

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



Be Thankful

17 Thankful For Our Veterans

23 Thankful For Our Giving Community



IN STOCK FLOORING - IN STOCK CABINETS

KITCHEN REMODELING - BATHROOM REMODELING - REMEDIATION SERVICES

COUNTERTOPS - BACKSPLASH - FLOORING

TILE - HARDWOOD - VINYL - LAMINATE



NATOMAS

4021 N. FREEWAY BLVD #100
SACRAMENTO, CA 95834

ROCKLIN

6848 FIVE STAR BLVD #6
ROCKLIN, CA 95677

VACAVILLE

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

ELK GROVE

(COMING SOON!)

Contents

ASSOCIATION NEWS

- 5** Board of Directors' Report
- 6** Executive Director
- 7** Committee Reports
 - Finance
 - Architectural Review
 - Compliance
 - Properties
 - Communications and Community Relations
 - Accessibility
 - Election News
- 14** Department News
 - Lifestyle News & Happenings
 - Food & Beverage
 - WellFit News



COMMUNITY PROFILE

- 17** Thankful For Our Veterans
- 18** A Very Special Thank You!
- 21** The Art of Community Service
- 23** Thankful For Our Giving Community
- 25** The Science Behind Giving Back: "Helpers High"



IN EVERY ISSUE

- | | |
|----------------------------|-----------------------------|
| 26 In Memoriam | 63 Entertainment |
| 27 Library News | 67 Trips |
| 29 Club News | 71 Class Index |
| 53 Support Groups | 73 Lifestyle Classes |
| 57 Bulletin Board | 80 WellFit Classes |
| 58 Community Perks | 98 Contacts & Hours |
| 59 Community Forums | 99 Ad Directory |
| 61 Spa | |



On the Cover
Placer County Veterans Monument
—Photo by Larry Yaggi
See page 17

Calendar of Events

November 16 – December 16

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

Date Event	Page #
11/16 The Salt Mine.....	59
11/18 Golf Cart Registration.....	58
11/18 Firefighters Turkey Drive	58
11/22 West Side Story – Movie	58
12/2 Golf Cart Registration.....	58
12/2 Make Christmas Magic.....	83
12/3 Holiday Body Scrub.....	82
12/6 Ribbon Tree	75
12/6 Marbled Ornaments	75
12/6 Last Christmas – Movie.....	58
12/9 Get It Done	83
12/10 Holiday Moisturizer and Chapstick.....	82
12/13 Holiday Gift Stations.....	75
12/16 You Deserve a Break.....	83

SIGN UP FOR ENEWS



- Open up the Camera on your phone
- Scan the QR Code
- This will take you to the resident website sign up for eNews page. (Login may be required)

Upcoming Association Meetings: November 15 – December 16	
Finance Committee Meeting	Wednesday, November 17, 9:00 AM
Board of Directors Meeting	Thursday, November 18, 9:00 AM
Board of Directors Executive Session	Thursday, November 18, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, November 22, 9:00 AM
Accessibility Committee Meeting	Wednesday, December 1, 9:00 AM
Compliance Committee Meeting	Wednesday, December 1, 9:00 AM
Properties Committee Meeting	Thursday, December 2, 9:00 AM
Elections Committee Meeting	Friday, December 3, 10:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, December 7, 9:30 AM
Board of Directors Workshop	Wednesday, December 9, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, December 13, 9:00 AM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, December 14, 10:00 AM
Finance Committee Meeting	Wednesday, December 15, 9:00 AM
Board of Directors Meeting	Thursday, December 16, 9:00 AM
Board of Directors Executive Session	Thursday, December 16, 11:30 AM

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

VOLUNTEER OPPORTUNITIES

Committee Openings

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

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

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



Board of Directors' Report Improving Communication

Joe Cortez, Director

After our second year of pandemic shutdowns, it seems that our residents are ready for some normalcy in their lives. For many, that includes resuming travel or making plans to spend holidays with friends and family. While we are all aware (or should be) of appropriate COVID precautions, this might be a good time for reminders of basic tips to help keep us and our belongings safe this holiday season. So let's start with tips for those who will be away from home.

The first rule of thumb is to ensure your home always has the appearance of being occupied. This includes stopping newspaper deliveries and asking neighbors to remove any newspapers or flyers left on your property. Especially important is to reschedule package deliveries for a later date or ask a neighbor to hold them for you. A package left unattended makes easy prey for porch pirates.

One easy trick is to leave your television or radio on so it is just barely audible from your front porch. That way, a potential burglar will hear faint sounds and may mistakenly think your home is occupied. You may also consider purchasing timers for your home's indoor lights to give the appearance that you are home.

Holidays are also prime time for lighting up our homes and yards with decorations. Be sure to

use extension cords rated for outdoor use, and avoid overloading plug strips as this can lead to a fire.

When making shopping trips, be sure and hide your purchases in the trunk of your car. If you drive an SUV or another vehicle without a trunk, it is best to keep purchases out of view by placing a dark-colored sheet or blanket over them. Making your shopping trips during daylight hours is recommended, but if that is not possible, it is best to park in well-lit areas and shop with a friend.

With just a little effort, we can reduce opportunities for crime by ensuring our garage doors are closed when we retire for the night, that our home's doors and windows are secure, that the exterior of our homes are well lit, and that the doors and windows of our cars are locked. Again, ensure that no valuables are visible in your unattended vehicle.

We are very fortunate that the City of Lincoln is consistently rated as one of the safest communities in our state, and Lincoln Hills is even safer! But safety works best when it is a team effort. If you see suspicious activity in your neighborhood, please report it to the Lincoln Police Department 916-645-4040 and Curator Security 916-771-7185. If we all do our part, we will enjoy a safe and enjoyable ho-ho-holiday season.





A Note from the Executive Director

John Bowman, Interim Executive Director

As I write this article, I just passed my five-week mark as your Interim Executive Director. Several of you have flattered me by telling me you want me to stay as your E.D. I assure you that my wife is expecting me back in Montana as soon as your new Executive Director is firmly in place. In the meantime, I am thoroughly enjoying getting to know your lovely community while dealing with some of the challenges. Thank you for being so gracious to me.

One thing that has particularly impressed me in my short time at Lincoln Hills is the quality and dedication of your staff. I have worked with many different employees over the years. I can honestly say that your team is top-notch. Everyone can have a bad day on occasion, and some of your staff are still on the steep side of the learning curve, but I have not dealt with an employee yet who was not trying to please me or the customer they were helping and who did not have the best interest of the community as their focus. You are particularly lucky to have such a good team, as employers all around are struggling just to get a warm body to take their job openings.

Working for a homeowner association is not as glamorous as one might think. The service industry, in general, is tough, but the environment in homeowner associations today can be particularly toxic. Residents often take their frustrations or disappointments out on the frontline worker who is

just trying to do the best they can. Front-of-house food and beverage employees, maintenance staff, administrative clerks, front desk staff, fitness trainers, and receptionists are usually the ones who receive the brunt of a disgruntled resident's complaints, often about something that is not even within their ability to resolve. These negative comments can take their toll on the staff, causing them to look for greener grass.

Since you are taking your time to read my article, you are likely not part of the problem – I am preaching to the choir, but you can be part of the solution. If you hear someone making disparaging comments about one of the employees, do not join in. Instead, try taking that neighbor aside and encourage them to bring their complaint to the department manager or directly to me. Just as I have been encouraged by the kind words that you have shared with me, you can encourage the staff by going out of your way to thank them for being here and trying their best. We all expect to hear negative comments on occasion; that is just human nature. But getting positive feedback can turn a tough day into a good one. Isn't that all any of us want?

With the holiday season just around the corner, let's all do our part to make life just a little brighter. If you have any questions or concerns about any Association matters, including this article, you can contact me at John.Bowman@sclhca.com.

THANKSGIVING 2021 HOLIDAY HOURS

Thanksgiving Day, Thursday, November 25

Lifestyle Desk OC/KS.....	Closed
Administration & Membership	Closed
WellFit OC/KS.....	5:30 – 11:00 AM
The Spa at Kilaga Springs.....	Closed
Kilaga Springs Café.....	Closed
Meridians Restaurant & Bar.....	Closed

Day After Thanksgiving, Friday, November 26

Lifestyle OC/KS.....	10:00 AM – 3:00 PM
Administration & Membership	Closed
WellFit OC/KS.....	7:00 AM – 2:00 PM
The Spa at Kilaga Springs..	9:00 AM – 6:00 PM
Kilaga Springs Café.....	Closed
Meridians Restaurant & Bar.....	Closed



Finance Committee

A Busy Month

Fred Raach, Chair

During September, in addition to its regular review of financial results and proposed projects, the Finance Committee completed its analysis of the 2021 Reserve Study and the proposed 2022 Budget, which determines dues, and made recommendations for the Board to approve both.

Also, in September, the Association net revenue increased \$26,000 to \$404,000 for the year, \$508,000 better than budget. This positive result comes from a combination of non-dues revenue \$241,000 higher and expenses \$267,000 lower than budget.

The chart shows where expenses are better (green) or worse (red) than budget by type of expense. Personnel Costs continue as the largest contributor to overall savings. Landscape Maintenance savings are primarily from the deferral of activities that may still be done this year. Administrative Expenses overage increased by \$44,000 in September mainly due to unbudgeted expenditures for audit, other professional services, and human resource services. The increased cost of water continues as the major cause of the overage in Utilities.

Notable departmental expense items in September are an increase in the over-budget amount in the Administration Department, where all the unbudgeted items mentioned above are booked, and Food and Beverage net

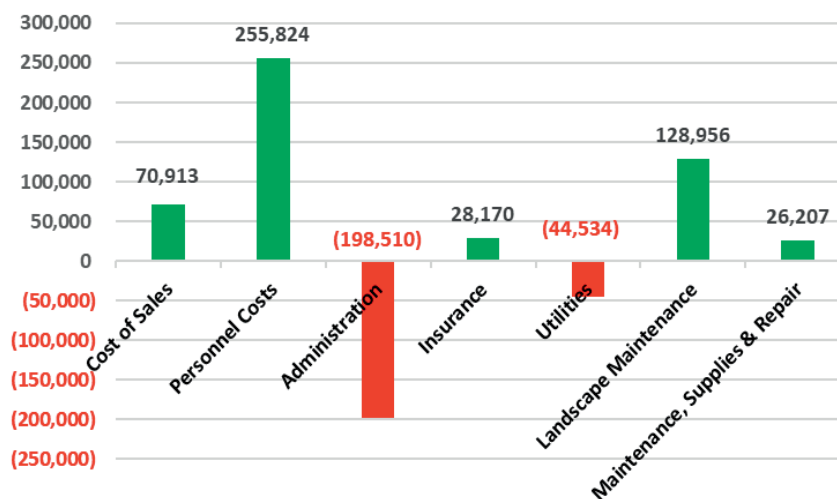
results that were better than budget.

The 2021 Reserve Study begins with a \$1.00 per month increase in the reserve contribution for 2022 and 2023 and increases in subsequent years to keep pace with inflation. It shows that the Association will have adequate funds to pay for all projected replacements every year throughout the 30 year study period and have a reserve fund of more than \$20 million in 2050 to help pay for future replacements.

The 2022 Budget assumes there will be no pandemic restrictions during the year and that residents will generally feel comfortable using

the amenities and programs offered. It also incorporates known cost increases, including the minimum wage hike, higher costs for water and electricity, the increase in the reserve contribution, higher legal expenses, the addition of

SEPTEMBER 2021 YTD OPERATIONS ACTUAL vs BUDGET VARIANCE



SEPTEMBER 2021 YTD Operations Variance Total = \$267,026

one full-time position, and Operations having the costs for replacement of any item no longer in reserves (computers and related equipment and any item costing less than \$2,000). The positive net revenue carry-over from 2020 offsets these increases and the Committee recommended continuing the \$133 monthly dues amount.

More detailed information on the financials is available on the Resident Website in the Library section under Financials and from the videos of the Finance Committee meetings.



Architectural Review Committee Sharing Leadership

Richard Bostdorff, Co-Chair

Yes, there is a new face appearing in this column. I am Richard Bostdorff, recently appointed co-chair with Carole Dummett to lead the Architectural Review Committee (ARC) and provide support to the community. Carole has a wealth of experience, both leading the ARC and in the community. I look forward to sharing the committee leadership and learning from her background. I am a retired corporate executive and led a development company, as it developed a community similar to this great one in Reno. So, I do have some experience in planned communities and HOA processes. Over a year ago, after looking at several other communities, we decided to relocate here. The look and feel of Lincoln Hills, as well as the active lifestyle, and great residents, made it an easy choice for us.

As new residents, we needed to add fencing, re-landscape the rear yard, and put in solar. As we worked through the ARC applications, we realized several things. First, the Design Guidelines are very complete and are regularly updated as options and tastes change. Second, the ARC checklists, while requiring some work, do help ensure you have a successful project that is consistent with the look and feel of the community. It is that look that attracted many of you to the community also. I joined the ARC believing that my experience would be helpful, and I have a desire to help other residents complete their projects within the guidelines as smoothly as possible.

As you submit an ARC application, please do

the following:

- 1) Read the related Design Guidelines to fully understand what is required and approved.
- 2) Ensure you fill in all the information on the checklists (which are excellent guides), and remember to sign and date them.
- 3) Double check that you have a list of plants, and the location of the plants, on a landscape plan. Check

the approved plant lists, and make sure you comply with the required setbacks.

These are the areas that most often cause us to mark an application incomplete. If you have a question, feel free to contact Jessie Krost, Community Standards Coordinator, at

Jessie.Krost@sclhca.com for assistance.

Fall is upon us, and this is an excellent time to upgrade your landscaping or replace plants that need replacing. Replacing a plant with a new one (assuming it is on the approved plant list) does not require an ARC application.

Another fall item, as the winds build and the threat of power outages loom, is the installation of generators and solar systems. Again, please read the Design Guidelines, carefully complete the checklist, and make sure you have all the required documentation.

We are expecting to return to open ARC meetings in November so we can assist you with applications and answer questions. There are openings on the ARC, and I would encourage you to apply. It is a great way to give back to Lincoln Hills.

We wish you all a very Happy Thanksgiving.





Compliance Committee Improving Communications

David Mateer, Chair

When a matter comes up for Community Standards to handle, cordial, clear, and effective communication is essential. There is a set of steps the Association uses to communicate with our members for all potential violations. The majority of communications for potential violations are letters from Community Standards. This is intended to provide a written and clear understanding of the potential problem and required action.

To assist with uniform communications, Community Standards established template letters for communicating with our members. The Compliance Committee has undertaken a review of the templates used to see if we can enhance the letters and their effectiveness for our community. The committee has already reviewed five of the letter templates used and presented suggested changes to our Executive Director.

We are currently working on revising the First Notice and Second Notice letters. These cover the vast majority of all communication.

These letters are critical as they provide the initial contact and information regarding the potential violation. We have solicited input from both committee members and the community as a whole. Samples of the current templates are in the Library/Forms/Community Standards section on the Resident Website. You may review these samples and offer suggestions via our committee email address, Compliance.Committee@scfhca.com.

We are also researching letters used by other associations to see how they accomplish this important communication. Several areas and ideas of improvement have already been discussed. We hope to be able to finalize our suggestions prior to the end of the year. Some of the content of the letters is needed to fulfill legal requirements, as is some of the timing. However, we have substantial flexibility to ensure they are helpful, clear, and complete for everyone.

The current content of the letters is created by Association management and staff. The committee

is working to provide suggestions on how we can improve and serve you, our members better. As with almost everything, these changes are part of the next step of continual improvement. We hope to be able to incorporate these suggestions early in 2022.

In early 2022, we will also begin to review the content of the letters for specific common problems to ensure they clearly describe both the current

condition and any necessary corrective action. In some cases, we may develop additional documents to provide further helpful information.

Should you receive a letter and be unsure why, what it means, or what to do, the Community Standards department is available to assist you and should be your first point of contact. Their contact information is in the letters or email them at Community.Standards@scfhca.com.





Properties Committee

Working Together, Achieving More

Lynne White, Committee Member

The Properties Committee has seven members who dedicate their time generously to support our community. It makes a difference in the lives of others and our lives, too. We work as a team where our specialized skills and interests are used to their full advantage, and our responsibilities are shared among the team. With our Board liaisons, Jack Harris and Craig Fraser, Finance Committee liaison, Chuck Cunningham and Facilities & Maintenance Manager Erik Rosales, we know when we work together, we achieve more.

This month we welcome Rich Lujan. Rich was an engineer and in addition is knowledgeable about software programming and management. He made a wonderful video for our New Resident Orientation. In Rich's words, "I was pleased to make a video that stated why I enjoy living in Lincoln Hills."

In the twelve-minute and twenty-one-second video, Rich speaks about coming through our entrance for the first time, viewing the waterfalls, and seeing a beautiful and active community. He knew immediately that this would be the best place to spend his retirement years. Rich found the right community and the right committee to join to secure his future.

When a project request form is submitted to the Properties Committee, it can be handled three different ways. We vote to approve the project, we vote to deny the project, or it goes to a task force for further review. When a project is approved, it goes to the Finance Committee and then to our Board of Directors for final approval. The finalization of a project is a source of pride for our Properties Committee. It means that everyone worked hard

to reach a positive outcome.

Once large projects are underway, we monitor progress during construction. Here is a partial list of projects, picking and choosing among many. Work is completed on the Blue Heron Bridge, Kilaga fence is repaired and painted, mulch replacement is underway, sidewalk grinding and repairs are scheduled as needed, concrete wood fencing is ongoing, post and cable fencing is in progress.

The Orchard Creek and Kilaga Springs parking lots will have crack repairs, resealing, and restriping as needed. The soft-ball field fencing is awaiting City approval. In our pipeline are the Sports Plaza parking lot expansion, the Sewing Room expansion, skylight replacement at Orchard Creek, Pilate's room expansion, replacing or repairing the swimming pool fence, and replacing or repairing the ballroom partition.



Sometimes we have emergency repairs and replacements that go directly to the Executive Director. Examples of emergency spending would be for a loss of Association property, interruption of services to the residents, or personal injury to any individual. For additional information, go to our Resident Website. You can view our prior committee meeting minutes, inspection reports, and videos of previous meetings. Because our workload has increased in the last few years, we are expanding our committee to nine members. At our previous meeting, we had over 16 projects that were either proposed, in the works, or awaiting bids, permits, materials, or contractors. If you find something about the above projects that you want to be clarified, do not hesitate to email Properties.Committee@sclhca.com.

Communications and Community Relations Committee

Community Outreach

Denise Bowden, Chair

The Board has recently tasked the CCRC with a project that is a bit daunting, The Community Outreach Project. They have requested that the “CCRC develop an expanded concept of community involvement in the selection and prioritization of capital projects in cooperation with the Executive Director.” It is very important to note that the CCRC is not the decision-maker with regard to any projects, it provides the framework for obtaining input and facilitates gathering that input. Decisions on priorities and spending will be made by the appropriate individuals/committees.

The CCRC will present findings and recommendations based on resident feedback on how residents would like outreach from the HOA to obtain input. Still, the ever-present question is how to gather that feedback.

Many of the readers of this article are the ones who regularly attend Board meetings, committee meetings, and workshops, but how do we engage with households who do not? There will always be residents who prefer not to weigh in, but if we are to consider the opinions of all residents, we need to make our best

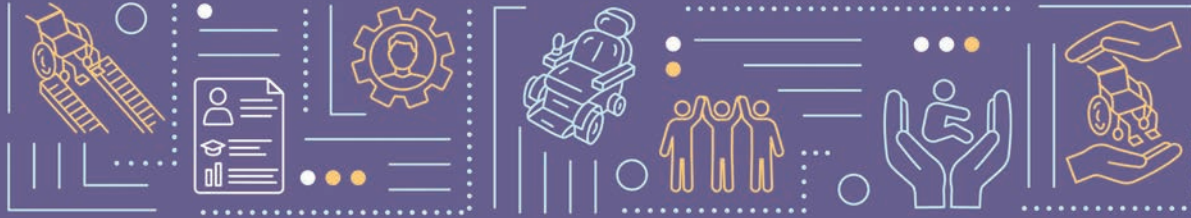
effort to reach out to everyone.

