Mikolon*.

Learn to paint with pastels. Open to all levels, beginner through advanced.

Each class will begin with a demonstration showing different pastel techniques. Receive 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

“Dragonflies,” Friday,

February 23 — LSC458-01

Or “Jacaranda Lane,” Friday,

March 16 — LSC529-02

5:00 to 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. Learn how to mix colors, use media, brush stroke techniques and a pallet knife. All supplies are included and ready to go when you arrive. Canvases will be under-painted and ready to

hang. Fee includes a glass of wine, and a selection of cheese, crackers, and fruits. 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. More information at www.unniart.com.

—Watercolor—



Continuing Alcohol Ink Workshop

Thursday, March 15

— LSC582-02

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

\$40 Instructor: *Faye August*.

Alcohol Inks are traditionally

used in the craft and jewelry industry for creating permanent color on non-porous surfaces. Explore alcohol ink as a medium for creating wild, vibrant, beautiful paintings on YUPO paper. Through live demonstrations and discussions, create abstracts that are rich in color and texture using alcohol ink. Because this class uses alcohol as its base component, odors can be strong at times. People with breathing difficulties should be cautious about participating. Contact Faye August at 916-209-3643 with any questions. Bring your own supplies. Class size is limited.

Watercolor Painting with Michael Mikolon

Artist Michael Mikolon, an accomplished artist and art instructor in the Downtown Sacramento area, delivers a class geared for all skill levels. Beginner and advanced students learn various watercolor approaches and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting technique, developing your sense of color, color theory



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and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.

Thursdays, March 1-29 — LSC530-02

1:00 to 4:00 PM (OC). \$75 (five sessions).

Instructor: *Michael Mikolon*

Wednesdays, March 7-28 — LSC531-02

5:30 to 8:30 PM (OC). \$60 (four sessions).

Instructor: *Michael Mikolon*

Ceramics

—Pottery—



Beginning/Intermediate Ceramics

Tuesdays, March 6-27 — LSC532-02

1:00 to 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 continue to

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 class.

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



Advanced Ceramics

Tuesdays, March 6-27

— LSC533-02

9:00AM to 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

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.



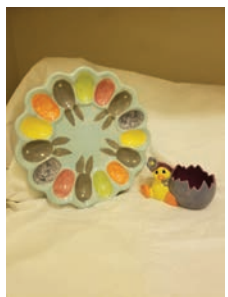
Ceramics for All Levels

Thursdays, March 1-29

— LSC534-02

11:00 to 4:00 PM (OC). \$67.50 (five sessions.) Instructor: *Taylor Jackson*. This class is for all levels

of ceramics, beginners to advanced. Students are encouraged to explore many of the creative and functional approaches to handling built and wheel thrown ceramics. The class is tailored to each person's interests and personal expression. Each class includes assignments, demonstrations, and individual instruction. New students are asked to bring clay and will be provided a materials list at the first class.



Workshop


Sip and Glaze – Spring Ceramics

Friday, March 2 — LSC517-01

4:00 to 8:00 PM (OC). \$30. Plus \$15 material fee payable to instructor.

Instructor: *Janie Chlubna*. In cooperation with The Ceramic Arts Group, we invite you to a Spring Sip and Glaze class. Learn

the fine art of glazing a Spring earthenware piece with a delightful selection of colors and finishes. All supplies are included (choice of earthenware piece (1), glazes, brushes and firing service). During the class, Janie will show you how to create a very personal Spring decoration using fun glazing techniques and materials for a wide array of effects. Wine and snacks are served while you create your Spring treasure.



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—Cooking—



Cooking with our Meridians Chefs — All About Proteins
Tuesday, March 13 — LSC596-02
 9:00 AM to 12:00 PM (KS). \$20.
 Learn all about proteins from our very own Chef Ian and Chef Anoud. Discussion and demo will cover whole salmon, trout, a variety of beef and pork tenderloin. Recipes provided to all students. Class sells out fast, register early!

Crafts

—Card Making—



Intro to Card Making 101—Level 1
Fridays, March 9-23 — LSC535-02
 9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie 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
Mondays, March 5-19 — LSC536-02

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie 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. All supplies will be provided.

Card Making Level 3—Intermediate/Advanced
Wednesdays, March 7-21 — LSC537-02

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. **Prerequisite:** This class will build on your skills from Level 2 offering more complex and challenging projects 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.

—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, March 6-20 — LSC538-02

10:00 to 11:00 AM (KS). \$14 (two sessions No class March 13). Instructor: *Janice Hanzel*. Class closed to new students until April 2018. Please

contact Janice for special permission. This is a low impact, revamped foundation and fundamentals class. The class will move through, at a relaxed pace, the eight basic traditional clogging movements, while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended.

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Easy-to-Intermediate Clogging**Tuesdays, March 6-20 — LSC539-02**

11:00 AM to 12:00 PM (KS). \$21 (three sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to Intermediate, from recent workshops and conventions. Come join the fun. All levels encouraged to participate.
Vacation drop-in: CLOG1 — \$10 per session.