At the recent CCRC meeting, we discussed a number of ideas that could possibly gather the broadest input possible. Ideas ranged from the simplest to more complex undertakings, but each one has the potential to inspire someone to participate. We will look to establish a process that supports decision-making by the Finance and Properties Committees as well as by the Executive Director and Board.

Sample ideas that are possible include focus groups where we issue personal invitations to a random cross section of residents, village meetings or coffee talks, flash surveys, workshops, club outreach, information tables at the lodges, podcasts, and even something as simple as directing residents to the suggestion box at the Orchard Creek Lodge (and yes, there is one).

This is a big undertaking, and we know we will never reach everyone, but we are going to try to increase the scope of our reach so that as many residents as possible can weigh in. We will continue the discussion on this topic over the next few meetings. If you wish to send ideas, please send an email to CCRC@sclhca.com.





INCLUSION



Accessibility Committee

Accessibility Committee is Working

Laura Thiele, Board Liaison

In August, the Board of Directors created a new committee, the Accessibility Committee. This committee will look for ways to keep all our residents engaged, even when faced with physical/functional challenges.

The committee's purpose is to assist and advise the Board of Directors on matters related to improving the inclusiveness within our community through the adoption of technology and implementation of reasonable accommodations related to policies, programs and events as residents manage physical/functional challenges. The committee will analyze potential opportunities, work with the Properties Committees and our Executive Director, and make recommendations to the Board.

The Board appointed committee members at the September Board meeting. All members have a professional or personal expertise to fulfill the committee's purpose.

They are: Judi Panneton, Chair, Donna Szabados, Nanci Attwater, Peter Beckett, Donald Nelson, Denny Valentine and Marcia VanWagner along with Board Liaisons Laura Thiele and Jack Harris.

The new Accessibility Committee held its first

meeting on October 15, and the committee members jumped at the opportunity to start working. Assignments were given that include:

- Talking with our support groups and staff on the problems they see within Lincoln Hills
- Surveying other HOAs to see what issues they are facing, what accommodations they have given, or are being asked to give
- Contacting individuals in the City of Lincoln who work on similar topics
- Working with staff to explore the use of an HOA blog
- Talking to Neighbors InDeed on what challenges they see in our community
- Naming one member to become this committee's liaison to the Properties Committee.

The committee will meet on the first Wednesday of the month at 9:00 AM, P-Hall (KS) and remotely on Zoom. Everyone is welcome. Monthly reports will be presented at the Board of Directors meetings. You can email the committee at AC@sclhca.com.

The next meeting is December 1, 2021, at 9:00 AM P-Hall (KS). Please join us.



Election News

Annual Meeting and Election Day Has Moved to May

The Sun City Lincoln Hills Board of Directors Annual Meeting and Elections will be held in May 2022. In this election cycle, three Board of Directors will be elected. All community members in good standing are eligible to run. Now is the time to seriously consider filling one of these positions by becoming a candidate.

The Elections Committee will provide the following services for candidates:

- **Candidate Information Session to help candidates know what to expect**
- **Free photo opportunity to use for publication materials**
- **Free videotaping of Candidate Ballot Statements**
- **Free *Compass* publication of Candidate Ballot Statements**
- **Sample Forum questions available at the Candidate Briefing Session**
- **Potential room availability at no cost to candidates**
- **Potential low campaign costs due to mutual candidate agreements**

Date	Day	Event
January 6	Thursday	Candidate Information Session
January 7	Friday	Candidate Filing Opens
February 7	Monday	Candidate Filing Closes
February 9	Wednesday	Candidate Briefing Session
February 11	Friday	Candidate Ballot Statements Due
February 11	Friday	Member Issue Statements Due
March 4	Friday	Articles from Candidates Due
March 18	Friday	Candidate Yard Signs Go Up
April 2 & 5	Saturday & Tuesday	Candidate Forums
April 11-15	Monday - Friday	Election Ballots Mailing Window
May 18	Wednesday	All Ballots Due by 3:00 PM
May 19	Thursday	Ballots Counted, New Board Seated

For more information, contact: Elections Committee at Elections.Committee@sclhca.com



Lifestyle News & Happenings

So Much to Be Grateful For

Lavina Samoy, Lifestyle Manager

The month of November brings us pause to take in what we should be thankful for. It has been a long challenging year and a half, but we all persevered. Let us take the time to appreciate and be grateful for the present and what the future brings. Make each minute count by living our lives to the fullest with gratitude and kindness.

We at Lifestyle, work our hardest to fill your days with fun and fulfilling activities. From classes to concerts and trips, we bring you some exciting events as we close the year and welcome the new year.

Our classes feature a number of craft activities celebrating the upcoming holidays. We have holiday ornaments, New Year's Eve Wreath, Valentine décors, wind chimes, and so much more to decorate your home or gift to friends. See the list of classes on page 71. Register early as space is limited and deadlines are tight. Our art classes continue to be popular, so make sure you register early for Watercolor, Acrylic, or Sip and Paint!

Watch dazzling choreography and amazing performances at **El Dorado Resort Casino, Reno, Santa's Christmas Wonderland on December 15, page 67.**

It has all the glitter and pizzazz to bring the holiday magic. Register quickly as the vendor deadline is on December 1.

More great shows are coming your way with the return of **Kelly Brandeburg** in Presentation Hall, this time presenting songs from your favorite femme fatales. From Celine Dion to Dolly Parton and more, Kelly will surely get the audience asking for more, **January 6, details page 65.**

Boogie and swing with **Robert Delinger's Alpha Rhythm Kings on January 28** in the ballroom. Big sound, jumpy tunes, and lots of fun are in store for everyone, **details page 65.**

Finally, let us close 2021 and join us to welcome in the New Year at our **Let's Get Fizzy, FUNtastic, New Year's Eve Party!** Complete with a sumptuous dinner, music from DJ Tom, casino gaming and lavish decors to set us all in the party mood, enjoy the night with your friends. Prizes and surprises await. Seating is limited to the first 180 residents, so buy early, **details page 63.**

Thankful. Grateful. Blessed. May these words remain in our hearts. Happy Thanksgiving from your friends at the Lifestyle Department.



Let us serve you with a view

Meridians
Restaurant & Bar

Thankful

Jim Trondsen

Good day Lincoln Hills. November will mark my seventh month since joining the Food and Beverage Department. What a wild ride it has been. I knew going in there would be a lot of challenges but really nothing that could not be handled. We have hired some great new team members and are definitely moving in the right direction.

As we continue to move into our new normal, we have updated our menu offerings several times, brought in more sharable items for the sports bar folks, and added several specials such as we had for Oktoberfest. In addition, we upgraded the wine offerings and reintroduced happy hour. Weekend brunch has been a huge hit, with Sunday mornings being the biggest draw. Of course, Wednesday Prime Rib night goes without saying. Live music was reintroduced in October along with dance night which will become a regular occurrence in 2022.

I am very proud and thankful for all the folks that work in F&B Department, they come in every day to take care of you, the residents, not only in Meridians but Kilaga Café and our banquet/catering department. Without these folks, we would not be where we are today. I have been in this industry for many years and can honestly say this is one of the best I have had the pleasure of working alongside.

As we move into the remainder of 2021, we will have a few struggles with staffing, as is the case everywhere. We will continue to do our very best to provide a level of service that I expect, but patience will be required, especially with larger groups needing separate checks. Separate checks take time, and we are more than happy to help with this process but know your server will need a few extra minutes.

From all of us in the Food and Beverage Department, I want to thank you for your support and encouragement. It is great to see a full house and happy people enjoying life.



Chef's Recipe of the Month:



Beer and Bourbon Fondue Recipe

Ingredients

- 2 garlic cloves
- 1/2 cup Belgian beer (such as Duvel or Chimay)
- 2 cups dry white wine, (keep 1/2 cup in reserve)
- 3 tablespoons cornstarch
- 1 pound Gruyère or Traditional Swiss Cheese, coarsely grated
- 1 pound Babybel cheese, grated
- 2-3 tablespoons bourbon (George Dickel is a preference of mine)
- 1/4 teaspoon baking soda
- 1 tablespoon fresh lemon juice
- Kosher salt to taste

Instructions

- Evenly grate Gruyere and Baybel cheeses. Yes, Babybel (the wax rind cheese). This will help evenly melt, as well as emulsify your fondue's ingredients.
- Using a Microplane, finely grate garlic directly into the saucepan over medium heat; add beer and 1 1/2 cups wine and bring to a boil over medium heat.
- Whisk cornstarch and remaining 1/2 cup wine in a small bowl until no lumps remain, then whisk into liquid in saucepan. Bring to a boil, whisking constantly, then reduce heat so mixture is at a very low simmer.
- Very slow and gradually, add Gruyère and Babybel, whisking until smooth (fully incorporate each batch of cheese before adding more).
- Whisk bourbon and baking soda in a small bowl to combine, then whisk into fondue, followed by lemon juice.
- Season with salt. Transfer to a fondue pot and serve with bread, ham, salami, pickles, and crudité's for dipping.
- Cut (1-inch pieces) country-style bread, preferably day-old (for serving).



WellFit News

Healthy Thanksgiving Traditions From Us to You

Deborah McIlvain, Lifestyle, WellFit & Spa Director

SPA

We are excited that we have found the perfect fit with our new Spa Manager. KarriLynn Keith has started this month and is quickly getting up to speed on how things run around here. If you are in the spa, stop by, say hello, and welcome her.

When you think holiday shopping, think Spa Boutique! We stock a great variety of both beauty routine, and luxury items from Sonoma lavender, Grande lash line, Jane Iredale, and Image to name a few. In addition to make-up and skincare, you will find everything from essential oils to jewelry, heart wraps, and neck pillows, so give the gift of beauty this season. Don't forget gift cards. Refer to our ad on page 79 for specials.

WELLFIT

Most of us have our holiday traditions. Have you ever worried about messing up your diet while still wanting to enjoy the wonderful foods that Thanksgiving brings? See below some of our personal tricks we do to stay healthy.

I pay close attention to my mind-body connection. I do not want to deprive myself, or be stuffed and sluggish, so I make choices that allow me to feel both satisfied and energized simultaneously. This balance feels just right, both mentally and physically, and it is freeing to make choices motivated by feeling well, rather than numbers, rules, or guilt. –Deborah McIlvain

Everything in moderation and smaller portions. I want to try a little of everything, especially around the holidays.

So, I make a conscious effort to take just enough for a taste or two, and then I have room for the rest without feeling engorged. Stay hydrated. If I drink a glass of water about 10 minutes before eating, I do not overeat as much. Starting with appetizers. Eat earlier and give the body a chance to digest a little before passing out. Give enough time for a family holiday walk together before bed. –Danielle Merrill

For me it is about mindset, nutrition and movement. Take time for yourself and learn to enjoy the process. Eat the rainbow (three colors of food per plate-colorful foods like veggies and berries.) and plan instead of constantly logging your food. First, move well...Then, move often... (Gray Cook quote). This means to seek a qualitative minimum before considering additional quantities. –Rex Owens

It is that time of year for some holiday shopping. Don't feel like going out, or maybe you forgot some on your list and you are on your way to a party? No worries, stop by WellFit at OC and visit our retail boutique. Our famous candles are in with some new scents and some old favorites. What makes these candles so popular is that they are completely soy-based.

Friendly reminder that Punch passes and personal training sessions purchased before December 1, 2019, will never expire. Punch passes and sessions purchased December 2, 2019 to December 1, 2020, will expire December 1, 2021. Passes and sessions are nonrefundable. All other passes have a 1-year expiration from date of purchase. If you have not been back in the gym lately and are not sure where to start, don't hesitate to reach out to Danielle Merrill, WellFit Program Manager, or Rex Owens, Fitness Supervisor for assistance.





WWII Veterans (left to right - Bob Snook, Lee Belshin, Bill McCarrel, Dave Morgan, Ted Martinson; not shown: Virgil Richardson & Charlie McCarty)

Thankful For Our Veterans

Richard Pearl, Roving Reporter



Monument Center Panel - The Price Of Freedom Is Never Free

We enjoy our freedoms today because of the sacrifice of others.

More than 41 million Americans have served in the military from the Revolutionary War through the present. Today, there are less than 18 million veterans, average age 65 years, with Vietnam vets averaging 71 and WW II vets averaging 93 years.

Memorial Day 2021 saw the dedication of the Placer County Veterans Monument, located in McBean Park.

Five years in the planning, fundraising, and most recently construction, the project was a labor of love for those involved, and it's now the community's to embrace. The Monument was built entirely with business and individual donations. Individual plaques – purchased to honor any living or deceased veteran from a military branch no matter where they live or lived – are (or will be) inserted into one of the 12 panels of the Monument. For more information or to dedicate a plaque, contact: www.lincolnveteransmemorial.org.

Most Lincoln Hills residents came of age during the Vietnam War era. The next oldest cohort is from the Korean conflict period. We have, also, a few residents from what Tom Brokaw termed, *The Greatest Generation*. They lived through tremendous cataclysms in our nation's history. This column could talk about any of our veteran's services to our

nation, but today we will talk about...

The Greatest Generation

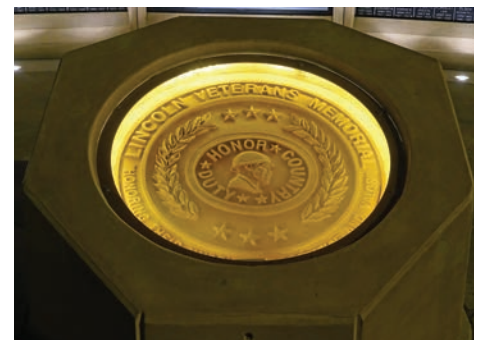
The veterans of World War II once numbered 16 million men and women. Today, they number less than 100,000, with their ranks rapidly declining. They served in the Army, Navy, Marine Corps, Army Air Corps, and Merchant Marines. Most all entered their service as young people; they grew up quickly.

Lincoln Hills is home to seven (identified, plus likely more) World War II veterans:

- Virgil Richardson (103 years old) – U.S. Army, Pacific Theater Construction Battalion.
- Charlie McCarty (95) – U.S. Navy Gunners Mate on the SS Whirlwind (Pacific Theater).
- Dave Morgan (94) – Army Air Corps (Pacific Theater)
- Bob Snook (93) – U.S. Army (Japan Occupation)
- Lee Belshin (94) – U.S. Navy (stateside)
- Ted Martinson (94) – Pacific Theater
- William (Bill) McCarrel (96) – U.S. Marine Corps (Pacific Theater)

Brokaw summed it up best: "They came of age during the Great Depression and the Second World War and went on to build modern America – men and women whose everyday lives of duty, honor, achievement, and courage gave us the world we have today."

To all our veterans, THANK YOU FOR YOUR SERVICE.



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POLICE-COMMUNITY PARTNERSHIPS

A Very Special Thank You!

Teresa Tanin, Neighborhood Watch

Neighborhood Watch promotes National Night Out (NNO), an annual nationwide celebration supporting crime prevention. Lincoln Hills' residents now celebrate NNO on the first Tuesday in October. This is a great time to honor our first responders, strengthen neighborhood ties, and meet city officials. Neighbors gather in front yards, open garages, or hold backyard BBQs. Whatever

the venue, residents host special events, fly the American flag and turn on porch lights. Many residents give special thanks to our first responders. Susan Shamber from Village 26B delivered a special sweet treat to the Lincoln Fire Department. Norm, John, Cory, Jake, Mike, and Pete were very appreciative. It is our community that is truly appreciative.

A few photos of hosted

events are highlighted here; please see our website sclhWatch.org for more NNO event photos.

Neighborhood Watch also takes this time to collect non-perishable food donations for *The Salt Mine* that helps local families.

Thank you to all who celebrate National Night Out, appreciate our first responders, and promote crime prevention. For those residents who donated to *The Salt Mine*—a very special Thank You!



Sweet Treats to the Lincoln Fire Department



Suzanne Rosevold, Managing Donations, with Rick Carreiro



Village 3 B MS 3, Nancy Glass, Host



Village 41, Suzanne Rosevold / Klaus & Gisela Zander, Hosts



Village 38 D MS 1, Shirley Golightly & Andee Lund, Hosts



Village 7 MS 5 & 8, Alice Wycke & Carol Shumann, Hosts



Village 18, Marianne Morse, Host



Linda Minor & Barbara Branch, help load food donations—Whew!



Village 9, June Paquette, Host



Village 24 A MS 6 & 7, Freddie Dempster



Village 26 B, Susan & Gary Shamber, Hosts



Village 10 A MS 8, Judy Presnall, Host



Village 16 A, Cindy Davidson & Denise Hexom, Hosts

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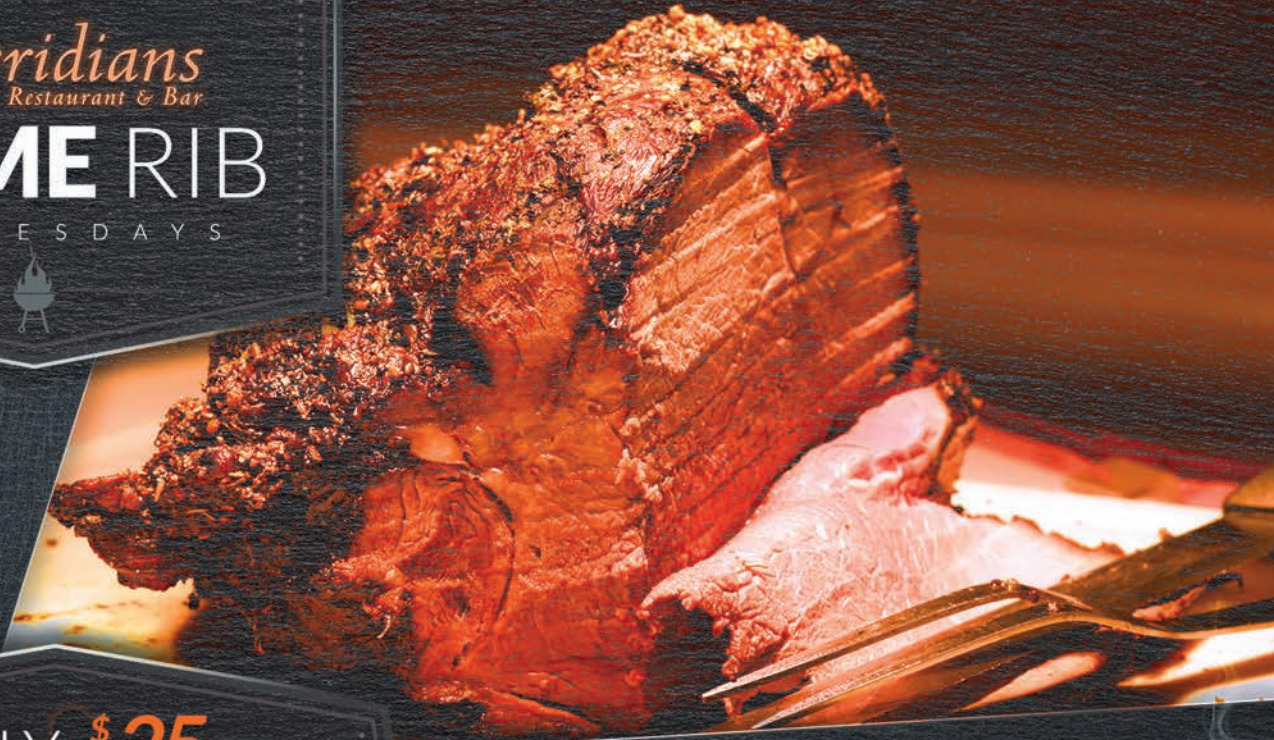
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Sampling of cards created by the Paper Arts Club

The Art of Community Service

Linda Lucchetti, Roving Reporter



Nancy and Carolyn organize donated cards

The Paper Arts Club is thankful for its many generous members who've used their talent and time to bring smiles and cheer to residents of local care facilities. Club members have created and donated more than 1,000 greeting cards to Summerset Senior Living and Memory Care, Gladding Ridge Assisted Living, The Pines, and The Villas.