Intermediate Plus Clogging**Tuesdays, March 6-20 — LSC540-02**

12:00 to 1:00 PM (KS). \$21 (three sessions). 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, March 5-26 — LSC541-02**

7:00 to 8:00 PM (KS). \$24 (four sessions). Instructors: *Jim & Jeanie Keener*. 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, March 5-26 — LSC542-02**

6:00 to 7:00 PM (KS). \$24 (four 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 have learned some of the basics; now it's time to add a few more steps and turns. This month we will be teaching "Traveling Swing and a 2 step cluster".

Country Line Dancing**Fridays, March 2-30 — LSC543-02**

3:00 to 4:00 PM (KS). \$30 (five sessions). Instructor: *Jim & Jeanine Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It 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, the class will begin 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. We will then move to the center floor for stretching, balancing and timing through basic dance steps and patterns. The last half hour of class is devoted to a simple dance choreographed to incorporate the steps students



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have learned. A different style of dance is introduced weekly: Cha-Cha, Character, Rock n Roll, Disco, Pop, Soft Shoe, and Lyrical. Wear comfortable clothes with either Ballet or Jazz shoes. 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, and empowering.

Beginning Dance for Life

Thursdays, March 1-29 — LSW11-02

5:00 to 6:30 PM (OC). \$50 (four sessions, no class March 22).

Instructor: *Dolly Schumacher*.

Dance for Life Intermediate

Fridays, March 2-30 — LSW12-02

2:15 to 3:45 PM (OC). \$50 (four sessions, no class March 23).

For the dancer who loves to perform!

Instructor: *Dolly Schumacher*.

—Hula—



Hula Basics

Thursdays, March 1-29 — LSC544-02

12:00 to 1:00 PM (KS). \$40 (five 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 is taught. This class may be taken alone or in conjunction with a regular Hula class. Please contact Pam prior to the first class at pamahoa@hulapono.com or 916-521-0474.

Hula Intermediate

Thursdays, March 1-29 — LSC545-02

1:00 to 2:00 PM (KS). \$40 (five 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 the 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, March 8-29 — LSC548-02

11:00 AM to 12:00 PM (KS). \$32 (four sessions). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. 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, March 13-27 — LSC549-02

1:00 to 2:00 PM (KS). \$24 (three sessions). Instructor: *Melanie Greenwood*. Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year.

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

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—Line Dance—

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

Listed below are the instructors and classes listed in order of difficulty.

**Intro to Line Dance**

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

- **Mondays, March 5-April 30 — LSC550-02**
4:00 to 5:00 PM (KS). \$54 (nine sessions).
Instructor: *Audrey Fish*
- **Thursdays, March 1-April 26 — LSC551-02**
9:00 to 10:00 AM (KS). \$54 (nine sessions).
Instructor: *Yvonne Krause-Schenck*

Easy Beginner

Thursdays, March 1-29 — LSC552-02

10:00 to 11:00 AM (KS). \$30 (five sessions). Instructor:

Yvonne Krause-Schenck

If you have taken an Introduction to Line Dance Class and want to move up to the beginner level, this is the class for you. This class is an Easy Beginner and is a transition between the introduction level and the regular beginner level. The dances are easy and fun. You will continue to perfect your basic steps and learn some new ones in the process. Please join Yvonne for this new class.

New day and time!**Beginner Class Level I**

Fridays, March 2-30 — LSC595-02

2:00 to 3:00 PM (KS) \$30 (five sessions). Instructor:

Sandy Gardetto. Sandy is moving her Tuesday morning class to Friday afternoon. This class is to help the Intro dancer that would like to step up to the Beginner class. Ultra dances, as well as Easy Beginner dances, will be taught with an emphasis on the terminology of line dancing. Join Sandy on the dance floor for some fun dances and great music.

Line Dance I—Beginner

Prerequisite: This class is not for newbies, students must have completed the Intro level and have mastered basic line dance steps, movements, and dances. Beginner dances will have more turns and combinations of steps, sometimes to faster music. Beginner dances will be taught, at the teacher's discretion.

- **Mondays, March 5-26 — LSC554-02**
9:00 to 10:00 AM (KS). \$24 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- **Thursdays, March 1-29 — LSC556-02**
2:30 to 3:30 PM (KS). \$30 (five sessions).
Instructor: *Audrey Fish*

Line Dance II—High Beginner/Improver Class

This level is a great way to help experienced beginners improve their skills and learn 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, March 5-26 — LSC557-02**
5:00 to 6:00 PM (KS). \$24 (four sessions).
Instructor: *Audrey Fish*
- **Wednesdays, March 7-28 — LSC558-02**
9:00 to 10:00 AM (KS). \$24 (four sessions).
Instructor: *Sandy Gardetto*

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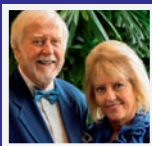
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Easy Intermediate Class

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, March 7-28 — LSC560-02**
10:00 to 11:00 AM (KS). \$24 (four sessions).
Instructor: *Sandy Gard* o

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, learning newly choreographed dances that are voted popular on the world line dance surveys. If you have a good foundation and are comfortable with easy, intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have! Dances in this class will be taught at the teacher's discretion.