The effort of collecting, organizing, and readying cards for drop-off at each facility has been going strong since March, spearheaded by Donna Tewart, the

club's longtime Community Service chairperson.

Donna has launched several successful drives for the Paper Arts Club, like donating supplies to local schools and soliciting funds for charitable organizations. The idea of making stacks of greeting cards for people homebound in care facilities certainly fits the club's community service mission. During the pandemic, with meetings and activities halted, many members spent their time at home happily creating cards.

For the cards to be funneled from members to care facility residents requires an organized process. Donna, modest about her contributions, says, "It's not just about me." Along with the dedicated club members who've been busy making cards, she credits her loyal committee: Edith Anderson, Mary Emmett, Mary Prindiville, Carolyn Sanfillipo, and Nancy Younis, for coordinating the effort.

The magic begins at a table outside Donna's front door, where club members drop off their creations. The committee meets periodically, and, akin to Santa's workshop, they get right to it – emptying bags of cards with messages (always positive and upbeat) and signatures inside – every card unique and artistic. Cards are organized according to category: Birthday, Thinking of You, and recently-added Christmas and Holiday. A sticker is placed inside each card, denoting its origin: "Created by the Paper Arts Club, Sun City Lincoln Hills."

Donna delivers the prepared batches of cards with a note attached to each facility. Unfortunately, because of COVID-19, she's not been able to meet or speak with residents.

All those participating agree that it's a special opportunity to help out and give back. They believe that there is power in the handmade greeting card – a way to demonstrate to those who are lonely or living away from their homes that someone is thinking of them.



Community Service Committee: Mary Prindiville, Nancy Younis, Mary Emmett, Carolyn Sanfillipo, and Donna Tewart (seated)

"I like to admire the cards and often wonder who they will go to," committee member Mary Emmett commented.

Donna's next milestone is 1,500 cards – an achievable goal since the Paper Arts Club is "playing its cards right!"



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Lifestyle staff gathering for The Gathering Inn

Thankful For Our Giving Community

David Wright, Roving Reporter



Placer County Food Bank helping wildfire victims

With pumpkin pie-in-the-sky hopes, our Association departments brought their Thanksgiving Service Projects to the table for the seventh straight year—and served up a four-course meal. Sparked by the skills, dedication, and philanthropic fortitude of our staff, each department sponsored a separate regional non-profit organization. Through advertisements, flyers, and word of mouth, they solicited contributions to give back to the greater Lincoln

area—and residents gobbled up the idea to make the campaign a resounding success.

The Communications Department chose the Placer County Food Bank because it wanted to find an organization that services the Lincoln Area and would also help the people affected by the wildfires. They initially set a goal of \$2,500. But once the residents joined forces with the staff, donations exceeded \$8,300.

The Wellfit Department adopted the Phoenix High School project. Deborah McIlvain explained, “a resident introduced us to the principal, and we just fell in love with the school and what they are doing for kids that get a little lost or just need a little more assistance.” The Wellfit Team dropped off eight large boxes of supplies and over \$2,000 in gift cards and monetary donations.

The Lifestyle Department led

the drive for The Gathering Inn. Donation bins, set up in both lodges, overflowed when residents brought in essential personal and hygiene products, which would be distributed to the Placer County homeless.

Lighthouse Counseling was the choice of the Administration Department—guiding the way for donations used to provide counseling, case management, and educational classes to individuals and families that need extra help during difficult times.

Theresa Renken, *Compass* Editor, who spearheaded the Communications Department campaign, summed up the reason for the projects’ success. “The real secret is the true giving nature of this community. I think many of the residents have been in situations in their lives where they needed a helping hand, and they genuinely want to give back. We simply provided them the opportunity, and thankfully they stepped up at an overwhelming level.”

Numerous clubs and groups regularly hold their own fundraising efforts. Still, when it came to supporting the service projects, generous residents did not hesitate in teaming with our compassionate staff. Regardless if it is food for the hungry, school supplies for needy students, fresh essentials for the homeless, or counseling for the distressed, the pilgrims of Lincoln Hills are always blazing the trail so that local charities may flower.



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 #01746828
 916-343-6044



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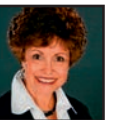
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The Science Behind Giving Back: “Helpers High”

Shirley Schultz, Roving Reporter

“We make a living by what we get. We make a life by what we give.” (Sir Winston Churchill). Giving is good for your physical and mental health. Giving creates for the giver a purpose in life. Giving has been defined as providing love or other emotional support. Giving means caring about someone or something outside yourself.



You do not need a doctor to tell you that giving feels good, but there is actually some scientific research behind this “helpers high.” Mitchell Popovetsky, MD, at Rush University Medical Center has demonstrated through MRI technology that giving stimulates the reward and pleasure part of the brain the same way food, drugs, and sex do. This leads to greater self-esteem, life satisfaction,

and purpose, which, in turn, improves your health and quality of life and even increases your chances for a longer life.

The famous Cleveland Clinic published an article on 2020 in which they listed and discussed the health benefits of giving:

- Lower blood pressure
- Increased self-esteem
- Less depression
- Lower stress level
- Longer life

Longer life is worth taking a look at. For example, older people who volunteered for two or more organizations were found to have a 44 percent less likelihood of dying over a five-year period than non-volunteers in a 1999 study out of UC Berkeley (Doug Oman). Similar results were reported in a 2003 study out of the University of Michigan. (Stephanie Brown).

While giving can provide a deep sense of meaning for older people, it is possible that giving can become too much. Research has shown that the underlying reason for giving makes a difference. It is no surprise



that it is healthier to offer to help others rather than do it to benefit yourself. Life circumstances can thrust some into the role of being a caregiver for a loved one. Potentially this may lead to adverse health and well-being risks for the caregiver whereby they are not taking time for self-care. Therefore, it is important to strike a happy balance.

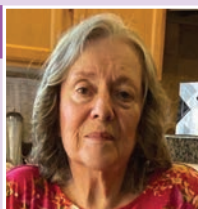
Physiologically, giving for the benefit of others activates the “feel good” chemicals in the brain and contributes to one’s sense of happiness. Giving can become addictive. So feed this good addiction, and reward yourself with a “helpers high” by finding ways to meaningfully give of your time and talents.

In Memoriam



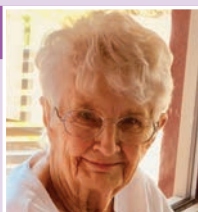
Vera Beaumont

Vera was born in Los Angeles, where she grew up. While attending Roosevelt High School, she met her future husband in a small church. After marrying, she served as a secretary until the birth of their first son. She raised four children and helped raise four grandchildren and three great-grandchildren. Vera loved to tend to her garden and paint pictures. She also played many card and tile games when she lived here. She is survived by her husband of 61 years, Howard, family, and friends.



Terry Rae Hannula

Born in Sparta, Wisconsin, Terry married Rodney Hannula two years after graduating from high school. Described as a Super-Mom, raising five children in Minnesota, she was a wonderful, fun, kind, and loving mother, grandmother, sister, aunt, cousin, friend, and devoted wife. She was proud that all of her children have college degrees. Terry loved music, reading novels, singing, and dancing with Rod. She also enjoyed bowling, golfing, going for walks, rollerblading, and traveling. She and Rod traveled to many parts of the world. She leaves her husband, Major General (Ret.) Rodney R. Hannula, five children, ten grandchildren, and one great-grandson.



Betty Heavingham

A native of the Bay Area in California, Betty grew up in the East Bay. She worked for Pacific Telephone Company as a data entry clerk, then as a claims investigator, and also at an Oakland Coliseum Concession Stand. She and her husband, Earl, had three children and five grandchildren. She was predeceased by one grandson and her husband. Betty loved her bowling leagues, her Fountain Hill Loop neighborhood gatherings, card games, monthly breakfasts, and especially all the great friends she met through the Bereavement Group and all the weekly lunches. Her fun personality and laugh will be missed by many.



Rich Kalsbeek

Rich grew up in Walnut Creek, California, although he was born in Nebraska. He was an Air Force veteran, having served in Thailand fixing airplanes as an aircraft mechanic. He worked for PSA airline, which became U.S. Air. He relocated to South Carolina, and when he retired, he moved back to California to be near his kids and grandkids. He was a humble man of many talents, loved to work with his hands, and loved telling tall tales and jokes. He enjoyed weekly outings with the Geezers men's group, including biking and ice cream. He and his wife Diann walked their three King Charles Cavaliers on our trails. They enjoyed their RV trips, and he was a faithful member of Granite Springs Church. He is survived by his wife, one daughter, three step-children, five grandchildren, two great-grandkids, and his nephew.



James Pinnell

Born in Fresno, California, Jim served in the Coast Guard. He graduated from Fresno State and the University of the Pacific McGeorge School of Law. He worked in the Fresno District Attorney's Office and then started his own law practice in Sacramento. He enjoyed golfing, scuba diving, sailing, water, and snow skiing, flying his own airplane, and trap shooting. When he retired, he was a member and board member for the Lincoln Hills Men's Club. Jim also volunteered as a rules official with NCGA and volunteered all over Northern California. Besides many friends and extended family, Jim is missed by his wife Janet, of 56 years, two sons, and two granddaughters. Besides his wife of 33 years, he is dearly missed by two children, five grandchildren, and seven great-grandchildren.

If you have lost a loved one who shared your home and would like to place an In Memoriam, please contact Joan Logue at 916-434-0749.

Library News

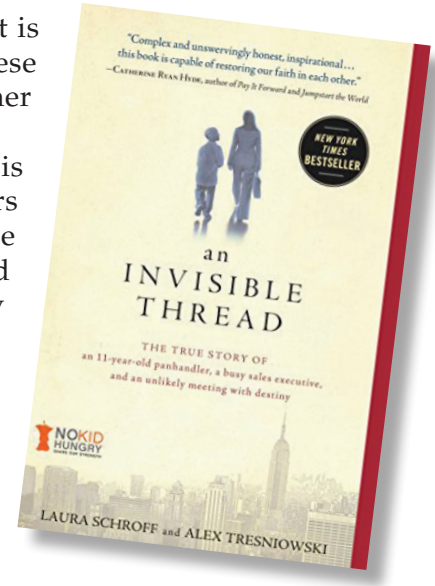
Have you looked at the history/politics section of the library? It is located next to the windows on the far right of the library. All these books have a yellow sticker on them. Anyone interested in either history or politics will be pleased with our selection.

Also, remember that the biography and autobiography section is right across from the history/politics section and have blue stickers on their sides. Again, some are powerful names, but many books are of people in everyday life and are very interesting. Books are labeled by the name of the biography. Thus books about the Bush family would be in the B section.

My latest good read is "An Invisible Thread," written by Laura Schroff and Alex Tresniowski. A true story about a boy and a sales executive who meet on a busy New York street and form a lasting bond. You will love this story located in the biography section under S for Schroff.

Happy Thanksgiving to everyone from your volunteer library workers.

Contacts: Sandy Melnick at 916-408-1035 for donations; Adrian Felice at 916-408-4332 for volunteers; and Kay Parisot at 209-617-4111 for the Community Living Room (OC).




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Amateur Radio

The first weekend in October is the annual California QSO Party. Hams from all over the country reach out to California stations to make as many contacts as they can. California stations also compete to make contacts. The Club completed 50 QSO's, which included 17 states and two Canadian Provinces over four different Bands. Dan, KN6DRN earned his "Arizona Agave" POTA award – 100 QSO's. Future meetings will be held at South Tower. Meetings are every Monday at 6:30 PM. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. **Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com Website: lharg.us**



POTA 100 Park Contacts Award



Astronomy

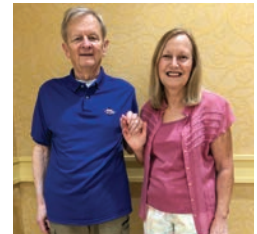
Our November meeting was the last time the full membership will be using the Zoom video conferencing platform. The LHAG does not meet in the month of December. Full membership, in-person meetings will resume in January in P-Hall (KS). Watch for the announcement of program speakers, date, and time in December. The Cosmology Interest Group (CIG) resumed its first in-person lecture entitled "Introduction to Astrophysics" on November 15. For details of the next lecture, log on to <http://lhag.org/CIG.html>. The Telescope Interest Group will hold a star party on January 3 in the upper tennis courts of the Sports Plaza. **Contact: Bill Weaver 916-408-1252, hamweaver@wavecable.com Website: www.lhag.org**



Ballroom Dance

Our Club has been providing instruction for dancing the Rhumba in November. The Rumba originated among the Afro-Cuban workers in the poor neighborhoods of Havana in the nineteenth century. It began as a fast and sensual

dance with exaggerated hip movements. The spirit and soul of Latin dance is represented by the Rumba. Ballroom Rhumba differs from Cuban Rumba in both its music, its dance, and its spelling. Hence, the Americanized spelling of the word Rhumba is preferred. The Rhumba is a slow and flirtatious dance, danced with plenty of emotion. It's certainly a dance of romance. Sal and Ruth Algeri, instructors, wish to extend their appreciation to the entire membership. It is with that spirit they wish each of you a Happy Thanksgiving.



Gary and Linda Kawula

Contact: Ruth Algeri 916-408-4752



Big History

Due to ongoing COVID-19 safety concerns and in partnership with the Sacramento State Renaissance Society, we will only meet on Zoom every Monday at 10:00 AM until further notice. Join us on November 15 for a discussion of Ancient Egyptian Medicine. We then take a break on November 22 for the Thanksgiving Holiday. We return to finish out the year with

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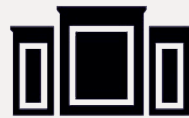
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exciting presentations on Ireland and the Iron Age (November 29), The Jewish Diaspora (December 6), and an examination of the book, *Drunk: How We Sipped, Danced, and Stumbled Our Way to Civilization* (December 13). We look forward to sharing this journey of peer-to-peer learning for the sheer joy of it!

Contact: Ranny Eckstrom
916-708-0165, BHSCLH@yahoo.com



Billiards

Good news is that annual dues of \$10 for new members are waved for this year. Just fill out the form minus the \$10 membership dues and mail it to the address on the bottom of the form. Members in 2020 had their dues waived for 2021, so both new and renewing members will pay membership dues of



CO-ED winners 1st Del Veronica Tores,
2nd Millie Don Sams

\$10 during the January 1-31 time frame in 2022. Membership Forms are available on the Billiards Room Bulletin Boards at KS and OC, and our website that you can download and print. See our website for information about our club policies, membership forms, American Pool Players Association (APA), and individual tournament rules.
Contact: Tony Felice 916-955-0501, atfelice3@gmail.com
Website: lhbilliards.com



Bird

Our programs are held in P-Hall (KS) at 1:30 PM on the second Monday of the month. Most day trips leave from the OC parking lot west of the pool at 8:00 AM, unless otherwise specified. Bird lists for each trip are posted on the website under lists. Situated at the confluence of two major rivers, Sacramento offers riparian woodland, marshes, and vast areas of agricultural land in the surrounding valley. In the foot-



Black Crowned Night Heron
by John Garfein

hills to the east and west are extensive grasslands, chaparral, and oak woodlands. This variety of habitats, together with mild winters, makes the Sacramento area one of North America's outstanding inland birding areas in terms of both species' richness and the total number of birds.

Contact: Sal Acosta 843-991-5188, suncitybirders@sclhbirders.org
Website: www.sclhbirders.org



Bocce Ball, Mad Hatters

As you read this, you should know that we are into winter start times at 10:00 AM. As of now, Paul will advise our members via email if there is something they should know. Speaking of Paul, he has been operating the Mad Hatters for many years. It would be nice if some members would give him some help. We meet on Thursday mornings. All members of Lincoln Hills are eligible to join. Lessons are available.

Contact: Paul Mac Garvey
916-543-2067, lhboce@gmail.com



Book, OC

Our downtime continues until the New Year as we take a breather from Zooming during lockdown. As of this writing, we expect survey results to have gone out to members and plans made for

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2022 meetings based on results. Completed ballots for 2022 books are being processed, and an announcement of winning titles will be our Christmas present to members. Watch for an email in December! "Santa" will be emailing that list of books in early December. December's *Compass* also will have the first few selections. Until then, Happy Thanksgiving to one and all. Our wishbone wish – a turkey sandwich, a slice of pumpkin pie, and a good book. What could be better on a cool winter day?

For additional information, contact catsickle@gmail.com.

Contact: Cathie Szabo 916-434-6667, catsickle@gmail.com

Website:

<http://lhocbookgroup.blogspot.com>



Bridge, Duplicate

November is a time to be thankful. After months away from the bridge tables, our club members are grateful to be back to our normal schedule at KS. Games are on Wednesdays and Saturdays at 12:30 PM. Please preregister for all games at elisehomer@gmail.com. Arrive early and get a free lesson at 11:15 AM. Bring your required proof of vaccination the first time you play. Some games in December may be canceled due to holiday activities, so check



Dick Lohmann, 91 years old, stays young by playing bridge.

our website. Playing bridge keeps you young! We have many super seniors over 85 still winning at the bridge table. Dick Lohmann is still scoring well at 91. Come play bridge and keep your mind sharp, and add years to your life.

Contact: Pat Lewis 916-671-4362, phlewis399@sbcglobal.net

Website:

www.bridgewebs.com/lincolnhills



Bridge, Partners

Vaccination or face mask (without vaccination) is required for all players for inside meetings, and masks are optional but recommended for the coming flu season. Call for reservations or show up with a partner in the Sierra Room (KS) 5:30 PM, Thursday. Play begins at 5:45 PM. Remember, last signup is vulnerable unless we have even numbers of couples. Winners for October 7 were: first-Byron Hansen/John Butler; second-Carla/Mark Green; third-Harry

Collings/Jay Southard; and fourth-Dolores Marchand/George Hubbard. Frank Kamienski/John Griggs had a high round 1850. October 14 winners were: first-Dixie/Jim Parker; second-Harry Collings/Chet Winton with high round 1850; third-Carla/Mark Green; and fourth-Barbara/Tom Moran. For reservations for second/fourth Thursday, call Joanna/Alan Haselwood at 916-209-3392. For reservations for first/third Thursday, call Carla/Mark Green at 916-844-5888.



Bridge, Social

We are now playing at KS on Fridays at 12:30 PM. We would enjoy seeing everyone there. The winners for the last four weeks were: (September 16) first-Jean Beyer, second-Jay Southard, third-Bob Free, and fourth-Joanna Haselwood; (September 23) first-Therea McCushen, second-Jean Beyer, third-Jay Southard, and fourth-Larry Larsson; (October 1) first-Alan Hasselwood, second-Ada Towers, third-Patty Mack, and fourth-Karen Bode; (October 8) first-Alan Hasselwood, second Frank Kamienski, third-John Butler, and fourth-Jaylene Gerddos.

Contact: John Woodbury 760-522-8758, johnnymike700@gmail.com

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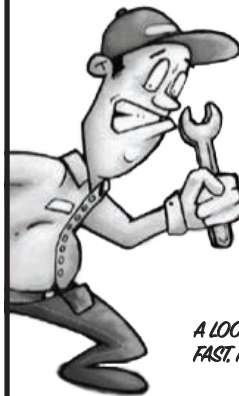
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Bunco

Please note that as of November 1, Bunco play starting time has changed back to 9:00 AM. Consider joining us for a morning of laughter, fun, and friendship! Bunco is an easy and fun dice game played by our non-membership group with a \$5 'pay to play' fee. Play is the third Thursday of the month in the Card Room (OC) and starts promptly at 9:00 AM. August Winners are: Bunco - Jean Abelle, Wins - Marlys Hebert, Losses - Sharon Shook, 50/50 - Diane Lundin, and Traveler - Judy Letterman. September Winners are: Bunco - Diane Marten, Wins - Mona Wilson, Losses - Anita Santos, 50/50 - Jean Abelle, and Traveler - Ann Music. The next Bunco dates are November 18, December 16.

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



Ceramic Arts

Have you signed up for a class yet? Maybe a trip to Alpha Fired Arts will help inspire you. A fresh bag of clay and a beautiful new glaze might give you a jump-start. Classes are held Tuesdays and Thursdays. Whether you're an "old-timer" or a "newbie," there's a spot perfect for you. We have studio time on

Sunday mornings now in addition to Fridays and Saturdays. Fridays are open studio days for all residents. Saturday and Sunday are Ceramic Arts Group (CAG) studio days. If you're interested in working with clay, but are not yet a CAG member, come by the studio and learn how to register. Check the website for additional information. We hope to see you soon.

Website: www.cagsclh.net



Chorus

We are delighted to be approaching the final few rehearsals with Director Paul Melkonian and accompanist Nina Malone for our December 12, 13, and 14 concerts in the Ballroom (OC). Lyrics from the blockbuster Broadway musical, *Mame*, "We Need a Little Christmas—Right This Very Minute," will set the mood for a spirited holiday celebration as we toast a long-awaited reunion of families everywhere. The concert includes some inspirational new songs along with



December 2019 Chorus Concert

old favorites like "Home for the Holidays," "Feliz Navidad," and "Here Comes Santa Claus," with a special appearance of jolly old St. Nick in person. Tickets for three concerts, available online and in-person in the lodges, are selling at a brisk pace (see page 63 for ticket information).

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

Computers

Apple Users



The holidays are upon us, so you won't want to miss the upcoming "Gift Ideas for Apple Users" seminar by Vicki White and Andy Petro. Also, we'll have a panel discussion with LHAUG seminar leaders covering the highlights of the 2021 seminars. Panelists will talk about things they learned, reveal some of their favorite topics, and invite your questions about the club's 2021 presentations. If you missed any of the seminars, view the videos on our website. The group continues to offer support via Open Labs and the Ask the Tech Hour. The HelpLine continues to be available; however, due to the holidays and availability of our volunteers, in-home support will

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be limited. As always, see our website for information about LHAUG events and services.
 Contact: Helen Rains 916-408-4505,
 helen.lhaug@icloud.com
 Website: www.lhaug.org

Computers



On October 13, via Zoom, Terry Rooney gave a great presentation, "Updating Chromebook." The advantages, usage, and a few limitations were covered. See the club website for the recording. Two members won a new Chromebook, congratulations. On November 10, at P-Hall (KS), "Windows 11" was presented. Notice is hereby given that we need help to continue the Computer Club beyond 2021. Contact anyone on the board if you are willing to volunteer. See the website for information and updates, as well as your emails from the club. Do not pay 2022 dues unless asked by email or at the presentation. The facilities are now open to 9:00 PM. Best wishes for safe Holidays.
 Contact: Norman Seidenverg
 916-209-3894, sclhcc@gmail.com
 Website: www.sclhcc.org



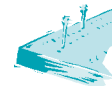
Country Couples

We are sad to report that one of our original members, Arlene Lawrence, passed away recently. Arlene was very creative, using her talents to help with event decorations and while serving on the Steering Committee as a PR person. Arlene and her devoted husband, Dennis, are pictured here. Our prayers and thoughts go out to them and their family.



Arlene & Dennis

Our club has had some recent fun gatherings at a local pizza parlor as well as touring a nearby winery. Interested in joining us and learning Country Couples dancing? Once the staffing issue is settled, and everything is back to usual, Beginner lessons will be at 7:00 PM, Mondays at KS. For more information, go to our website or contact us.
 Contact: Kathy Lopez
 916-434-5617
 Website: www.sclhcc.com



Cribbage

"Feeling lucky, punk?" Well, experts say that Cribbage is 15 percent skill and 85 percent luck. That's good odds for a beginner or somebody who hasn't played in a while. So, we invite any Lincoln Hills resident to join (or rejoin) our group and test out those odds. No dues! We meet each Tuesday, at the Card Room (OC), from 9:00 to 11:30 AM. Our club is full of friendly people, and hardly anyone wins it all twice in one month. Check out the evidence. Our most recent winners are Sandy Thurber, then Susan Rogers, Lisa Ferraro, and lastly, Howard Beaumont. Come this Tuesday and join the fun and possibly be the winner!
 Contact: Rae Cook 916-251-6241



Cyclists

Electric bike battery (lithium-ion) care is important to consider once you purchase an e-bike. These batteries are one of the most expensive parts of your e-bike, running as much as \$800 to replace. As lithium-ion batteries are used, their maximum capacity diminishes. Once the total charge they can hold is reduced, it is no longer recoverable. The following recommendations are given to keep more charge in your battery longer. Double the cycle life of your battery by charging it only

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Contact: Dave Sausen 916-300-5395,
dave.sausen@yahoo.com

Website: lincolnhillscyclists.com



Euchre

If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it. We meet on the second and fourth Thursdays of the month from 4:00 to 6:30 PM in the Card Room (OC). If you are new to the game or need to brush up, <https://www.trickstercards.com/home/euchre/> is a site to check out. We play to 10, '9-Ace,' mostly four-handed, but sometimes three and six-handed depending on the headcount for the evening. All are welcome, but please contact us so that we can

add you to our Evite roster and get a proper headcount for the setup of the tables.

Contact: 916-408-0948,
SCLHEuchreClub@gmail.com



Fishing

Rob Scafe fished the San Juan River, New Mexico, at Soaring Eagle Lodge. He drove to Las Vegas through Tonopah, NV, then on to San Juan on the second day. Eight of us were fishing four days on the slowest water I've ever fished! We fished the same four miles each day and caught up to 150 fish. The fish were 14-22 inches—my biggest at 20 inches. My fishing partner caught a 22 incher. Fly & hook were 22 and 24 midge pupa. Most were rainbows and browns. It was a great trip. Bait folks meet at KS Garden on Fridays at 8:30 AM. Fly folks meet at Turkey Creek on Fridays at 8:00 AM. Like to join? Contact Ralph at ralphtonseth@comcast.net.

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



Rob, what a fish!



Food Adventures

Our club has enjoyed a Food Adventure each month since the easing of



Squash & Melon Time

COVID-19 restrictions in August. We resumed our monthly meetings in P-Hall (KS) for August, September, and October. No meeting is scheduled for November or December so that our activities don't interfere with members' holiday plans. We have a Food Adventure planned for December 1, but the food venue hosting this event can only accommodate 30 persons, so it will have to be members only and for RSVPs first received. Our annual membership drive begins in December for members to renew memberships and for guests from our long list to become members. We don't plan to limit the number of members that can renew or the number of guests that can join.

Contact: Don R. Rickgauer,
sclhFoodAdventuresClub@gmail.com



Garden

There is no General Meeting in November or December due to the holidays. They will resume in January. There is a "Holiday in the Hills" Luncheon with a festive social to cover a Merry Christmas, Happy Hanukkah, and Joyful Holiday

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for all! A delectable menu, entertainment, and prize drawings will be included. Details of the social, December 2, in the Ballroom (OC), were sent to the members in an email. Be sure to register early to ensure a spot! We have received positive responses to two of our latest civic projects: Twelve Bridges High School—four steel benches placed in front of the school for student use, complimenting the theme of the other outdoor landscaping; and Phoenix Continuation High School—supplies for their Garden Beds project.



Holiday in the Hills Social

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



Genealogy

Mary Sayles will be our speaker on November 15 at 6:30 PM on Zoom. Although the lodges are open, we are finishing the year on Zoom. Members will receive a Zoom link and handouts in an email from Maureen. Mary is addressing, "Planning an International Genealogy Trip." Mary is sure everyone will be ready for travel soon. The Computer Lab (OC) has been reinstated. The

Genealogy Board will be meeting in November to plan for live presentations, Boot Camp, Coaching, and Walk-ins in 2022. In our recent survey, many members expressed an interest in working on the leadership team. Contact Barbara Branch to discuss the available positions. We will be electing officers in January and would love to have some new candidates.

Contact: Barbara Branch 916-622-5490, drbabsie@gmail.com
Website: www.suncitylhgc.com



Mary Sayles



Golf

Ladies XVIII

Our Club Championship came down to the wire, but Patti Tilton survived with a one-stroke victory to lift the trophy at the awards party. Tilton was poised to be a contender last year but was vacationing. This year, she was the second seed, and despite



2021 Champion Patti Tilton and Mitsuko Cameron Low Net Winner

some sloppy play on the normally easier Hills course, she looked like a winner after coming off the green on 18, carding a birdie. Indeed, after comparing scores with the second tee group, Wold mounted an impressive comeback after a six shot deficit but was one stroke short of forcing a playoff. The Turkey Shoot is the next event in November, and the annual Holiday Awards luncheon is December 9. Membership dues can be paid online until December 31.

Contact: 916-409-0607, clkoropp@att.net

Lincsters

Awards and charitable projects are the focus of 2021's final activities. Over 50 gold and red beribboned packages will decorate the Holiday Luncheon on November 30. Wrapped inside are puzzles, books, clothing, etc. – purchased by "Lincsters Santas" – fulfilling the wish lists of over 50 Lincoln Meadows Care Center's long-term residents. The "Santa Project" has become a 14-year tradition with the leadership of Edna Linville. The Breast Cancer Tournament/Fundraiser, on October 20, looked to be a tremendous success even weeks prior to playday events \$15,000 in donations had already been collected. The cleverly

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Club Champions: Carmen Farrington, low net. Linda Salmon, low gross.

themed “18 Shades of Green” Club Championship Tournament resulted in trophies for top scorers: Linda Salmon (low gross - 102) and Carmen Farrington (low net - 74). Club membership renewal applications are due November 30.

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

Men’s

We are excited to announce that we have partnered with MemberPlanet.com to provide us with some awesome membership tools! The biggest and most significant feature of this partnership is online membership renewals, online credit card payment of annual dues, and New Member online Registration capabilities. NCGA has just opened the door for 2022 Membership Renewals, and all you have to do is go to our website to access the online capabilities. Of course, if you

still want to pay with a check, Renewal Forms are available on the website or at the Golf Shop. To complete your membership requirements for 2022, you must also sign the Event Release Form. This form is also available on our website and at the Golf Shop.

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



Hiking & Walking

A fun time for the hikers at Jenkinson Lake—no smoke, clear skies and great camaradery. We are excited to be back to almost normal. With the cooler weather, there will be some beautiful hikes to see the fall colors. The only reason for cancellation will be rain! We need rain, and the club will be glad to cancel for the rain. Check the website often. Walkers meet every Wednesday at 8:00 AM. Enjoy.

Contact: LHHikers@gmail.com
Website: lincolnhillshikers.org



Jenkinson Lake



Investors’ Study

We do not meet in December. The next meeting is on January 6, and we are meeting in person in P-Hall (KS). There will be more about the January meeting in a future Compass. Check us out. There is an Active Investors sub-group, and if you’re interested, call Norm Quattrin at 916-645-4675. Further questions regarding Investors Study, contact Carl Sulzer.

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



Lavender Friends

Our club recently held its second Topgolf event, and a group of members came out to enjoy taking some swings and hitting their targets (a lot of the time, anyway). The weather was perfect, and of course, the food was a highlight. Ability level didn’t get in the way of having a great time, and everyone



Meredith Nelson swings at her target at Topgolf.

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made some spot-on golf shots. A Chili Cookoff and Game Night was held earlier this month — our first potluck since the recent shutdown. The Chili Cookoff was new for our club, while Pictionary and Mexican Train returned as game favorites. Lavender Friends is a club for LGBTQ residents and their allies. More information is at lavenderfriends.com.

Contact: Paula Kregel 530-320-3961, publicity@lavenderfriends.com Website: lavenderfriends.com



Mah Jongg, Chinese

It's wonderful that we're seeing new members and increased attendance almost every week. For those unfamiliar with Chinese Mah Jongg, it's a table game similar to gin rummy but played with tiles. The game is easy to learn, and we are happy to teach. The ideal number of players per table is four, but a table of three also works and allows us to accommodate all attendees. So, if you're a resident and are interested in an informal and fun way to start the week, please drop into the Card Room (OC) a few minutes before 9:00 AM on Monday during the setup period. We have everything needed to play so just come on by. Official play begins at 9:00 AM and

continues until Noon. See you soon.

Contact: Randy Fong 916-295-9489, randy888@pacbell.net



Mah Jongg, National

Greetings. As you find yourself in the middle of the busy holiday season, we want to assure you that our weekly Mah Jongg games continue. We play Tuesdays in the Card Room (OC) from 12:30 to 4:00 PM. All are welcome. If you know how to play just bring your card and join a table. If you want to learn, please stop by and sign up for free lessons starting in January. We are looking forward to our holiday luncheon on Tuesday, December 14 at Meridians, 11:00 AM to 12:30 PM, followed by Mah Jongg games in the Card Room. We want to wish everyone a safe and happy Thanksgiving. Hope to see you next Tuesday, and may the jokers be with you.

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



Mah Jongg rules to live by



Mixed Media

The Club meets on the third Wednesday of the

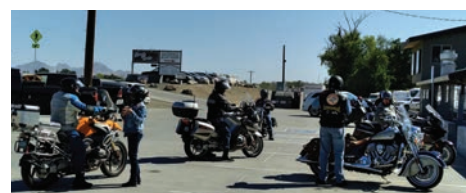
month at 1:00 PM in the Ceramics Room (OC), except for December. This year we are planning a get-together in December. It has been a couple of years since we have done our fun holiday party because of COVID-19, and we are ready to celebrate together. Mark the date of December 15 and note we will be meeting at 12:30 PM. Frima Stewart will be hosting our holiday celebration at her house, which will include lunch. More information will be emailed to our members as the date approaches. We welcome people to come and see what we are all about. If you have questions, contact our Club President, Chris Fetter.

Contact: Chris Fetter 916-276-7895, christine.fetter@yahoo.com



Motorcycle

The club enjoyed a great fall ride on October 9. With club President Don Bowden leading the way, the riders followed the Sacramento River north to lunch at Colusa



Leaving Colusa Landing for a ride to the Sutter Buttes

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Landing. After lunch, it was on to a scenic ride by the Sutter Buttes before heading home. If you like motorcycle touring and have a road-worthy motorcycle or trike - check us out! The club has scheduled rides on the second Saturday of the month, March - November. The club meets on the fourth Thursday of the month at 5:30 PM, Multipurpose Room (OC). Guests are always welcome. "Ride Safe - Ride With Friends"

Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



Music

Our October meeting held in P-Hall (KS) had a "Spooky" theme. The opening song was "Black Magic Woman," one of Santana's masterpieces. After wonderful solo performances, we closed with "I Put a Spell on You," in the style of CCR. Our next meeting will be on January 25. We are looking forward to another year of singing and playing. We are in the planning stages of moving our meeting venue from the OC to P-Hall (KS) in 2022. Stand by for future news. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln

Hills residents. Contact Ron Peck at 925-788-5869 for information.

Contact: Dan Lehrer 916-587-3419,

dlehrer72@gmail.com

Website: lincolnhillsmusicgroup.org



Needle Arts

The NA Community Service group was featured at our November meeting. The members of this group are busy creating quilts for the various charitable organizations they furnish quilts to, and many other NA members have joined in to help this year. Our December meeting date will be Friday, December 17, when we will celebrate the holidays with a luncheon in the Ballroom (OC). Mark your calendars and make your reservations early for what promises to be an entertaining event. Workshops have returned to the sewing room and are open to all NA members. Watch your email for future projects, and if you have an idea for a workshop, please let us know. Check out the NA website for useful information, including membership applications.

Contact: Jeanne Helland

916-409-5512,

needleartspres@gmail.com

Website: sclhna.com



Neighborhood Watch

Despite COVID-19 challenges in 2021, Neighborhood Watch (NW) has

accomplished much. Policies and Procedures and forms were updated; video training was provided; the website and email system were updated; Welcome Packet Tuesdays were implemented and held on first and third Tuesdays; three New Resident Orientations were held; National Night Out Kickoff and National Night Out events were held; the Safety Symposium was held on October 26; resident information collection date was changed to once per year in February, and General and Annual Meetings were held. NW continues to work for all residents, even in challenging times. We invite residents to apply to be Mailbox Captains, Village Coordinators, or Directors. NW exists with the volunteerism of great residents. Contact Barbara Branch at executivedirector@sclhwatch.org with any questions. Contact: Mary Shelton 916-409-9923, marishel24@gmail.com Website: sclhwatch.org



Painters

From September 15 through January 14, Painters Club Members are exhibiting 20-plus unique original works of Art at the Buonarroti Ristorante located at 460 Lincoln Blvd. Below is a sample of the type of artwork on display—a 12 x 18 "Fading



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*Fading Sun 12 x 18 Watercolor
by Artist Randy Mealhow*

Sun" watercolor by our member artist Randy Mealhow. Painters Club members also exhibit their works at the Art League of Lincoln Gallery located at 580 6th Street. Hopefully, you were able to enjoy the Art our members displayed at The Lincoln Hills 2021 Artisans at the Lodge Event held last month. This is always a popular community event, and our members really enjoy being a part of it. New Club Members are always welcome. Dues are \$15 per year. Contact: Linda Shields: linda_c_s@yahoo.com. Contact: Bob Green 707-292-5526



Paper Arts

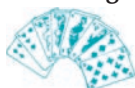
Big news! Our meetings will resume on Thursday, December 2. We haven't been together since March 2019. Can you believe it? We'll be making holiday cards for our Community Service project, so mark your calendars. Also, at the December meeting, we will be presenting



Mary Prindiville's ghoulish greetings.

a slate of candidates and electing next year's Board. There's lots to catch up on, so I hope to see you all there. Speaking of our Community Service project, which donates member-created cards to local residential care facilities, check out the Roving Reporter article in this month's *Compass* for a feature story about the project. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

Contact: Susan Long 916-408-3451, scewlong@sbcglobal.net



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) from 9:00 AM to Noon on the first and third Friday. For more information, please contact Denise or Doris

DeRoss at 916-253-7165. We are looking forward to seeing you soon.

Contact: Denise Jones 916-543-3317



Pickleball

A huge thank you to our club member, Cal Meissen, who is retiring from teaching the Intro to Pickleball class. Thanks to Lynn Fraser and the volunteers who also made the class possible. A new curriculum for the Intro Class has been developed by professional players. The class is moving to Wednesdays 4:00 to 5:30 PM. Email Mike at LHPickleball@yahoo.com for reservations (weather permitting). Classes are limited to eight players. Wear tennis shoes and bring water. This class is open to all residents. Club members, further enhance your novice play on Thursdays from 11:00 AM to 1:00 PM. Weather permitting, courts will be available for beginner play in game settings to your skills and confidence.

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

Website: lhpclub.com



Players

On Thursday, November 18, the curtain rises on the Ballroom (OC) stage for the opening night of

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Cast of Agatha Christie's "Murder on the Orient Express"

the Lincoln Hills Players' performance of Agatha Christie's, *Murder on the Orient Express*. This well-loved play features one of Christie's most colorful characters, the inimitable Belgian detective Hercule Poirot, played by Ken Reiss. Soft-spoken but incisive, quick but methodical, Reiss's perceptive Poirot relentlessly sniffs out clues in unlikely places, much to the distress and angst of his Orient Express companions trapped in a snowstorm in the middle of Yugoslavia. Director Julie Africa's cast of eleven is performance ready and elegantly costumed in 1934 garb, and Producer Craig Stults's stage and tech crews have perfected the sets, lights, and sounds. For tickets for all four performances, see page 63.