- **Thursdays, March 1-29 — LSC561-02**
3:30 to 4:30 PM (KS). \$30 (five sessions).
Instructor: *Audrey Fish*

Line Dance Instructors

- **Audrey Fish**

Audrey has been teaching at SCLH since November 2000. She loves teaching line dance because it's such great physical and mental exercise. "It makes me happy to see the joy this class brings to my students as well as watching them progress and feeling proud of their accomplishments."



- **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 is also 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 the Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.

Beginning Tap

Mondays, March 5-19 — LSC562-02

12:00 to 1:00 PM (KS). \$27 (three sessions). If you have never taken a tap class, or have less than six months experience, this is a class for you. You will be taught the basic tap skills to build a solid basic level of technique (shuffles, flaps, cramp rolls Irish,

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shuffle ball change, etc.). Basic fundamental music skills will also be introduced. Students will learn unique combinations using these tap fundamentals, and learn parts of the "Soft Shoe" the "Waltz Clog and the "Shim Sham."

Choreography for Fun 1 & 2

Mondays, March 5-19 — LSC563-02

11:00 AM to 12:00 PM (KS). \$27 (three sessions).

Instructor: *Alyson Meador*

Performance

Thursdays, March 1-22 — LSC564-02

11:00 AM to 12:00 PM (KS). \$36 (four sessions).

Instructor: *Alyson Meador*. This class prepares students for stage performances. The current class is preparing for the Tap Show in April and is not open to new students.

Technique

Learn and hone your tap techniques through fun musical exercises.

- **Tuesdays, March 6-20 — LSC565-02**
10:00 to 11:00 AM (KS). \$27 (three sessions)
- **Thursdays, March 1-22 — LSC566-02**
10:00 to 11:00 AM (KS). \$36 (four sessions)
- **Mondays, March 5-19 — LSC567-02**
10:00 to 11:00 AM (KS). \$27 (three sessions)

Glass Art



Fused Glass Jewelry

Monday, March 26 — LSC568-02

9:30 AM to 12:00 PM (KS). \$25.

Supply fee: \$10 payable to instructor.

Instructors: *Jim Fernandez and Danielle Echeverria*.

Learn how to make fused glass jewelry with the focus on Dichroic glass or one of the many other fused glass projects like plates, vases or wall art. We will have a new project every month to choose from. Beginners & experienced artists are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing in general. We will go over designs, finishing schedules and cold working techniques. The \$10 supply fee provides enough compatible glass and dichroic glass to create about four pieces of jewelry, one plate, or another similar sized project. Additional projects or larger projects are available for an additional supply fee.

Stained Glass

Mondays, March 5-26 — LSC569-02

1:00 to 4:00 PM (KS). \$43.50 (three sessions No class

March 19). Supply fee: \$10 payable to instructor.

Instructor: *Jim Fernandez*. Requirements: No open

toe shoes. Short pants are okay. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling and soldering along with safety and the proper use of equipment. Create a beautiful butterfly sun catcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate students' skill level on the first day of class for a proper project to be done by the student. Lead glass technique now available. About the Instructor: Jim Fernandez has 27 years of stained glass experience.

Movies



The Art of Gene Kelly

Wednesdays, February 28-March 21

— **LSC495-01**

1:00 to 4:00 PM (KS). \$30 (four sessions).

Instructor: *Ray Ashton*. In our second course of 2018, discover the life and times of one of the greatest stars of the Golden Age of movie musicals...Gene Kelly. It is only fitting that we follow the elegant Fred Astaire with four musicals by this athletic and innovative artist. We will discover his unlikely career as our journey takes a look at four of Mr. Kelly's films:

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If It’s Spring, It Must Be Baseball!

Wednesdays, April 25-May 16 — **LSC597-02**

1:00- to 4:00 PM (KS). \$30 (four sessions). Instructor: **Ray Ashton**. Now we are in store for four great movies about the great American pastime. The magical “Field of Dreams,” the kid’s perspective of legends in “The Sandlot,” a baseball movie from an adult perspective in “Bull Durham,” and the inspiring story of Jackie Robinson in “42.” So, grab your peanuts and Cracker Jacks as we discuss the nature of this 19th century game and why it gives us such great movies.

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, March 7-28 — **LSC570-02**

8:00 to 10:00 AM (KS). \$48 (four sessions). Instructor: **Bill Sveglini**. **Advisory:** The class is currently closed to new students.



Guitar 1B— Continuing

Beginner Level

Mondays, March 5-26

— **LSC571-02**

8:00 to 10:00 AM (OC). \$48 (four sessions). Instructor: **Bill Sveglini**. **Advisory:** The class is currently closed to new students.

Guitar 2B—Entry to Intermediate Level

Wednesdays, March 7-28 — **LSC572-02**

10:15 AM to 12:15 PM (KS). \$48 (four sessions). Instructor: **Bill Sveglini**. **Advisory:** Class is currently closed to new students.

Guitar 3—Intermediate

Thursdays, March 1-29 — **LSC573-02**

8:00 to 10:00 AM (OC). \$60 (five sessions). Instructor: **Bill Sveglini**. **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, March 1-29 — **LSC574-02**

10:00 AM to 12:00 PM (OC). \$60 (five sessions). Instructor: **Bill Sveglini**. **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, March 6-27 — **LSC575-02**

1:00 to 2:00 PM (KS). \$36 (four sessions). Instructor: **Darrell Effinger**. No prior music knowledge is necessary; 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 the Kingston Trio,

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Peter, Paul and Mary, Simon and Garfunkel, John Denver, and others. Basic music theory (notes) will be shown, not emphasized. Information on how to choose and purchase a guitar, 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; and played with Peter, of Peter, Paul and Mary. Questions: Call Darrell at 916-989-8532.

Folk Guitar for Fun Folks 102 Intermediate Class

Tuesdays, March 6-27 — LSC576-02
 2:00 to 3:00 PM (KS). \$36 (four sessions). Instructor: **Darrell nger. Prerequisite:** Knowledge of guitar playing 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 fingerpicking 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, March 2-30 — LSC577-02
 10:30 AM to 12:30 PM (KS). \$60 (five 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 Wednesday & Thursday, March 21 & 22 — LSC504-01

9:00 AM to 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 to receive the discounted rate. Bring a valid driver's license to class 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, March 7-28 — LSC578-02

1:00 to 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 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

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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, March 12

— LSC579-02

1:00 to 2:00 PM (OC). \$15.

Instructor: *Sylvia Feldman*. All supplies provided except scissors

and tweezers. Class size is limited to three.

Bernina Sewing Machine Certification

Monday, March 12 — LSC580-02

2:00 to 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, March 12 — LSC581-02

3:00 to 4:00 PM (OC). \$15. Instructor: *Sylvia Feldman*.

Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors.

Technology

-PC-



Amazon Echo Dot

Monday, February 26 — LSC509-01

1:00 to 3:30 PM (OC). \$20. Instructor: *Bob*

Ringo. The Amazon Echo Dot functions

as a source of entertainment, a personal assistant, and a smart home controller. Many of you received a Dot as a 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.

Getting Most Out of Gmail

Monday, March 5 — LSC586-02

1:00 to 3:30 PM (OC). \$20. Instructor: *Bob Ringo*.

Prerequisites: Basic computer skills and working personal Gmail account already set up prior to class. Gmail, also known as Google Mail, is the best free

email service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device — desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village.



Cloud Storage Made Easy Thursday, March 8

— LSC587-02

1:00 to 3:30 PM (OC) \$20.

Instructor: *Bob Ringo*.

Computer users spend their lives accumulating "stuff." Then they find a way to back up their "stuff." Most use external hard drives, flash drives, or DVDs. After the recent California fires, the smarter users rely on **cloud storage** for their backups. Cloud storage is saving your data to an off-site storage system. If you store your data in the cloud, you will be able to access your data from any location that has Internet access. In this class, you will learn how easy it is to store "stuff" in free fire-safe cloud storage sites.

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Windows 10 Basics**Wednesday & Thursday, March 28 & 29**— **LSC585-02**

9:30 AM -12:00 PM (OC). \$45 (two sessions). \$7 class material fee. Instructor: *Rita Wronkiewicz*. If you are new to Windows 10 or you just don't feel you've mastered it, this class will give you the confidence to use it more effectively and appreciate its new format and features. Rita will show you the basics and also how to set up your Windows 10, so it is the most optimum for you. If you have a portable PC, bring it to class and learn with your device. Handout reinforces class work. Questions? Call Rita at 916-543-6962.

—**Smart Phones and Tablets/Mac**—**Android Smart Phones Basics****Monday, March 19 — LSC588-02**

1:00 to 4:00 PM (OC). \$45. Instructor: *Len Carniato*. **Prerequisite:** Gmail account. If you are still new to your Android SmartPhone [from any carrier], you could be feeling a little overwhelmed with all it can do. In this BASICS seminar, you will learn SmartPhones are very easy to use, and you will be able to master yours quickly. On our large screen display, we will focus on how to navigate screens, manage phone calls, organize your

contacts, text messaging, email, use the internet, share photos, and more. Even if you haven't quite got the hang of your home PC, this seminar will get you off to a great SmartPhone start. Remember, SmartPhones are the future, so join us for a fun and educational session!