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



RV

The San Andreas Fault line runs through Tomales Bay and shows a small portion of remnants of the big quake of '06 in Olema. Trails run abundantly through Olema, where our group of 16 rigs were camping. The town of Pt. Reyes Station with its quaint shops; a visit to the Cowgirl Creamery that produces amazing cheeses; touring a local Meadery that makes a special sparkling wine (Meade) out of honey; a tour of Straus Home Ranch on the shores on Tomales Bay, where we sampled their own cheeses then many lunches of oysters and clam chowder rounded out our week. Wild Elk and deer were spotted on the peninsula hikes while others toured the countryside in their cars. Dinners together and music made for great camaraderie in the evenings.

Contact: Victoria White 530-320-0498, weimarwoman@yahoo.com
Website: www.lhrog.com



Sights of Tomales Bay



SCHOOLS

Western Placer reports that, as of this writing, their cases and assumed transmissions of COVID-19 are going to be less than previous weeks, which is great news and in line with the trend seen in Placer County and the state in general. Governor Newsom has declared a vaccination mandate for children who wish to attend class in person. This will be enforced pending full FDA approval of shots for their age groups. Weekly COVID-19 case counts are updated on their website each Monday at www.wpusd.org. Glen Edwards Middle School Learning Center is looking for volunteers to work with middle school students (grades six through eight) one on one in various subjects. The Learning Center is a place where students drop in to get help.

Contact: Cyndi Colloton, ccolloton@yahoo.com



Ruth Palacio, pre-COVID, in Ms. Lucas class, First St. School.



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Scrabble

We invite you to join us, a small group of Scrabble aficionados, on Monday afternoons starting at 1:00 PM in the Card Room (OC). All materials are provided, and no reservations or advance notice is necessary. If you've ever played Scrabble in the past or enjoy other word games, you might enjoy a casual game of Scrabble with some of your fellow residents/neighbors.

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



Shanghai

Well, Shanghai is in full swing. What is Shanghai? It is a card game played with three to five players. Don't know how to play? First, give me a call, and then see if you are available on either of these two times: Thursday at Noon or Friday at 5:00 PM. Then prepare to have fun at cards.

Contact: Howard Beaumont 916-408-0395, hbeaumont@wavecable.com



Singles

After 18 months of not being able to have our usual meetings in the Ballroom (OC), we were finally able to meet on Thursday, October 14, to celebrate all of our

member's birthdays! Everyone received a complimentary birthday drink. It was wonderful to be together again! We also held our annual election for a new Board of Directors. The standard date of our May election was canceled due to the ongoing quarantine. The following members were elected to the Board: President-Rudy Schneider, Vice President-Susan Platt, Secretary-Carolyn Neece, Treasurer-Chuck Pineau, and Membership Chair-Eileen Graham. Your new Board has plans for great activities through the end of 2021 and into the New Year. Join the Singles Club for fun times. You won't be sorry.

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



Ski

Our next meeting is on November 19, starting at 4:00 PM in the Multipurpose Room (OC). Besides discussing our various options for local skiing this winter, we will be sharing information on the latest in ski gear and apparel. Also, be sure and mark your calendars for our annual Holiday Party to be held at Turkey Creek on the evening of December 16. Details on the party and how to reserve your spot will be provided to members. Looking ahead

a bit further, we have over 30 people signed up for the getaway ski trip to Park City, Utah, in February. Please bring your Club dues of \$15 per household or contact us for mailing instructions. Guests and new members are welcome.

Contact: Ken Spencer 916-258-2150, lhskiclub@gmail.com

Website: LHSkiClub.com



Sports Car

The Monte Vista Inn Restaurant tour leaders, Linda and Kathy, picked back roads that were interesting and fun. At one point, several turkeys crossed the road in front of us. Upon arriving at the Monte Vista Inn Restaurant, we proceeded to enter and were immediately surprised! You could see the bar where the stagecoach drivers and their passengers must have enjoyed their stop for food and refreshments. Some of the present customers announced that we were in a very special place and to expect to be treated well and be



Chuck Schmidt, Ernie Drake, and Carol & Joe Asnault



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amazed with great food! Our food soon arrived, and it was hot and delicious. Afterward, we even had a big slice of chocolate cake with a scoop of cream added to increase the already generous helping of frosting.

Contact: Vic Kremesec 916-543-7050, vjk1245@yahoo.com

Website: lhsportscars.com



Sun City Squares

We are excited to introduce our new caller, Tom Kaiser. He calls all levels of Square Dancing through advanced as well as Round Dancing. We will be starting a new beginner's square dance (no experience necessary) class on Monday, January 10. Stop by KS on Mondays to meet Tom and pick up a class information sheet. Currently, we are an Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:15 to 3:15 PM for Plus Level dancing, with Round Dancing between tips. Advanced Level dancing is held on Mondays from



Tom Kaiser's first day of calling for our club

1:15 to 3:45 PM and on Thursdays from 1:00 to 3:00 PM.

Contact: Beverly Cieslinski 916-622-8424, blm2518@icloud.com



Swimmers & Water Walkers

Our Club has an eight-member Leadership Team comprised of Fred, Hagai, Jim, Kathy, and Steve (Advisory Committee) plus Bob, Darlene, and Chey (Board). A couple of years ago, they shared their swim stories, and I will share those stories again in the upcoming months in the *Compass*. This Leadership Team encourages you to enjoy our pools while giving low-impact water workouts a try. The buoyancy of water lessens the pull of gravity, making you feel lighter and more balanced while reducing the impact on your knees. This also makes the same moves that would be difficult to do on land feel easier in the pool. Swimming and aerobic exercise help you burn fat, build stamina, and is easy on your joints.

Contact: Bob LeRoy 916-412-0552, bobandchey@icloud.com



Table Tennis

We have returned to its pre-COVID-19 schedule. Playtimes are Tuesdays from 6:00 to 9:00 PM and Fridays from 8:00 to 11:00 AM. Sunday times are the

first Sunday of each month from 12:30 to 5:00 PM and the second, third, fourth, and fifth Sundays of each month from 9:00 AM to 5:00 PM. A big thank you goes out to our steering committee and the Room Booking and Club Coordinator for making this happen. We play in the Multipurpose Room (KS). Seven tables are set up to serve a full range of skill levels. Players will likely bring their own paddles. However, paddles are available for those arriving without paddles. Club contacts are Alan Smith and Gary Haight. Alan can be contacted at 916-316-0796 or aledsmith0411@gmail.com.

Contact: Gary Haight 916-508-3117, gary@sapros.com



Tap Company

The lodges' newly expanded hours of operation has allowed Tap's Saturday practice to resume. Practice is held at KS every Saturday morning for two hours. It's a perfect way to polish that new routine just taught in class. And for those of you who may be interested in tap, please check out one of Monday's classes. The 10:00 AM class is geared for the more advanced tapper with the 11:00 AM class focusing on the beginner. Have a safe, healthy, and happy Thanksgiving.

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Tennis

Our first tournament since the start of COVID-19 was a huge success. Tournament Directors Cathy & Dennis Vaillancourt and a staff of volunteers did a great job. The tournament was followed by a wonderful lunch planned by Patti Kingston and a staff of volunteers. Players were divided into three groups, and we had men and women winners in each group. Yellow group winners were: Sue Kuuka and William Puddy; second place-Sue Favela and Jim DeDeo. Blue group winners were: Helen Berott and Dave Mateer; second place-Katie Didion and Roger Clapp. Green group winners were: Christine Forter and Jerry Dong; second place-Lisa Snapp and Carl Lynch. Thanks go to the many volunteers that helped. Our annual membership meeting to elect officers is Friday, December 3, at P-Hall (KS).

Contact: Helen Berott 530-320-6468,
hberott@msn.com
Website: sclhtg.com



Veterans

Tiara Whitfield of the Placer County Veterans' Service Office (VSO) will be the featured speaker at the November 18 general membership meeting at 1:00 PM in P-Hall (KS). She will review the VSO's function and explain the services offered to veterans and their families. Ms. Whitfield has been working with the Placer County VSO since September 2019 and has filed over 2,000 claims on behalf of veterans, their surviving spouses, and dependents. The Veterans Group's popular holiday celebration is on Thursday, December 16, in the Ballroom (OC). Lunch will be

served at Noon. The price is \$35 per person. A cash bar will open at 11:30 AM. For more information, Contact Shirley Schultz at 916-645-7539 or Teena Fowler at 916- 543-3349.

Contact: Joan MacAdams
916-751-9272,
joan.macadams13@gmail.com



Water Volleyball

Water Volleyball is on the move. Welcome to our New Members. We welcome all levels of volleyball play for both men and women—training and mentorship provided. See our website or Call Carol Critch at 925-451-1686. All who attended the Fall Festival on October 7 had a good time. We now have drill classes every week to improve skills. Come play Saturday mornings for free to try out the sport. Spectators are welcome. Club blue ball tournament was November 1-4. William Jessup Women's College Volleyball was on October 29 and November 5 at WJU. We will have a tournament here at the OC with WJU women's volleyball team on November 18 at 6:45 PM.

Contact: Scot Humphrey 530-913-3274,
thtodd1@gmail.com
Website: lhwatervolleyball.com



Woodcarvers

Often community members, prior to joining our club, visit us during our weekly meetings. They tour the room, look at the club members' projects and chat awhile. One of the most asked questions by prospective members is: where do I start? Well, we have a suggestion! One project is carving a comfort bird that fits comfortably in the hand. This is a good place to start since the rough-cut bird piece offers

the opportunity to learn many basic carving skills. With the help from our club members, a new member can create this bird to keep once the project is done or donate it to a support group. Woodcarvers meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).

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



Writers

Prose and poetry writers have many opportunities to write about sweet matters. The late Mrs. McCollum, my wonderful eighth-grade Algebra teacher, was born and raised in Stuttgart, Arkansas. Though known for its rice production, sugar cane is also grown around Stuttgart, and the town's fitting motto is: 'A Natural Place to Call Home.' According to Mrs. M, telephone operators answered incoming calls, "Stuttgart, Arkansas. Take the T's out, and it spells sugar." We can write poems and stories about sugar and spice, Stuttgart rice and everything nice. But our November 8 meeting brought your sincere or humorous prose or poetry about Thanksgiving. We're grateful to enjoy our meetings on the second and fourth Mondays in the Multimedia Room (OC), 5:00 to 7:00 PM. Face masks or shields are mandatory.

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



Jackie Gage: Unforgettable

A Holiday Tribute to the Songs of Natalie Cole and Nat King Cole

Thursday, December 9

4:00 PM - LSE363

7:00 PM - LSE359 (Sold Out)

Presentation Hall (KS)

Due to popular demand, an additional twilight schedule has been added!

Jackie Gage and her band present Unforgettable: the Music of Natalie Cole & Nat King Cole along with The Great American Songbook. With Jackie's velvety voice featured, this distinctive performer brings the same joy and excitement as witnessing Natalie Cole live on tour. Featuring popular songs like "This Will Be," "The Very Thought of You," "Smile," and the anthemic "Unforgettable," Jackie takes listeners on a magical, musical ride through the different decades of each artist's career, sharing tales of love, life, heartache and happiness along the way including favorite classics from each of their memorable Holiday Albums.



RESERVED SEATING: \$22
EVENT CODE: LSE363

Purchase your tickets Online at www.SCLHResidents.com or at the Lifestyle Desk (OC/KS).



Alzheimer's-Dementia Caregiver's Support

The final 2021 general meeting will be Wednesday, November 17, 1:00 PM via Zoom, hosted by the Del Oro Caregiver Resource Center. Join us to reconnect and reflect on the upcoming holiday season. Our first 2022 general meeting will be Wednesday, January 26, 1:00 PM. We hope to return to the Lodge for in-person meetings pending COVID-19 guidelines. Our first 2022 Women's caregiver group will be Wednesday, January 5, 1:00 PM, hopefully also in person. Contact a steering committee member for the Zoom link for the November meeting. The Caregivers Support Group has reorganized with an updated steering committee that includes Jean Ebenholtz (jme-sme@att.net), Mary Jo Fratessa (916-759-8760), and Valerie Jordan. The caregiver's group and programs are supported by the Lincoln Hills Foundation.

Contact: Valerie B. Jordan
909-625-7443, vjordan46@gmail.com



Bereavement

We offer support and friendship through sharing with others who have also lost a loved one. For those who are vaccinated, you are invited to join us Wednesday, December 8, at Joan Logue's home at 3:00 PM for a

group session. Contact Joan Logue for directions or to put a Memoriam in the *Compass*. The deadline for Memoriams is the 15 of the month to be in the next *Compass*.
Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net



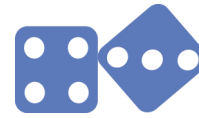
Bosom Buddies

Our November meeting brings back "Girls Love Mail," a program that invites people to send handwritten letters of hope to women with breast cancer. The organization collects the letters, bundles them together then sends them to the caring staff of cancer centers to give to patients. As most of us in Bosom Buddies know, words of encouragement are important in the battle against cancer, and participating in "Girls Love Mail" gives us an opportunity to make a difference. Bosom Buddies meets on the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC). If you're not sure you're ready for a breast cancer group, please attend one of our meetings. You'll find us to be a welcoming and supportive group.

Contact: Marianne Smith
916-408-1818, mlsmith39@yahoo.com



Bosom Buddies' beautiful window display in October.



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. We are currently meeting on the first and third Friday of each month from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis. There are signs directing you to the proper room. Gambler's Anonymous meetings also begin at 7:00 PM in a different room if your gambler wishes to attend a meeting as well. If you need support at another time, you can call the Gam-Anon Northern California Hotline at 510-407-3898 or the Sacramento Gambler's Anonymous Hotline at 855-222-5542 for referral to a local Gam-Anon support person. The Gam-Anon International Service Office website is www.gam-anon.org. If you call Kay from this article, please leave a message for a call back.

Contact: Kay F. 916-543-3079,
kayfischer89@gmail.com

Website: www.gam-anon-loomis.com



Glaucoma Support Group

We will gather on December 8 in the Kitchen (KS) for our Annual Holiday Luncheon. Our tradition is to have a potluck feast, and this year is no different. Come and

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share a great food and social time together. Lunch begins at Noon, and the gathering will end at 1:30 PM. Members are welcome to bring a guest. Please send your RSVP to Bonnie Dale at her email listed below. Include the number coming with you and if you will bring a Salad, Main Dish, or Dessert. Happy Holidays to All.

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



Hearing Impaired Support Group

We will not have any meetings in November and December but will resume meetings in January. In October, our speaker was Victoria Harling of the California Telephone Access Program. Victoria filled us in on new captioning technology and the various phones that are available to hard-of-hearing or deaf individuals.

Contact: Joanne Mitchell 916-408-0533, pipa1@prodigy.net



Low Vision Support Group

We wish everyone a wonderful Holiday Season and are delighted to be looking forward to a more "normal" 2022. We are grateful to be back to resuming meetings on a regular basis in the Fine Arts

Room (OC). In December, we will hold our Annual Holiday Luncheon in the Solarium (OC). Reservation details have been sent to all members. Our next meeting is Tuesday, January 4, 2:00 to 4:00 PM, in the Fine Arts Room (OC). Our Guest Speaker will be Pat Togstad, President of Neighbors InDeed. Pat will describe the various programs and free services that Neighbors InDeed provides to residents of Lincoln Hills. Those programs include Handy Helpers, Information, referrals, and medical equipment loans.

Contact: Cathy McGriff 916-408-0169, cathymcgriff1010@gmail.com



Multiple Sclerosis

Greetings. Our meetings are on the third Tuesday of the Month. The November 16 meeting is scheduled for 1:00 PM in the Sierra Room (KS). Yes, this will be another in-person gathering. Bring your checkbook. Chairperson, Laura Ludwig, will collect money for our Holiday Luncheon, which is scheduled for Thursday, December 2, in the Solarium (OC). The menu and price will be forwarded to our Group in a separate email when received. Hope to see everyone again for



a treat and a hug!

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



Parkinson's Support

We are a support group for those caring for someone with

Parkinson's. We meet the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Hills Community Church 950 E. Joiner Parkway.

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



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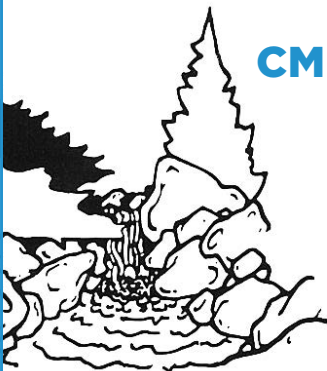
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AARP Foundation Tax-Aide

We are looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2021 income tax returns in Lincoln during the 2022 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week from February 7 through April 15, 2022. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2021 tax season, please email yorke1946@gmail.com with your name, address, phone number, and position(s) you are interested in.

A Course in Miracles

Today the world seems to be filled with the fear of illness, death, and violence. We are told "Change your mind, and you will change your world." How is this accomplished? Study and practice the 365 lessons provided in this book called "A Course in Miracles," and you will know the answer to this question. This ongoing study group is a support system for this activity. We meet twice a month on Sunday afternoons in a home in Lincoln Hills. Call 916-409-5253 for more information.

Cloggers

Life is becoming somewhat more normal, at last, and we cloggers are back in class. Clogging is a wonderfully fast, noisy, rhythmic dance. The reason it is so wonderfully noisy is that our shoes have not two but four taps each shoe. Clogging is somewhat like Irish dancing, but with arm

movement. If you want to dance to good old country music, with lots of beat and style and kicks and taps, clogging is for you. Come join us on Tuesdays! For more information on clogging in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Italian Club

As our activities resume, we're happy to be back in the swing of things! We're looking forward to the annual Christmas Dinner and Dance set for Sunday, December 5, at Catta Verdera. We'll dress up, don our dancing shoes, and get ready for a night to remember as we welcome in the holiday season. Don't forget to stop by the Lincoln Hills Italian Club Apparel Store online, where you'll find men's and women's shirts, hats, and sweatshirts with the club's logo. (Did somebody say "stocking-stuffers?") For additional information about upcoming events and more, check out our website at www.lhitalianclub.org.

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 9:30-10:00 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 at amoon38@sbcglobal.net.

Republican Group

Our last 2021 Club, "Hurrah," had approximately one hundred

members and guests who enjoyed the seasonal sounds of Oktoberfest performed by "The Fire Brigade German Band"! Hot polish sausages, with all the fixings, were enjoyed to complete the festivities. No meeting or activity in November or December. January 2022 kick-off will have information booths, a guest speaker, and round tables for discussion. See Newsletter or website below for additional information. 2021 was an active year! We look forward to creating a positive impact on our community in 2022. We invite Lincoln Hills residents to join our club. Membership is \$15/pp per year.

Shalom Social Group

We have a hiking program. Our Men's Club and Women Together are active, with programs every other month. We'll celebrate Hanukkah from 4:00 to 7:00 PM on Thursday, December 2, in the Kilaga Kitchen. For more information, please contact Joanne Levy at 508-333-8590.

Sons In Retirement

We will hold a three-course gourmet luncheon at Catta Verdera on Tuesday, November 16. Arrive by 11:30 AM. All attendees must have a vaccination card that shows the last vaccine at least two weeks prior to the luncheon or proof of a negative COVID test within 72 hours of the luncheon, and all attendees must sign a liability waiver upon entry. Cost is \$20. If you are interested in coming as a guest or in joining the Lincoln branch of SIR, call Chet Winton at 916-408-8708.



Lincoln Hills Farmers Market

Wednesdays, through November 17, 8:00 AM to Noon, Parking Lot (OC)

Weather permitting, join us on the last day of our Farmers Market on November 17 to support our local farmers and local vendors. Come celebrate and shop local fresh produce and say goodbye to your favorite vendors before we close for the year.