Getting More from your Android Phone**Thursday, February 15 — LSC520-01****Or Tuesday, March 20 — LSC589-02**

1:00 to 4:00 PM (OC). \$45. Instructor: *Len Carniato*. Your Android Phone or Tablet can do much more than make phone calls. In class, on our big screen, you will see many useful accessories that can help and make it fun to travel with your device. Learn how to use the Voice Controls, to get driving directions, walking tools and the Internet. We will go beyond the basics and explore helpful Control Settings. You will learn how to manage your "Apps", Texting, Video Calls, Calendaring, and Syncing. Organize your Photos, backup, and sync to your home computer and more. You will leave this fun class with many great ideas on how to get much much more from your SmartPhone.

**iPhone Basics Workshop****Wednesday, April 11 — LSC590-02**

9:00 AM to 12:00 PM (OC). \$30. Plus \$5 paid to instructor for class material. Instructor: *Andy Petro*. **Prerequisite:** You must have an **iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, or iPhone X;**

and you must be on **iOS 11.2.5 or higher**. Bring your (fully charged) iPhone to the workshop. Do you want to learn how to use the Settings App to personalize your iPhone? Do you want to learn how to get the most out of your iPhone? Then this class is for you. If you have any other specific questions about the class call Andy at 916-474-1544.

iPhone Advanced Workshop**Friday, February 16 — LSC513-01****Or Friday, April 13 — LSC591-02**

9:00 AM to 12:00 PM (OC). \$30. Plus \$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, 7 Plus, 8, 8 Plus, or iPhone X;** and you must be on **iOS 11.2.5 or higher**. Bring your (fully charged) iPhone to the workshop. You will go beyond the basics. You will discover how to use apps in location-finders, weather, photography, communications and more. You will also learn many tips and tricks that make your iPhone fun and easy to use. If you have any other specific questions about the class call Andy at 916-474-1544.

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Digital Photography 101**Thursdays, March 1-29 — LSC592-02**

9:00 to 11:00 AM (OC). \$58 (four sessions). Instructor: **Robert Chang**. Have you ever wanted to take better photos but never learned photography or use all those controls on your digital camera? Learn to operate the essential features of modern digital cameras, regardless if it is a small compact, professional DSLR, or a smartphone camera app. Learn photography principles, good composition, effective camera angles and focal lengths, interesting lighting, and color theory. Also, learn simple digital photo editing techniques to significantly improve photo quality. Bring your camera including mobile devices with built-in cameras such as a smartphone and tablets.

**Digital Drawing and Painting****Mondays, March 5-26 — LSC593-02**

9:00 to 11:00 AM (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.

Facebook 101**Saturdays, March 10-17 — LSC594-01**

9:00 to 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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WellFit

Classes fill up quickly, please register at least seven days prior to class start date. Register for these classes at the Fitness Centers. Events go on sale on the 17th of this month at 8:00 AM.

WellFit Orientations

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

- **Tuesday, February 20**
1:00 to 2:00 PM, Fitness Floor (OC)
- **Wednesday, March 7**
2:00 to 3:00 PM, Fitness Floor (OC)
- **Thursday, March 21**
2:00 to 3:00 PM, Fitness Floor (OC)
- **Wednesday, February 21**
4:00 to 5:00 PM, Fitness Floor (KS)
- **Wednesday, March 7**
3:00 to 4:00 PM, Fitness Floor (KS)
- **Wednesday, March 20**
1:00 to 2:00 PM, Fitness Floor (KS)

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Please see the colored grids on pages 102-105 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. For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab.

Each class is \$4.50. Purchase your Punch passes at either Fitness Center front desk.

Disease Prevention & Management Session-Based Classes

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



Arthritis

Tuesdays, March 6-20

Wednesdays, March 7-21

Thursdays, March 8-22

Fridays, March 2-23

Wednesdays & Fridays, 12:00 to 1:00 PM, Aerobics Room (OC). Tuesdays

& Thursdays, 11:00 AM to 12:00 PM, Aerobics Room (OC). Tuesdays, Wednesdays & Thursdays \$26.25 (three sessions) Fridays \$35 (four sessions). 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 the 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.

Dream a Little Dream—Managing your Sleep Apnea and Other Sleep Issues – Exploring CPAP Machines and Masks Tuesday, March 20

1:00 to 2:30 PM, Multipurpose Room (OC) \$20. Instructor: **Victoria Florentine**, RRT, Respiratory Care Practitioner. This class is open to anyone who has experienced sleep apnea or other sleep disorders. This class will explore the ever-evolving options available for CPAP devices, humidification systems, masks and other interfaces and accessories. This is a hands-on workshop. Residents will have the opportunity to view and experience a variety of machines and interfaces in a controlled setting.

Lessons

Programs that provide learning the emotional, mental and physical aspects of outdoor activities



Nordic Pole Walking Monday & Wednesday, March 5 & 7

9:00 to 10:30 AM, meet at the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent).

Instructor: **Dr. Richard Del Balso**. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times



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a week gives you a "Full Body Aerobic Exercise" by simply adding poles to your walking routine. After just two 90-minute sessions, you will be able to incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce 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 the option to purchase at the final session.

Tennis Lessons

Sundays, April 8-May 13

Beginner 8:00 to 8:50 AM

Intermediate 9:00 to 9:50 AM

Advanced 10:00 to 10:50 AM

Courts #10/11. \$75 (six sessions). Instructor: *Mike Gardetto*. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks.

Martial Arts & Mindful Movement

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

Mindfulness Weekend Retreat – Practicing Patience Saturday, March 17

9:00 AM to 12:00 PM, Multipurpose Room (OC). \$45 (three-hour event). Instructor: *Michelle Jamieson*. Patience is required in all aspects of life, yet it is a difficult thing to master when the mind is restless, and we feel a strong desire for things to be different. Learning to be patient takes practice. In this three-hour retreat, take the time to calm your body and your mind to move you closer to contentment in your life.



Mindfulness – Learning to Live Mindfully – Step by Step: Patience Wednesdays, March 7-21

4:00 to 5:00 PM, Aerobics Room (OC). \$45 (three sessions, no class March 26). Instructor: *Michelle Jamieson*. Patience is remembering that things take place in their own time. Wishing or wanting

for things to be different or trying to fast-forward time are the products of the constantly restless and impatient mind. Learning to cultivate patience for ourselves and others is important in our acceptance of our own experiences and in showing compassion to other people. In patience lies wisdom. Come learn skills to help you relax in life and to trust that things happen when they are meant to happen.

New! Mindful Movement Mondays, March 5-19

4:00 to 5:00 PM, Aerobics Room (OC). \$33 (three sessions, no class March 26). 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 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.

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New! Establishing a Meditation Practice **Mondays, March 5-19**

5:00 to 6:00 PM, Aerobics Room (OC). \$45 (three sessions, no class March 26). The path of Meditation involves a slow and steady cultivation of the mind. The benefits of mindfulness and contemplative practice are real, tangible, and can be experienced by anyone who practices with proper guidance. To experience these benefits directly, we need to take time in our life to practice. We must give our minds the right conditions for the powers of wisdom and concentration to grow, which includes refining our understanding of the teachings and ensuring that we are using the techniques properly. In this four week session, we will nourish our capacities for clear seeing and inner steadiness and deepen the foundations of mindfulness practice by giving careful attention to the body, the breath, feelings, and the mind.



Tai Chi—Qigong Introductory Class **Tuesdays, March 6-27**

1:00 to 2:00 PM, Aerobics Room (KS). \$44 (four 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 is 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, March 6-27**

2:00 to 3:00 PM, Aerobics Room (KS). \$44 (four 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 offer 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, March 6-27**

3:00 to 4:00 PM, Aerobics Room (KS). \$44 (four 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.

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New! Laughter Yoga**Thursday, March 1-29 (no class March 8)**

1:00 to 2:00 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: *Linda Kalb Hamm*. Let's gather together to laugh for no reason, get an easy aerobic work-out, meet new people, reduce stress and anxiety, add more joy and sparkle to life, enhance our mental and physical well-being and unify our world through laughter! This is not your traditional bendy, stretchy yoga, so no mats, poses. This hour-long laughter session begins with gentle stretching, clapping, chanting and breathing warm-ups. Then we begin our "laughter exercises" which use playful acting and visualization methods to keep us laughing and making eye contact with one another. We wind down with our "laughter meditation" which allows us to enjoy the spontaneous flow of laughter we have created by the end of our session. Finally, we end with guided relaxation exercise and affirmations... and lots of bubbles and hugs! Laughter Yoga is adaptable to all abilities. Just wear comfortable clothing and a smile!



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Money Matters

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

Preparing for the Next Economic Cycle with Russ Abbott**Tuesday, February 27**

10:30 AM to 12:00 PM, P-Hall (KS). \$5. (Single session). Instructor: *Russ Abb*. Since the financial crisis of 2008, the economy has grown very slowly with low interest and inflation rates as well as weak GDP growth. That might all be changing very soon with potentially more spending by corporate America given low unemployment and aging equipment. Come to his timely class to learn how to prosper in your portfolio to this important new trend and see what might be ahead for interest rates and inflation.

The Future of Energy with Russ Abbott**Tuesday, March 27**

10:30 AM to 12:00 PM, P-Hall (KS). \$5. (Single session). Instructor: *Russ Abbo*. Whether it be the gas tank, one's portfolio, or basic inflation, Oil has always been an often-discussed and critical topic. In 2020 it is predicted by some that the United States will not only be the largest producer of the commodity, but also a net exporter. Fracking, electric and, potentially, autonomous vehicles, as well as deregulation, are all leading to an oversupply of Oil and will have significant repercussions for the economy in the years ahead. Come learn about this fascinating trend and how you can prepare.

Nutrition

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

**Setting and Sticking to your Goals for a Healthier You****Thursday, February 22**

2:30 to 3:30 PM, Aerobics Room (KS). \$20 (Single session). Instructor: *Milly Nunez*. We often face the challenges of eating healthy, keeping up with our exercise routines, and/or setting goals. How can you prepare to make this time different and more successful? Come and listen to some helpful tips and spend some time brainstorming and preparing with a certified personal trainer and sports nutritionist. Learn how to set SMART goals and leave with an action plan. Make yourself a priority.