Golf Cart Registration

Thursday, November 18 and December 2, 9:00 to 10:00 AM, Orchard Creek Lodge

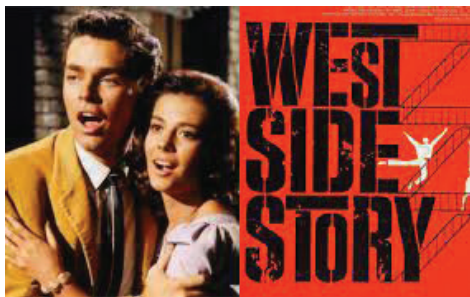
The City of Lincoln prides itself on being NEV and golf cart friendly. The City of Lincoln Police Department inspects golf carts to make certain safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website: www.lincolncalifornia.gov.



Lincoln Firefighter's 8th Annual Turkey Drive

Thursday, November 18, 2:00 to 8:00 PM, Lincoln Fire Station #34
126 Joiner Parkway

Lincoln Firefighters will be collecting FROZEN turkeys to help support the Salt Mine Food closet and Placer County Food Bank. Turn onto the fire station driveway and follow the cones through the fire station, firefighters and other volunteers will take the frozen turkey from your car.



KS Movie Classic: West Side Story (1961)

Monday, November 22, 1:30 PM, P-Hall (KS)

Two youngsters from rival New York City gangs fall in love, but tensions between their respective friends build toward tragedy. Starring Natalie Wood, George Chakiris, Rita Moreno. Not Rated, 153 minutes. Musical/Drama/Crime.



KS At the Movies: Last Christmas (2019)

Monday, December 6, 1:30 PM, P-Hall (KS)

A selfish woman meets a mysterious young man during the Christmas period who brings out the best in her. But is he too good to be true? From the director of Bridesmaid and A Simple Favor. Stars Emilia Clarke and Henry Golding. With music from the legendary George Michael. Rated PG-13. 103 minutes. Comedy/Drama/Fantasy.



Due to the current COVID-19 restrictions, upcoming Community Forums will be presented primarily as an online Zoom offering through 2021-2022. Some in-person presentations or hybrid offerings may occur. In addition, each of your Zoom screens will show a “chat button,” which will allow viewers to enter written questions during the presentation. When the Question & Answer portion of the forum begins, the Zoom moderator will have the ability to present your questions to the speakers, and all viewers will hear both the questions and answers.

No one will be admitted to a Zoom Forum unless identified by their real first and last names. Email “handles” are not acceptable.

To receive eNews bulletins, please go to <https://sclhresidents.com/enews>.

At such time as our Lodges are again made available, we will add live audiences per the social distancing rules currently in effect. But online Zoom access will continue, as will video recordings a few days later at <https://www.sclhresidents.com/group/pages/community-forum-videos>

If you have a suggestion for a forum topic, please send an email to communityforums@sclhca.com.

All Forums are Free

Dates are subject to change



The Salt Mine

Tuesday, November 16, 2:00 to 3:30 PM, Zoom
Meeting ID: 814 2109 7267 • Password: Forums

The *Salt Mine* is a faith-based charity serving the Lincoln area for 37 years now. Our primary outreach is the food closet which is now helping thousands on a regular basis. Our mission is to keep people from going without by providing ample food to help supplement the food bill to those in need. Salt in its natural state acts as a preservative and a healing agent (the *Salt Mine*).

Eric Long has been a part of the *Salt Mine* since its inception and has been serving as Senior Pastor of the church and President of the charity since the year 2000.

UPCOMING EVENTS

Ellis Island – History & Genealogical Search – Valerie Jordan, Tuesday, January 11, 2:00 PM,
Zoom - Meeting ID: 890 0385 1078 • Password: Forums

Speech Trek – Michelle Stark, Saturday, February 11, 3:00 PM, Ballroom (OC)

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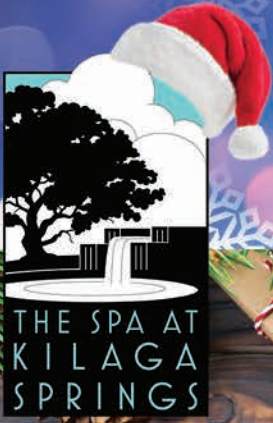
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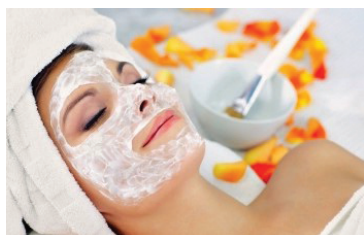


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- **Anti-Aging Neck & Décolleté** – \$18

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Questions? Contact Lavina Samoy.
 Lavina.Samoy@sclhca.com

*Indicates new performances on sale November 17

*Let's Get Fizzy!
 A FUNtastic
 New Year's Eve Party!
 Friday, December 31
 5:30 to 10:30 PM — **LSE287**
 Ballroom (OC)
 Reserved Table Seating \$120



Say goodbye to 2021 and say hello to 2022! Join the party as we welcome the New Year, New York style. Featuring a cocktail hour, a sumptuous three-course dinner with a dessert bar, dance music from DJ Tom, casino gaming, and fun surprises. Let's toast the year together as the ball drops at Times Square. Party from 5:30 to 10:30 PM and continue an intimate celebration at home. All attendees will receive a party gift bag complete with a fizzy and something sweet to welcome 2022. Complete menu options are available at the Lifestyle Desk and Online. Be prepared to provide your food choice upon registration. For those purchasing for other residents to share a table, please have the names and membership # for your friends ready. Tables are numbered but not the seats. Limited tickets go on sale November 17.

—Comedy—

*Jack Gallagher -
 Stand-up Comedy
 Friday, January 21
 7:00 PM
 Ballroom (OC) — **LSE362**
 Premium Reserved
 Seating \$16
 General Admission \$12

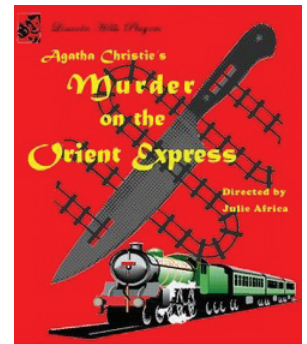


For most of his life, Jack has been entertaining, first as a kid for his family and then for his friends and teachers at school. Jack started his professional comedy career in Boston during the early '80s. As part of that explosive comedy scene, Jack helped establish such

clubs as The Comedy Connection, Stitches, and the legendary Ding-Ho Comedy. Jack has appeared in films, TV movies, including his own ABC sitcom *Bringing Up Jack* as well as a recurring role on the HBO Original Series, *Curb Your Enthusiasm*. Jack can currently be seen as the co-host of the popular nationally syndicated Public television show *MoneyTrack*.

—Community Performing Arts—

The Lincoln Hills
 Players Club presents
 "Murder On the
 Orient Express"
 Thursday, November 18
 7:00 PM show — **LSE347**
 Friday, November 19
 7:00 PM show — **LSE348**
 Saturday, November 20
 2:00 PM show — **LSE349**
 Sunday, November 21
 2:00 PM show — **LSE350**
 Ballroom (OC)
 General Seating \$17



The Lincoln Hills Players are excited about returning to the stage in November to perform *Agatha Christie's Murder on the Orient Express*. Come on out and cheer on your very own resident theater group as you enjoy hilarity and suspense in this classic play, a stage version of one of Agatha Christie's most-loved novels. A cast of unforgettable characters, passengers on the snowbound Orient Express must match wits with the masterful Belgian detective Hercule Poirot, who's at his inimitable best in reaching a most unlikely conclusion. Note: Seats limited to General Admission only.

The Lincoln Hills Chorus
 presents "We Need a Little
 Christmas—Right This
 Very Minute!"
 Sunday, December 12
 2:00 PM concert — **LSE354**
 Monday, December 13
 7:00 PM concert — **LSE355**
 Tuesday, December 14
 7:00 PM concert — **LSE356**



Ballroom (OC)
 Premium Reserved Seating \$21
 General Seating \$17

The Lincoln Hills Chorus is delighted to announce its December Holiday concert, "We Need a Little Christmas," an eclectic program of uplifting, joyous

songs of the season, which will put everyone in a festive mood to celebrate. With Paul at the podium and Nina at the piano, your all-resident community chorus will be swingin' with St. Nick, rockin' around the Christmas tree, jingling bells to the tune of Tchaikovsky's Nutcracker Suite, and so much more.

—Concert—

A Cash Country Christmas Featuring James Garner

Monday, November 29
7:00 PM – Ballroom (OC)

— **LSE357**

Premium Reserved Seating \$24

General Admission \$20



James Garner returns to Lincoln Hills with a holiday version of his musical tribute to Johnny Cash. The show will feature a collection of treasured songs from Cash's holiday albums. For more than a decade, James Garner and his band have faithfully recreated Johnny Cash's biggest hits with stunning accuracy in this not-to-be-missed musical event. From special concert airings on PBS stations to shows at Folsom and San Quentin Prisons, it's easy to see why this is the premier tribute to the "Man in Black." The show is a fun, toe-tapping trip down memory lane.

Jackie Gage: Unforgettable A Holiday Tribute to the Songs of Natalie Cole and Nat King Cole

Thursday, December 9
7:00 PM — **LSE359**

Sold Out

4:00 PM — **LSE363**

Added performance

P-Hall (KS) Reserved Seating \$22



Jackie Gage and her band present Unforgettable: the Music of Natalie Cole & Nat King Cole along with The Great American Songbook. With Jackie's velvety voice featured, this distinctive performer brings the same joy and excitement as witnessing Natalie Cole live on tour. Featuring popular songs like "This Will Be," "The Very Thought of You," "Smile," and the anthemic "Unforgettable," Jackie takes listeners on a magical, musical ride through the different decades of each artist's career, sharing tales of love, life, heartache and happiness along the way including favorite classics from each of their memorable Holiday Albums.

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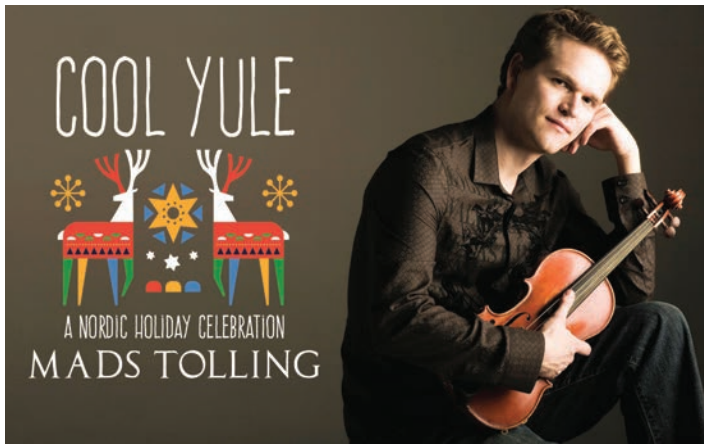
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Cool Yule - A Nordic Holiday Celebration
Starring Two-Time Grammy Winner Jazz Violinist
Mads Tolling

Tuesday, December 21

7:00 PM, Ballroom (OC) — **LSE358**

Premium Reserved Seating \$23

General Admission \$19

In the spirit of Yule, two-time Grammy Award winner Mads Tolling shares the Christmas celebrations of his youth in Copenhagen, blending the authentic customs and sounds of the Nordic countries with the joy and spirit of American jazz. *Cool Yule* includes a special nod to Denmark's most famous fairy-tale author Hans Christian Andersen with a medley of songs from *Frozen* and other fables, a salute to Julemanden (Santa Claus), Yuletide traditional classics, and jazz renditions of your favorite American holiday songs, including *Silent Night*, *Sleigh Ride*, *O Tannenbaum*, *I Am So Glad Each Christmas Eve* and more.

***A Pop Divas**
Songbook by
Kelly Brandeburg

Thursday

January 6

7:00 PM

P-Hall (KS)

Reserved Seating

\$23 — **LSE360**

Award-winning Theater Star Kelly Brandeburg is back with her magnificent voice and phenomenal stage presence on our stage with a new show. The show



will feature classic songs from favorite female greats like Linda Ronstadt, Helen Reddy, Dolly Parton, Celine Dion, and more. Don't miss it!



***Robert Dehlinger's Alpha Rhythm Kings**

Friday, January 28

7:00 PM Ballroom (OC) — **LSE361**

Premium Reserved Seating \$23

General Admission \$19

Swing. Jump Blues. Vintage Lounge. Boogie Woogie. Established in 2017, the Alpha Rhythm Kings have created quite a stir with music fans with an exciting, King Size California sound, with what *Roots Music Magazine* *No Depression* calls "the badge of authenticity." The band's top-quality musicians, with Robert Dehlinger's "exhilarating" trumpet and "magnetic" singing (*Jazz Corner*) leading the way, are a favorite with swing dancers, as well as with audiences in nightclubs, festivals, and concert halls. Be prepared to enjoy a high-energy and exciting concert!

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*Indicates new trips on sale November 17

— Overnight Travel —

*El Dorado
Resort Casino,
Reno
Overnight:
Santa's
Christmas
Wonderland
Wednesday
December 15
through
Thursday
December 16
— **LST369**



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\$244 single occupancy

Featuring glittering costumes, sensational sets, a dazzling cast, and the highest kicking chorus dancers this side of the North Pole. A show that will remind its audience why Christmas is the most magical time of the year, featuring a cast of professional singers and dancers that will take your breath away.



Arrive at 2:00 PM for check-in with free time for gaming and dinner on your own prior to the 7:00 PM show. Enjoy a leisurely breakfast, and explore downtown Reno before we load the bus at noon for Lincoln Hills. Wheels roll from OC at Noon ~ return 2:30 PM. The fee includes overnight

accommodation, show tickets, coach transportation, and driver gratuity. Itinerary and restaurant list available for pick up at the Lifestyle Desk. Important

notice: face coverings are required while inside the casino and during the show. **Registration exclusive at the Lifestyle Desk, not available Online. Registration deadline December 1.**

— Performances —

2021 Broadway On
Tour: Charlie and
The Chocolate Factory
Tuesday, December 28
\$121 — **LST349**



Roald Dahl's amazing tale is now Sacramento's golden ticket. It's the perfect recipe for a delectable treat: songs from the original film, including "Pure Imagination," "The Candy Man," and more, "alongside a toe-tapping and ear-tickling new score from the songwriters of HAIRSPRAY. Get ready for Oompa-Loompas, the great glass elevator, and more at this everlasting showstopper. Wheels roll from OC at 6:30 PM, for a 7:30 PM show ~ return approximately 11:00 PM. Bus will load from the OC lobby 15 minutes prior to bus departure. Tickets to the show will be handed out when you load the bus.

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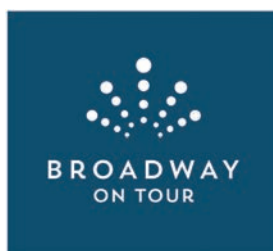
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Broadway On Tour



The 2022 Broadway on Tour (formerly Broadway Sacramento) Three-Shows will be held in the newly renovated Community Center Theater now named SAFE Credit Union Performing Arts Center. The Center now boasts additional

aisles interwoven through the Orchestra seating area, state-of-the-art acoustics, a greatly expanded lobby, and more patron restrooms to create an enhanced patron experience. All shows will start at 7:30 PM, with Orchestra seating.



Anastasia

Tuesday, February 1, 2022

\$125—**LST362**

From the Tony Award®-winning creators of the Broadway classic RAGTIME, this dazzling new musical transports us from the twilight of the Russian Empire to the euphoria of Paris in the 1920s, as a brave young woman sets out to discover the mystery of her past. Pursued by a ruthless Soviet officer determined to silence her, Anya enlists the aid of a dashing conman and a lovable ex-aristocrat. Together, they embark on an epic adventure to help her find home, love, and family. Wheels roll from OC at 6:15 PM ~ return 11:00 PM.



Wicked

Tuesday, April 5, 2022

\$140 — **LST363**

This Broadway sensation looks at what happened in the Land of Oz, but from a different angle.

Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikely of friendships until the world decides to call one “good” and the other one “wicked.” Wicked—the untold true story of the Witches of Oz—transfixes audiences with its wildly inventive story. Wheels roll from OC at 6:15 PM ~ return 11:00 PM.



Tootsie

Tuesday, May 17, 2022

\$125 — **LST364**

Call it “musical comedy heaven” (*Rolling Stone*). Call it “the most uproarious *new musical in years!*” (*The Hollywood Reporter*). Call it Tootsie! This laugh-out-loud love letter to the theatre tells the story of a talented but difficult actor who struggles to find work until one show-stopping act of desperation lands him the role of a lifetime. “In these turbulent times, when the world seems out of balance, we need a place to let the good times roll,” raves *Rolling Stone*. “Tootsie is it!” Wheels roll from OC at 6:15 PM ~ return 11:00 PM.

— Shopping —



Additional Date

San Francisco

Shopping

Saturday

December 11

— **LST368**

\$50

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

Departure from SF will be 6:00 PM to allow you more dining and shopping time and less traffic on the way home. Wheels roll from OC at 8:30 AM ~ return 8:30 PM.

— Sports —



Sacramento Kings

Watch the Sacramento Kings from lower level seating at the Golden One Arena in downtown Sacramento without dealing with driving and parking issues. See individual games below for section, pricing, and bus times.

Sacramento Kings vs. Atlanta Hawks
 Wednesday, January 5, 2022
 — **LST365**
 \$93



Wheels roll from OC at 5:30 PM, for a 7:00 PM game, return ~ 10:30 PM.

Sacramento Kings vs. Brooklyn Nets
 Wednesday, February 2, 2022
 — **LST366**
 \$158



Wheels roll from OC at 5:30 PM, for a 7:00 PM game, return ~ 10:30 PM.

Sacramento Kings vs. Denver Nuggets
 Wednesday, March 9, 2022
 — **LST367**
 \$110



Wheels roll from OC at 5:30 PM, for a 7:00 PM game, return ~ 10:30 PM.

Sold Out Trips

Trip • Date • Departure Time

San Francisco Shopping — LST361
 Saturday, December 4 • 8:30 AM



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Balance & Fall Prevention.....91	Pilates.....85
Bootcamp89	Posture, Core and Balance89
Boxing.....91	Private Reformer Training85
Ceramics.....75	Pulmonary Exercise.....87
Charcuterie Workshop82	Quiet the Mind.....82
Crafts75	Re-Start.....83
Fun ctional Fitness L3.....89	SGT-Fit 101.....87
Guitar.....77	Sip and Paint.....73
Harmonica for Health82	Tai Chi81
Hypnosis83	The Next Chapter.....82
Karate.....83	Training Services85
Kitchen Magic.....82	TRX Circuit89
Living with Pain.....83	Ukulele79
Mind, Body & Spirit.....81	Urban Poling.....87
Mixed Media73	Walk on the Wild Side.....87
Oil and Acrylic Painting73	Water.....91
Parkinson Strong Combo.....91	Watercolor73
Photography79	Wellfit Class Schedule.....94
Pickleball80	

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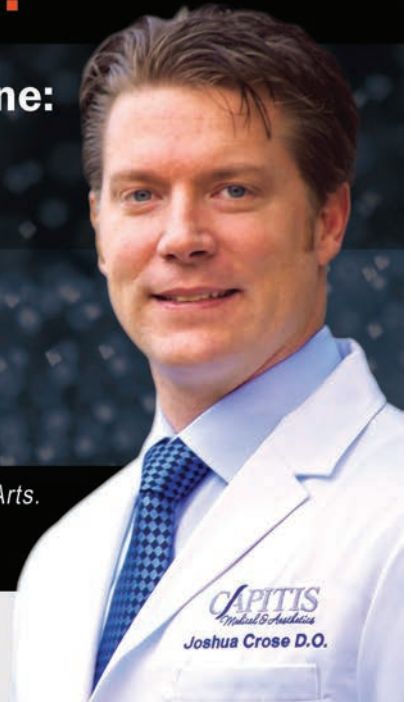
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Joshua Crose is an Osteopathic Physician with a strong foundation in Science and Liberal Arts. His professional background ranges from performing original R&D in the Biotechnology Industry to being elected the Physician of the Year at Dignity Health North State Area.



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Classes

—Art —



***Mixed Media Art Journaling**
Tuesday, December 14
9:00 AM to Noon (OC)
\$25 plus \$5 supply fee paid
to instructor — **LSC2734**

A variety of media will be used as we “play” on our art journals’ pages. Learn how to visually and artistically record your days and express yourself

while exploring color theory, composition, balance, and texture. You will create interesting, interactive mixed media pages in a journal. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus your favorite mixed media supplies. Instructor: *Kerry Dahlin*.



***Sip and Paint:**
“Waterfall and Umbrella”
Friday, December 17
5:00 to 8:00 PM (OC)
\$55 — **LSC2753**

This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brushstroke, and pallet knife

techniques. All supplies are included. Canvases are under-painted and ready to hang. The fee includes a glass of wine, 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 with 30+ years of painting experience. More information at www.unniart.com.

—Oils, Pastels & Acrylics—



***Oil and Acrylic Painting: Intermediate/Advanced**

Wednesdays
December 1-29
9:00 to 11:30 AM (OC)
\$75 (five sessions)

— **LSC2941**

Learn new ways to paint and polish your skills in this new class. More emphasis will be on acrylics. Art demos

will be done on a regular basis with group critiques and individual instruction. The goal is to help you become a better painter while having a good time. Instructor: **Sandy Lindblad**. Sandy has 2 BFA's in art from the Art Academy University in San Francisco and is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at www.sandyindblad.com. Questions about class supplies? Email Sandy Lindblad at sandski2@yahoo.com prior to class.

—Watercolor —

***Watercolor Basics (Continuation of Beginning Watercolor)**

Thursdays
January 6-27
9:00 to 11:00 AM (OC)

\$95 (four sessions) — **LSC3702**



This four-week class continues building on the basic skills learned in Watercolor 1 and Watercolor 2 with the focus on landscapes. This class will continue to focus on building skills and techniques enabling the artist to create beautiful watercolor paintings. With the techniques covered in this class, you will be able to include water, rocks, and snow in your landscape paintings. Participants will have practice drills to increase skill competencies. Instruction includes demonstration, paint along, and one-on-one coaching during class. Completion of Watercolor 1, Watercolor 2, or experience with watercolor painting is recommended. Limited space is available. For questions, contact the instructor, **Faye August** at watercolorist55@gmail.com, 916-209-3643.




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—Pottery—

*Beginning/ Intermediate Ceramics

Tuesdays
December 7-21
1:00 to 4:00 PM
(OC)
\$48 (three
sessions)
— **LSC2829**



This is an introductory class for residents who have never worked with clay and continuing students who want to continue to develop their skills. This course covers basic hand-building and wheel-throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use the instructor's tools to create their first art piece. Supply list provided at first class. Instructor: *Jim Alvis*.

*Advanced Ceramics

Tuesdays
December 7-21
9:00 AM to Noon
(OC)
\$48 (three
sessions)
— **LSC2805**



OR

Thursdays, December 2-16
1:00 to 4:00 PM (OC)
\$48 (three sessions) — **LSC3169**

This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. Includes demonstrations, assignments, group discussion, and constructive critique. Instructor: *Jim Alvis*.

Crafts

*Ribbon Tree

Monday, December 6
10:00 AM to Noon (KS)
— **LSC3686**

\$40 Plus \$10 supply fee
paid to instructor

Colorful holiday ribbons
create these easy-to-make,



beautiful tree centerpieces. You will create a 9" and 6" tall tree using a selection of ribbons and toppers. Bring your favorite fabric cutting scissors. Don't have a pair? We'll have cutting tools as well as the other needed supplies. Instructor: *Judy Ragland- Craftopolis*. Sign-up deadline is November 29.

*Marbled Ornaments

Monday
December 6
2:00 to 4:00 PM
(KS) — **LSC3687**
\$45 Plus \$15 supply
fee paid to
instructor
(Additional
ornament sets of 6
available for \$15 each).



Create a set of 6 marbled unbreakable ornaments using the ancient but simple technique of water marbling. Add a chiffon bow, and your handmade ornaments are ready for the tree or gift giving! Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is November 29.

*Holiday Gift Make-N-Take Craft Stations

Monday
December 13
Session 1: 10:00
AM to 1:00 PM
(KS) — **LSC3688**
\$45 (Opportunity
to make
additional items
at desired stations
during the event by
paying instructor)
OR

Session 2: 2:00 to 5:00 PM — **LSC3689**

Want to create hand-made gifts and decorations? This crafting workshop offers 5 DIY stations to create fun gifts for giving and holiday decorations for your home. For the cost of the workshop, you will make an item at each of these stations: Create 1-Glass Beaded Snowflake, 1-Frosted Luminary, 1-Paper Light Garland, 1-Mini Faux Snow Globe, and 2-Paper Bag Snowflakes. Instructor: *Judy Ragland- Craftopolis*. Sign-up deadline is December 6.





***New Year's Eve DIY Decorations**
 Monday, December 20
 10:00 AM to Noon
 (KS) — **LSC3690**
 \$45 Plus \$10 supply fee paid to instructor
 Create "glitter-tastic" decorations to celebrate New Year's Eve, and welcome in 2022! Create three glitter votive candle holders and three glitter bottle centerpieces with led lights. Instructor: *Judy Ragland- Craftopolis*. Sign-up deadline is December 13.



***New Year's Eve Wreath**
 Monday, December 20
 2:00 to 4:00 PM (KS)
 — **LSC3691**
 \$45 Plus \$5 supply fee paid to instructor
 Create a festive, 14" square sparkly wreath to welcome in the new year! Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is December 13.



***Four Seasons Button Tree Art**
 Monday
 January 3
 11:00 AM to 1:00 PM (KS)
 — **LSC3704**
 \$45 Plus \$15 supply fee paid to instructor
 Create this fun framed piece with paint and buttons to represent our four seasons. The frame is 9"x9" in the option of white or black. Please specify color at the time of registration. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is December 27.

represent our four seasons. The frame is 9"x9" in the option of white or black. Please specify color at the time of registration. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is December 27.



***Dried Citrus Wreath on Gold Hoop**
 Monday, January 3
 2:00 to 4:00 PM (KS)
 — **LSC3694**
 \$45 Plus \$10 supply fee paid to instructor
 Create this trendy wreath using a 12" gold wire hoop, beautiful dried citrus pieces, and silk leaves. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is December 27.



***Heart Trio Painting**
 Monday, January 10
 10:00 AM to 12:30 PM (KS) — **LSC3695**
 \$45 Plus \$10 supply fee paid to instructor
 Create a trio of 8"x8" canvas heart paintings using fun, tactile paint techniques and a rainbow of paint color options.

Hang them together and create a fun artsy display or gift them individually to the "loves" in your life. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is January 3.



***Valentine Mesh Wreath**
 Monday, January 10
 2:00 to 4:00 PM (KS)
 — **LSC3696**
 \$45 Plus \$10 supply fee paid to instructor
 Easy to assemble red and white wreath perfect for your Valentine décor or front door.

Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is January 3.



***Paper Flower Heart Shadow Box Frame**
 Monday, January 17
 Session 1: 10:00 AM to Noon (KS) — **LSC3697**
 \$55 Plus \$10 supply fee paid to instructor
OR
 Session 2: 1:30 to 3:30 PM (KS) — **LSC3703**

Create a beautiful rose heart-themed 9"x 9"

shadow box by assembling precut paper flowers. Select from paper color options as well as a white or black frame. Please choose frame upon sign up. Paper Colors: Please choose from (A) Solid red flowers, (B) Pink hue flowers, (C) Bright rainbow hue flowers, (D) Pastel rainbow hue flowers. Instructor: **Judy Ragland-Craftopolis**. Sign-up deadline is January 10.



***Beaded Wind Chimes**
Monday, January 24
10:00 AM to Noon (KS)
— **LSC3692**

\$45 Plus \$10 supply fee paid to instructor

Colorful beads and rustic wood create a beautiful combo to bring color to your window or garden. Add bells to the bottom of each strand and add sounds

of impending Spring to your porch. Instructor: **Judy Ragland-Craftopolis**. Sign-up deadline is January 17.



***Watering Can Garden Art**
Monday, January 24
1:00 to 3:00 PM (KS)
— **LSC3698**

\$45 Plus \$10 supply fee paid to instructor (Optional Garden Stake to hang watering can)

Create a whimsical piece of garden art with a watering can and beads! Decoupage flowers to the outside of the

can or leave it rustic metal. Add colorful beads and hang them above a large potted plant or in your garden. Instructor: **Judy Ragland-Craftopolis**. Sign-up deadline is January 10.



***Wood Pedestal Photo or Note Holder**
Monday, January 31
10:00 AM to Noon (KS)
— **LSC3699**

\$45 plus option to create additional pedestal photo holders in class - \$25 paid to instructor

Learn how to decoupage patterned paper napkins onto wood to create vintage,

shabby-chic pedestal style photos or noteholders. In class, select from different block sizes and orientations as well as pedestal heights. Instructor: **Judy Ragland-Craftopolis**. Sign-up deadline is January 24.



***Altered Bottles**

Monday, January 31
1:00 to 3:00 PM (KS) — **LSC3700**

\$45 plus option to create additional bottles in class - \$15 each paid to instructor

More decoupage is used to create 2-beautiful upcycled altered bottles using patterned paper napkins, paper cutouts and labels, lace, and other embellishments. Bottles look great on a kitchen or bathroom counter or bedroom vanity! Lots of patterns and themes to choose from during class.

Instructor: **Judy Ragland-Craftopolis**.

Sign-up deadline is January 24.

— **Card Making** —

Notice: Card Making will go on hiatus and will be returning in January.

Dance

Notice: All dance classes will go on hiatus and will be returning in January

Glass Art

Notice: Stained Glass class will go on hiatus from November to January and will return in February.

Music

— **Guitar** —



***Beginning Guitar**

Mondays
December 6-27
9:00 to 10:30 AM (OC)
\$48 (four sessions)
— **LSC3207**

Reading music notation for guitar made

easy. *About the Instructor: Jon Gowin* has a degree in Education and has been playing guitar and other string instruments for over 50 years. He has performed with Bob Wren and his Sacramento World Music Ensemble for over ten years.

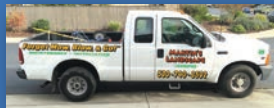
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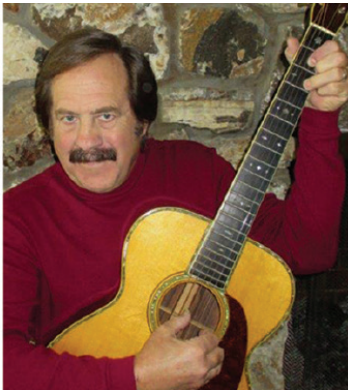


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*Beginner Folk Guitar Class for Fun Folks

Tuesdays
December 7-28
1:00 to 2:00 PM (KS)
\$40 (four sessions) —
— **LSC3020**

No prior music knowledge or good singing voice is necessary. Emphasis is on playing chords to fami-

liar songs while singing and having fun with fellow guitarists. Folk songs of the '50s, '60s, and '70s will be taught. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be discussed. *About the Instructor:* **Darrell Effinger** is a long-time teacher, musician, storyteller, and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists.



*Intermediate Folk Guitar Class for Fun Folks

Tuesdays
December 7-28
2:00 to 3:00 PM (KS)
\$40 (four sessions)
— **LSC3045**

This class is an intermediate class with emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable, they have met this prerequisite, and their fingers can withstand the pain! **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). Instructor: **Darrell Effinger**.

*Intermediate Guitar

Wednesdays, December 1-29
9:00 to 10:30 AM (KS)
\$60.00 (five sessions) — **LSC3194**

Come play guitar chord progressions as a backup for our soloists. These cords are easier than you think and a lot of fun. We will guide you into one of the most exciting guitar playing in the world, how simple it can be once you know the tricks. We will play acoustic guitars only: either steel strings or nylon and need to play with a pick. Instructor: **Jon Gowin**.

—Ukulele—



*Beginning Ukulele

Mondays
December 6-27
10:30 AM to Noon (OC)
\$48 (four sessions)
— **LSC3384**

This class will introduce the beginning musician to the joys of playing the ukulele, a simple instrument with simple chords that can accompany virtually any song in the world. Open to new beginner students. Instructor: **Jon Gowin**.

*Intermediate Ukulele

Wednesdays, December 1-29
10:30 AM to Noon (KS)
\$60 (five sessions) — **LSC3199**

This class is an intermediate Ukulele class and will be playing songs that progressively use a few more chords than beginners' class. We will continue to build on our chordal knowledge and gradually bring in a greater variety of songs. We will bring in more songs in tablature and will incorporate some fingerpicking. Instructor: **Jon Gowin**.

Photography



*How to Make Better Photos

Thursday
January 6-27
9:00 AM to Noon (KS)
\$100 (four sessions)
— **LSC3701**

Do you love to take photos but wish they were better? Learn how to do so in this fun and interactive series of classes. Photography teacher, gallery curator, and international professional photographer David Wong will guide you from the basics to advance skills you can use to make your photos sing, whether you use an iPhone or a dedicated camera. We will cover art, composition, camera skills, lighting, editing, and more in this easy and comprehensive class. *About the Instructor:* **David Wong** is a professional artist with works on exhibit at Art Works Gallery in Grass Valley for 10+ years before he decided to focus more on teaching. David has taught summer intensive photography classes at Vassar College in New York State, workshops overseas, and talks for several camera clubs in the Sacramento region. He is a curator at the Viewpoint Photographic Art Center in Sacramento.

Danielle Merrill
Wellfit Program Manager
Danielle.Merrill@sclhca.com



Register at the WellFit Desk (OC/KS)
or online at SCLHResidents.com.



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WellFit Orientations

Free Orientation: WellFit Staff

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Fitness Floor (OC)

- **Thursday, November 18**
3:00 to 4:00 PM
- **Tuesday, December 7**
3:00 to 4:00 PM
- **Thursday, December 16**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Tuesday, November 23**
3:00 to 4:00 PM
- **Tuesday, December 7**
3:00 to 4:00 PM
- **Monday, December 20**
3:00 to 4:00 PM

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Lessons

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

To schedule an appointment for 1 on 1 session on the Pickleball Courts with Barry and for more information, please email Rex.Owens@sclhca.com.

Intro to Pickleball

Wednesdays
4:00 to 5:30 PM
Pickleball Courts
Free

This class is for any Lincoln Hills resident interested in learning about Pickleball. No equipment is necessary; just wear clothing appropriate for Pickleball and court shoes. Bring your own water also. Meet at the upper pickleball courts by court #4. You must pre-register each week for the class. Eight spots are available. We are using two courts to allow for social distancing. Email Carol Judd to register: welcometopickleball@gmail.com or go to lhpclub.com and look for Calendar on the left. Click on Intro to Pickleball class.

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Mindful Movement

Experience with mindful movement of the body that helps create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors. *Classes fill up quickly, please sign up at least seven days prior to class start. No refunds. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks, or online through online enrollment at sclhresidents.com.*

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



Tai Chi / Qigong L1

Tuesdays, December 7-21
2:00 to 3:00 PM
Aerobics Room (OC)
\$36 (three sessions)

OR

Fridays, December 3-17
2:00 to 3:00 PM
Aerobics Room (OC)
\$36 (three sessions)

OR

Saturdays, December 4-18

2:00 to 3:00 PM
Aerobics Room (OC)
\$36 (three sessions)

Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complimentary health system. Instructor: *Shifu Anney Wamsat*.

Tai Chi / Qigong L2

Tuesdays, December 7-21
3:10 to 4:10 PM, Aerobics Room (KS)
\$36 (three sessions)

OR

Fridays, December 3-17
3:05 to 4:05 PM, Aerobics Room (OC)
\$36 (three sessions)

This class is for Tai Chi and Qigong students who wish to bring higher awareness and understanding

of their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning a traditional 128 Yang long form. In addition, you will learn Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, muscle memory, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing. Instructor: *Shifu Anney Wamsat*.

New! Chi Ball L1

Saturdays, December 4-18
3:05 to 4:05 PM, Aerobics Room (OC)
\$36 (three sessions)

This class begins using lightweight exercise balls that progress in weight as we strengthen muscles, improve posture and help develop core strength through form practice. Chi ball can be done seated or standing. Instructor: *Shifu Anney Wamsat*.



Mind, Body & Spirit

Wednesdays
December 1-29
3:05 to 4:05 PM
Aerobics Room (OC)
\$85 (five sessions)

Come join Nina as we explore the many benefits of Mind-Body-Spirit Awareness. Mind: mindful intentions & positive affirmations to improve the neurology of the brain. Body: healthy posture & movement of your body to support the biology of your physical being. Spirit: breathwork – breathe to change the chemistry within. When your mind is at peace, and your body is more relaxed, you are more likely to be happier, kinder, and more grateful. You will be ready to take on whatever life throws your way. Instructor: *Nina Baldi*.

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Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department. *Classes fill up quickly, please sign up at least seven days prior to class start. No refunds. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks or online through online enrollment at sclhresidents.com.*

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



The Next Chapter

Mondays
December 6-27
2:00 to 3:00 PM
Aerobics Room (OC)
\$68 (four sessions)

With a spectacular marriage comes

spectacular grief. Join a small intimate group where together we'll explore new techniques to help you move forward with confidence. Come prepared for heart-opening, restorative movement and exercise poses that will rejuvenate your mind, body, and spirit. You will be inspired and challenged with this uplifting format. Instructor: *Nina Baldi*.



Kitchen Magic – Create Your Own Natural & Organic Products Learn Ancient Healing Recipes

Select Fridays in December
12:30 to 1:30 PM
Placer Room (KS)
\$15 each class + \$20 material fee for each class paid to the instructor.

December 3: Holiday Body Scrub

December 10: Holiday Moisturizer and Chapstick

Create homemade, personalized, organic, and natural, magical healing products. They can be for yourself or family, friends, stocking stuffers, gifts, or even for pets. Each class specializes in something different; take one, or take them all. Instructor: *Nina Baldi*. Contact Nina for specific questions at Nina.Baldi@sclhca.com.



Harmonica for Health

Thursdays
December 2-23
3:15 to 4:00 PM
Multimedia (OC)
\$60 (four sessions) \$11 paid to instructor for harmonica.

Strengthen your breathing muscles and improve breath control by playing the Harmonica. This class will help strengthen the diaphragm, improve breath control, and reinforce breathing exercises all while playing a few tunes. Don't read music? No problem. We use a number system to learn how to play a new song or two each week. We must use a 10-hole diatonic harmonica in the key of C. Instructor: *MaryAnn DePietro, Respiratory Therapist*.



Holiday Special! Charcuterie Workshop

Friday, December 31
11:00 AM to 1:00 PM
Placer (KS)
\$40 Plus \$15 supply fee paid to instructor

Entertain like a pro by becoming the host with the most beautiful Charcuterie platter, which is an elegant display of meat, cheese, fruits, and vegetables. Learn how to create salami roses and ribbons, along with healthy fancy-cut fruits and vegetables. Become the talk of the town with your Charcuterie centerpiece! You will be bringing home a platter that you create to share with your family and friends. Great for New Year's Eve or a football party. We provide all materials and food needed, just bring yourself, a friend, and your creativity! Instructors: *Andee Lund & Sheri Mandell*.



Quiet the Mind

Tuesdays
December 7-28
1:30 to 2:30 PM
Multipurpose Room (OC)
\$60 (four sessions)

Are you ready to stop those endless thoughts? Perhaps you want to ease your stress or anxiety? Embark on a journey to rediscover your body's inner intelligence. Quiet the Mind will

introduce you to the principles and origins of meditation, how to set up your practice, and introduce you to the higher states of consciousness that can be achieved. Join us on this journey to find inner peace, as well as greater health and vitality. Instructor: *Sheri Mandell*.