Re-Start—Your Health in Just Five Weeks
Tuesdays, March 27-April 24

1:00 to 2:30 PM, Multipurpose Room (OC). \$129 (5 sessions). Instructor: *Audrey Gould*, Registered Dietitian, and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in; the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted the immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.



Restorative Wellness – Private Nutritional Consulting, Audrey Gould, RD/RDN, NTP

“Restorative Wellness with Audrey” will focus on educating and empowering residents to take control of their 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 at \$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.



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Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks.

Let's Talk About Advance Health Care Directives Wednesday, March 30

9:00 AM to 12:00 PM, Oaks and Gables Rooms (OC). \$30. Instructor: *Marcia Van Wagner*. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials.

Getting Your Stuff Together: Organizing Your Estate Thursday & Friday, April 12 & 13

9:00 AM-12:00 PM, Oaks & Gables (OC). \$30 for both sessions + \$25 material fee paid to the instructor on the first day of class. Instructor: *Marcia VanWagner*. The

unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your "stuff." Estate organizing is getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your "stuff." Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready.

Memory: The Long and Short of It Thursday & Friday, March 29 & 30

9:30 to 11:30 AM, Cards 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 a pioneer in brain wellness and memory training and is the founder and CEO of Brain Gain™ (www.braingain.info). She has taught health and health-related courses for several universities including private and public institutions.

Brain Gain I: 2.0 (New, by Popular Request!) Wednesday & Thursday, April 11 & 12

9:30 to 11:30 AM, Solarium (OC) \$30. Instructor: *Alice Jacobs*. For those who have wanted to take the Brain Gain I series, but could not commit to the entire series - this workshop format is for you! Condensed into only two workshop meetings, we will cover basic brain anatomy, foundations of the memory process, plus fun, interactive brain "neurobics" that will engage you and your brain. Come join the fun, learn about brain health-enhancing research, and grow new brain cells without sacrificing any of your other schedule commitments. Repeaters welcome.



Beginning Sudoku Tuesday, February 27 Tuesday, March 27

9:00 to 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

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strategies 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!

Pilates Reformer Membership Packages

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 an 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. Private Reformer Training is available. See class grid on pg 105 for a complete listing of Pilates Reformer classes.

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 at the Fitness Centers. The trainer will call you to set up an appointment.

Private Reformer Training

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.

- **One-on-One Training:**

One client and one trainer. One hour session cost is \$54.

- **Duet Training:**

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Personal and Clinical Training

Personal training is convenient, efficient and individualized for your specific goals. Whether your goals are strength, endurance or rehab related we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications contact the SCLH Fitness Supervisor, Jeannette Mortensen, at 916-408-4825 or Jeannette.mortensen@sclhca.com. You can also visit www.sclhresidents.com under WellFit/Personal Training/meet the trainers.

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **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 \$34 per person.

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 of each class.



SGT—Parkinson's Indoor Cycling Wednesdays, March 7-28

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). 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 the 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.

New! SGT—ParkinsonWise Combo Fridays, March 9-30

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. Trainer and instructor Milly Nuñez will combine content from Parkinson's Indoor Cycling and ParkinsonWise classes to create a class that helps improve the quality of life through meaningful exercise.

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SGT—ParkinsonWise Thursdays, March 8-29

1:30 to 2:30 PM, Aerobics Room (KS). \$70 (four sessions). 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 Strength and Stretch Combo L2 Mondays & Wednesdays, March 5-28

2:30 to 3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Kathryn Shambre*. Warm up with functional moves to the sounds of the 70's. Learn to use the TRX to strengthen and balance the body safely. Extra care and attention will be given to the knees and the shoulders. Other pieces of equipment will be used to isolate the abs along with low impact

moves throughout the class. The class is completed with a relaxing stretch using the TRX and stability ball to rebalance the body. This class is available for the SGT Drop-in Pass.



SGT—Fit 101 at Kilaga Springs L1 Mondays & Wednesdays, March 5-28

10:30 to 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 the 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, March 6-29

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions). 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.



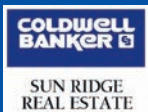
SGT—"Fun"ctional Fitness L3 Tuesdays & Thursdays, March 6-April 5

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class 3/27 and 3/29). 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

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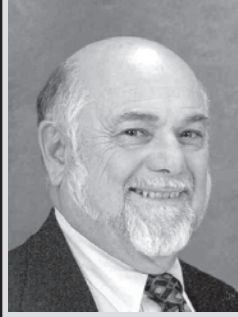
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regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. This class is available for the SGT Drop-in Pass.



SGT—Progressive Bootcamp L2/3
Mondays & Wednesdays, March 5-28

4:00 to 5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Looking to change things up? Try this Bootcamp class that gives you progressive exercises to

accommodate each participant's fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. This class is available for the SGT Drop-in Pass.



SGT— Morning Burst Group
Training L2

Mondays & Wednesdays, March 5-28

7:15 to 8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Milly Nuñez*. Rise and shine to enjoy a fun and energizing workout in a small

group setting. Discover ways to challenge yourself at your 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 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 & Thursdays, March 6-29

5:30 to 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, March 2-30

7:15 to 8:15 AM, Aerobics Room (KS). \$88 (five sessions). 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 & Wednesdays, March 5-28

11:30 AM to 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. The 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, March 5-28

2:00 to 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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OC WellFit Class Schedule March 1-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Athletic Stretch L1/3 - Jen		Athletic Stretch L1/3 - Jen				
8:00	Strictly Strength L3 - Jen	Step for All L2 - Kim	Strictly Strength L3 - Jen	Step for All L2 - Kim			
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3 - Summer	Core & Strength L2 - Kim	20/20/20 L3 - Gretchen	Yoga Basics L1 - Amy/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 - Corrie
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 - Iron	Arthritis L1/2 - Linda	Yoga Stretch L1 - Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 - Julie	1:30-2:30pm Chair Yoga L1 - Ashley	Chair with Flair L1 - Julie	Laughter Yoga L1 - Linda K	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 - Milly (completion of Healthy Living Session required)	Healthy Living Exercise L2 - Milly (completion of Healthy Living Session required)		Healthy Living Exercise L2 - Julie (completion of Healthy Living Session required)	Activities	SCLH Booking	
4:00	Mindful Movement L1-3 - Michelle	Activities	Mindfulness L1 - Michelle				
5:00	Meditation techniques L1 - Michelle			Activities			
6:00			Mixed Levels Yoga L1-3 - Jennifer				
Group Exercise Classes (punch pass) \$.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 March 1-31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15							
7:15-8:15am	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - TGIF TRX L2 - Danielle		
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	Low Impact/Sculpt Interval L2 - Jeri/Jeanette	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Jennifer	Strictly Strength L2 - Linda	Cardio Strength L3 - Jeri/Jeanette	Strictly Strength L2 - Jeri	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2 - Linda	Yoga Stretch L2 - Jeri	
11:30	SGT - Healthy Back L1 - Marilyn		SGT - Healthy Back L1 - Marilyn		Waldan Gong L1 - Joan		
12:30		12:00pm SGT - Functional Fit L2 - Deanne		12:00pm SGT - Functional Fit L2 - Deanne			
1:00		1:00pm Tai Chi Intro - Pell	SGT - Indoor Cycling for Parkinson's L1 - Milly		SGT - Parkinson/WISE Combo L1 - Milly		
1:30	Yoga Basics L1 - Amy	2:00pm Tai Chi L1 - Pell		1:30-2:30pm SGT - Parkinson/WISE L1 - Milly			
2:30	SGT - TRX Strength and Stretch Combo L2 - Kathryn	3:00pm Tai Chi L2 - Pell	SGT - TRX Strength and Stretch Combo L2 - Kathryn				
4:00	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SCLH Booking		
5:30		SGT - TRX L2 - Danielle		SGT - TRX L2 - Danielle			
6:30							
Group Exercise Classes (punch pass) \$: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.							

OC Aqua WellFit Class Schedule March 1-31, 2018

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

Pilates Reformer WellFit Class Schedule March 1-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Mixed Equipment L1- L2 - <i>Cynthia</i>				Mixed Equipment L1- L2 - <i>Gretchen</i>		
8:30	Ref Basics + L1-L2 - <i>Sarah</i>	Mixed Equipment L1-L2 <i>Marilyn</i>	Ref Basics L1 - <i>Cynthia</i>	Mixed Equipment L1-L2 - <i>Cynthia</i>	Ref Basics + L1-L2 <i>Sarah</i>		
9:30	Mixed Equipment L1- L2 - <i>Sarah</i>	Ref Basics + L1-L2 - <i>Marilyn</i>	Ref Basic L1 - <i>Cynthia</i>	Ref Basics L1 - <i>Julie</i>	Mixed Equipment L1-L2 - <i>Sarah</i>	Mixed Equipment L1- L2 - <i>Julie</i>	
10:30	Ref Basics L1 - <i>Valerie</i>	Chest and Shoulders L1-L2 <i>Marilyn</i>	Mixed Equipment L1- L2- <i>Julie</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 <i>Sarah</i>	Cardio Jump & Core L2 - <i>Julie</i>	
11:30	Mixed Equipment L1-L2- <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Mixed Equipment L1-L2- <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	
12:00							
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
5:30		Reformer Basic+ L1- L2 - <i>Lori</i>					
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

Sun City Lincoln Hills Community Association

965 Orchard Creek Lane
Lincoln, CA 95648

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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

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Sunday 8:00 AM-5:00 PM

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Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

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Saturday (first only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

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Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

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Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

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Sunday Brunch 7:00 AM-2:00 PM

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Saturday 9:00 AM-5:00 PM

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