Living with Pain

Coming soon in the New Year!
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$40 (two sessions)

Learn how to modify your lifestyle to prevent pain, live smart, and reduce discomfort through the use of hot and

cold modalities. Class is interactive, and pain patching samples will be available while supplies last. Then, learn the correct stretches and exercises to maintain this better quality of lifestyle. Keep your body strong and happy to support longevity. Instructors: *Lisa Kwon*, Occupational Therapist, and *Danielle Merrill*, Physical Therapy Assistant. *Lisa will teach the first class, and Danielle will teach the second.



New! Happy Holiday Hypnosis

Thursdays, December 2, or 9, or 16
1:00 PM to 2:00 PM, Zoom class
\$15 (each session)

Our mental and emotional health is just as important as our physical health. Check it out!

December 2: Make Christmas Magic

Discover how to improve a dark/brooding mood, release guilt, become kinder, more charismatic, happier & improve your relationships.

December 9: Get It Done Stop Procrastination in Its Tracks

Learn how to turn any unpleasant task into a task easily done. This session will also help you fix an

unconscious problem automatically and make affirmation actually work for you. As a result, you'll be able to accomplish more – and get it done easily!

December 16: You Deserve A Break

Give yourself a break from the world, revitalize, develop greater resilience, stay calm and be a calming influence to others even under pressure?

*Kelly will email out the zoom link the afternoon before the class. Take one, two, or all three classes! Designed to be fun and effective. Instructor: *Kelley Moreno*.



Traditional Shotokan Karate

Saturdays
December 4-18
11:50 AM to
12:50 PM, Aerobics
Room (KS)
\$15 (three sessions)

The instructor is a member of the International San Ten Karate Association and has over 45 years of experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. For more information about the International San Ten Karate Association, please visit www.santenkarate.com. Instructor: *Al Trimarchi*.

Nutrition

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

Re-Start—Your Health in Just Five Weeks

Wednesdays, coming soon in the New Year.
5:00 to 6:30 PM
Multipurpose Room (OC)
\$149 (five sessions)



Re-start is a five-week program with a three-week sugar detox built right in; the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy, and boosted immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar. Instructor: *Audrey Gould*, Registered Dietitian, and Nutrition Therapy Practitioner.



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Pilates Reformers and Towers

Please check schresidents.com for the most current schedule and information regarding the Pilates Reformer Program, including sign-up forms, or Danielle.Merrill@schca.com.

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

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system MindBody. See the class grid on page 97 for a complete listing of Pilates Reformer classes.

Our Reformer packages are as follows:

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

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

Drop-in classes for non-member \$20 per class.

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



Introductory Reformer Session L1

Continuous Dates

Aerobics Room (OC) \$30 (one session, one hour long). This session is a prerequisite for Pilates Reformer classes. You will work with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer classes through MindBody. You

can purchase this introduction at the Fitness Centers. Contact Danielle Merrill to coordinate your introduction with an instructor.

Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment only. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training and scheduling with one of the reformer instructors, please contact Danielle Merrill.

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

Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab-related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Rex Owens (Rex.Owens@schca.com). You can also visit www.schlresidents.com under WellFit/Personal Training/meet the trainers.

Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$59, half-hour session \$39.
New Packages: One client and one trainer. One hour session. Package of 3, \$54 each. \$162 total.
New Packages: One client and one trainer. Half-hour session Package of 3, \$34 each. \$102 total.
- **Clinical Training:** One client and one trainer. One hour session cost is \$69, 3 session Package is \$180 (\$60 each). Half-hour session \$45, 3 session package is \$120 (\$40 each).
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend. One hour session \$34 per person.
- **Assessment:** Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

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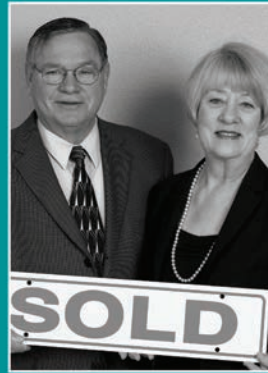


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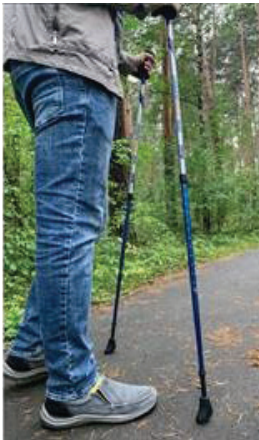
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RCFE 31270055

All training is non refundable and has a 1 year expiration date from time of purchase.

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

***Please check schresidents.com for the most current schedule and information, or Rex.Owens@schlca.com.**



Urban Poling (Parkinson's & Balance)

Mondays & Fridays
December 6-27
(No class December 24)
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$102 (six sessions)

This class continues our programs for Parkinson's and those that have difficulty with balance. Participants must be able to walk on their own.

Walking 30 minutes at least three times a week gives you a Full Body Aerobic Exercise by simply adding poles to your walking routine. You will be able to incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce the impact on hips, knees, and feet by an average of 25%. Walking poles are available for purchase at Wellfit (OC). Limited availability of loaner Activator® Poles. Instructor: *Rena Schmidt*.

Urban Poling (Nordic Walking)

Tuesdays & Thursdays, December 7-30
12:55 to 1:55 PM
Aerobics Room & Indoor Track (OC)
\$136 (eight sessions)

This is a fitness class designed to challenge the body in varied and unique ways. Designed to enhance the workout for those walking for fitness and are not significantly balance challenged. Walking 30 minutes at least three times a week gives you a Full Body Aerobic Exercise by simply adding

poles to your walking routine. Walking poles are available for purchase at Wellfit (OC). Participants must bring their own Activator® Poles. Limited loaner poles are available. Instructor: *Rex Owens*.



**SGT—
Pulmonary
Exercise Class**
Returning
Soon!
TBA
\$68 (four
sessions)

This class will incorporate a combination of exercise and education to enhance the ability of people with lung disease to manage their condition. Topics covered include breathing techniques, strategies to manage shortness of breath, and other techniques to improve exercise tolerance. Exercise includes strength, cardio, and balance. Anyone is welcome, but people with diseases such as COPD, asthma, pulmonary fibrosis may benefit the most. Please bring your oxygen if needed. Instructor: *MaryAnn DePietro*, Respiratory Therapist.



SGT—Walk on the Wild Side L1 (Seasonal)

Returning Soon!

Experience the beautiful trails of Lincoln Hills with a trainer teaching exercises along the

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

SGT—Fit 101

Tuesdays & Thursdays, December 7-30
4:10 to 5:10 PM, Aerobics Room Class alternates
(OC Tuesday – KS Thursday)
\$136 (eight sessions)

Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. Come try a great class that incorporates new tools, techniques, and exercises. By the end of these sessions, you will have learned new tools and

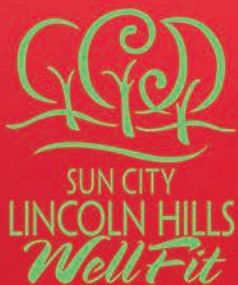
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Please contact Cindy.Davis@sclhca.com with any questions.

techniques to add to your workout routine, including the correct settings and weights appropriate for you. Instructors: *John Ramos & MaryAnn DePietro.*



SGT—"Fun"ctional Fitness L3
Tuesdays & Thursdays
December 2-21
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$102 (six sessions)

Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "FUN"ctional Fitness using a variety of equipment, including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored. The intensity is up to each individual. Intermediate to advanced fitness levels are encouraged. Instructor: *Deanne Griffin.*



SGT—Progressive Bootcamp L2/3
Mondays & Wednesdays
November 29-December 22
3:05 to 4:05 PM
Aerobics Room (KS)
\$136 (eight sessions)

Are you looking to change things up? Try this Bootcamp class that gives you progressive exercises to accommodate each participant's fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Instructor: *John Ramos.*

SGT—TRX Circuit L2

Tuesdays & Thursdays, December 7-30
12:55 to 1:55 PM, Aerobics Room (KS)
\$119 (seven sessions)

TRX Circuit is a great way to shed a few of those quarantine pounds while gaining strength, flexibility, balance, and a stronger core. TRX suspension training straps makes gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. Instructors: *Craig Wasley/MaryAnn DePietro.*

SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays
November 29-December 22
12:55 to 1:55 PM
Aerobics Room (KS)
\$136 (eight sessions)
Instructor:
Renae Schmidt
OR

Tuesdays & Thursdays
December 7-30
10:45 to 11:45 AM Aerobics Room (KS)
\$119 (seven sessions)

Instructors: *Craig Wasley & MaryAnn DePietro*

Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture, which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.



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SGT—Balance & Fall Prevention L1

Mondays & Wednesdays
November 29-December 22
2:00 to 3:00 PM
Aerobics Room (KS)
\$136 (eight sessions)

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

SGT—Therapeutic Water Exercise L1

Wednesdays,
December 1-29
11:50 AM to
12:50 PM Indoor
Pool (OC)
\$85 (five sessions)

Instructor: *Nina Baldi*

**OR**

Fridays, December 3-31
10:45 to 11:45 AM, Indoor Pool (OC)
\$85 (five sessions)

Instructor: *Lisa Fisher*

Therapeutic-style exercise program in the pool. The warm water helps increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool and be in the pool with you. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel.

SGT—Rock Steady Boxing

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

OR

Thursdays, December 2-30
2:00 to 3:00 PM
Aerobics Room (KS)
\$85 (five sessions)

This is a non-contact fitness program designed specifically for people with Parkinson's. Boxers' condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common



trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *Gloves and wraps are sold at Fitness Centers.* Instructor: *Craig Wasley*.

SGT—ParkinsonStrong Combo

Thursdays,
December 2-30
3:05 to 4:05 PM
Aerobics Room (KS)
\$85 (five sessions)



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. Valerie will combine content from Parkinson's Indoor Cycling and ParkinsonStrong classes to create a class that helps improve the quality of life through meaningful exercise. Instructor: *Valerie Cota*.

Live Stream Class Passes

****Live Stream Classes are not offered at this time.**

You will need to use the Mindbody app on your phone or access it from your computer. You will need to set up your account, search on the SCLH schedule for the class you want to take on the app and then book your class. You will receive a confirmation and your live stream link 30 minutes prior to class. You must book your class no later than 4:00 PM the day before, if we do not have sign-ups for class, we may cancel and notify you. For more information, email Danielle.Merrill@sclhca.com. Instructor: *varies*.

Punch Pass and Fast Class

Punch Pass and Fast Pass classes are drop-in, group exercise classes on a first-come, first-serve basis in our KS and OC Aerobics Rooms. You may arrive and sign in up to one hour before the start time of the class. Punch Pass Classes are \$4.50 each and 55 minutes. Fast Pass Classes are \$2.50 and can only be used on our 30-minute classes. Punch Passes and Fast Passes are not interchangeable. Please see the colored grids on pages 94-97 for days and times. Purchase these passes through online enrollment at sclhresidents.com or either Fitness Center front desks. There are no refunds for Punch Passes or Fast Class Passes, and all passes expire one year after purchase. For a list of class descriptions, please refer to www.sclhresidents.com under WellFit. Guests must pay \$6 per Punch Pass and \$3.50 per Fast Pass. Classes are subject to availability.

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†As with any mortgage, you must meet your loan obligations, keeping current with property taxes, insurance, maintenance and any homeowners association (HOA) fees.

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individual, including a non-borrowing spouse, should have a plan to pay off an Equity Edge reverse mortgage upon the borrower's death or any other maturity event. If the non-borrower is unwilling or unable to purchase the property or pay the loan in full, **there is no protection for the non-borrower (including a non-borrower spouse) to maintain an interest in the home or to continue residing in the home past the maturity event and the non-borrower may be evicted upon foreclosure.** The FHA HECM program has protections in place for certain non-borrowing parties, so a reverse mortgage applicant with certain non-borrowing parties should strongly consider a FHA-insured HECM loan (see HECM guidelines or ask an RMF representative for details). Under the Equity Edge reverse mortgage loan program, a maturity event occurs when the last surviving borrower no longer lives in the home as his or her primary residence for at least 12 months, the property charges (including taxes, insurance, HOA dues or any other property charges) are not paid, required repairs are not completed or the property is not maintained, or any other maturity event, as specified in the Security Instrument, occurs.

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As 2021 Comes To A Close...Don't Leave Punch Passes Or Personal Training Sessions On Your Account To Expire!

Use Punch Passes to enroll in some of our amazing 70+ weekly Punch Pass classes. We also have Trainers new to Lincoln Hills and some old familiar faces. Trainers can create a safe and effective program by looking for muscular imbalances, proper form, and good posture. Book your session today!

NOTE: Punch Passes purchased before December 1, 2019, will never expire. Passes purchased December 2, 2019-December 1, 2020, have an expiration of **December 1, 2021**. Passes or sessions purchased after December 1, 2020, have a 1-year expiration of date of purchase.

All passes and sessions are non-refundable. Please use current passes before purchasing more, as the system will pull from the oldest passes first.

WellFit Class Cancellation Policy: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu-related symptoms. This may cause classes to be canceled last minute without notice. We will not be offering free class passes at this time when we have a cancellation. Thank you for understanding.

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**Fluid Moves
& Water Piloga L1
with Nina**

- WEDNESDAYS
- 10:45 AM



Questions? Contact Danielle.Merrill@sclhca.com

OC WellFit Class Schedule November/December 2021						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OC	OC	OC	OC	OC	OC	OC
7:30						
8:35	Zumba Toning L2 <i>Joanie</i>	Step L2/L3 <i>Kim</i>	Stretch It Out L1/L2 - <i>Nina</i>	Step L2/L3 <i>Kim</i>	Basic Step & Strength L1/L2 - <i>Shirley</i>	5:00am Core Strength L2 - <i>Helena</i>
9:40	20/20/20 L2/L3 <i>Gretchen</i>	Core-N-Strength L2/3 <i>Kim</i>	Strictly Strength L2/3 <i>Katie</i>	Core-N-Strength L2/3 <i>Kim</i>	Yoga Basics & Flow <i>Amy</i>	Strength & Athletic Stretch L2/L3 <i>Helena</i>
10:45	Piloga L2/L3 <i>Gretchen</i>	Yoga Flow L2 <i>Amy</i>	Slow Flow Yoga L2/3 <i>Katie</i>	Restore, Balance & Flow Yoga L1/L2 <i>Jennifer</i>	Barre L2/L3 <i>Gretchen</i>	Restore, Balance & Flow Yoga L1/L2 <i>Nina</i>
11:50	Zumba Gold Seated L1 - <i>Joanie</i>	Sit & Be Fit L1 <i>Joanie</i>	Staying Active with Arthritis L1 <i>Linda</i>	Sit & Be Fit L1 <i>Lisa</i>	Staying Active with Arthritis L1 - <i>Linda</i>	
12:55		SGT - Urban Poling (Nordic Pole Walking) L1 - <i>Rex</i>		SGT - Urban Poling (Nordic Pole Walking) L1 - <i>Rex</i>	New! Seated Tai Chi / Qigong L1 - <i>Anney</i>	SCLH Booking Rehearsals - 1:00 to 3:00 PM - October to March
2:00	The Next Chapter <i>Nina</i>	Tai Chi / Qigong L1 <i>Anney</i>		Tai Chi / Qigong L1 <i>Anney</i>	Tai Chi / Qigong L1 <i>Anney</i>	
3:05	Chair Yoga L1 <i>Amy</i>	Healthy Living Exercise L1 - <i>John</i>	Mind, Body & Spirit <i>Nina</i>	Healthy Living Exercise L1 - <i>John</i>	Tai Chi / Qigong L2 <i>Anney</i>	New! November Chi Ball L1 <i>Anney</i>
4:10		New! SGT - Fit101 L1 <i>MaryAnn/John</i>		Zumba Gold L2 <i>Joanie</i>		
5:15	Yin Yoga L1-L3 <i>Nina</i>	20/20/20 Happy Hour Workout! L2/L3 - <i>Sue</i>	3:00pm Quiet the Mind L1 - <i>Sheri</i> 5:40pm Stretch It Out! L1/L2 - <i>Nina</i>	20/20/20 Happy Hour Workout! L2/L3 - <i>Kim</i>		SCLH Booking 4:10 to 7:00 pm
Punch Pass - Group Exercise Classes 55 minute \$4.50						
Fast Pass - 30 min Group Exercise Class \$2.50						
Wellness Classes (session based, sign-up ahead each month)						
SGT - Small Group Training (55-60 minute) session based, sign-up ahead						
<p>CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time.</p> <p>Thank you for understanding.</p>						

Class schedules in the Compass may not reflect recent changes.
For the most up-to-date class schedules visit the WellFit page on sclhresidents.com

KS WellFit Class Schedule November/December 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Intro to Cycle L1 <i>Helena</i>		All Cycle L1-L3 <i>Erin</i>			All Cycle L1-L3 <i>Helena</i>	
8:35	Cardio Strength L2/3 <i>Helena</i>	Bike to the Beat of the Decades! L1/L2 <i>Helena</i>	Yoga Flow L1/L2 <i>Erin</i>	Zumba L2/L3 <i>Sharon</i>	Zumba Toning L2 <i>Ruby</i>	Cardio Strength L2/L3 <i>Katie</i>	
9:40	Strength Barre Fusion L2/3 - <i>Katie</i>	Zumba Gold L2 <i>Joanle</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 - <i>Helena</i>	Yin Yoga L1-3 <i>Katie</i>	
10:45	Yin Yoga L1-L3 <i>Katie</i>	SGT - Posture, Core & Balance L1/L2 - <i>Craig</i>	Cardio Strength L2 <i>Erin</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 very beginner - <i>Nina</i>		
11:50	Urban Poling (Nordic Walking) L1 - <i>Renee</i>	SGT - 'Fun'ctional Fit L3 - <i>Deanne</i>	Living with Back Pain <i>Danielle</i> <i>November 24</i>	SGT - 'Fun'ctional Fit L3 - <i>Deanne</i>	Urban Poling (Nordic Walking) L1 - <i>Renee</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
12:55	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>Craig</i>	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>MaryAnn</i>	Wai Dan Gong L1 <i>Joan</i>		SCLH Booking 11:00 to 3:00 pm
2:00	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - TBA		
3:05	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	3:30pm Tai Chi / Qi Gong L2 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>			
4:10		TBA		<i>New!</i> SGT - Fit 101 L1 <i>MaryAnn/John</i>			
5:30				<i>New!</i> 5:30 - 6:00pm 30-Minute Cycle L1/L2 - <i>Sarah</i>			
				<i>New!</i> 6:05 - 6:35pm Roll & Release L1/L2 - <i>Sarah</i>	SCLH Booking 6:00 to 8:00pm		
	Punch Pass - Group Exercise Classes 55 minute \$4.50				Wellness Classes (session based, sign-up ahead each month)		
	Fast Pass - 30 min Group Exercise Class \$2.50				SGT - Small Group Training (session based, sign up ahead) 55-60 minute		
CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.							

Class schedules in the Compass may not reflect recent changes.
For the most up-to-date class schedules visit the WellFit page on sclhresidents.com

OC Aqua WellFit Water Walking/Volleyball/Class Schedule November/December 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	OC	OC	OC	OC	OC	OC	OC
7:30	Water Walking drop-in Aqua Surge L2/3 <i>Renea</i>	Water Walking drop-in	Water Walking drop-in Aqua Surge L2/3 <i>Jiji</i>	Water Walking drop-in	Water Walking drop-in Aqua Surge L2/3 <i>Nina</i>		
8:35	Power Waves L3 <i>Jen</i>	8:45am Aqua Intervals L2/3 <i>Jen</i>	Power Waves L3 <i>Jiji</i>	8:45am Aqua Intervals L2/3 <i>Lisa</i>	Power Waves L3 <i>Nina</i>		
9:40	Splash L2 <i>Jiji</i>	9:50am Aqua Intervals L2/3 + Deep Water - <i>Jen</i>	Splash L2 <i>Jen</i>	9:50am Aqua Intervals L2/3 + Deep Water - <i>Lisa</i>	Splash L2 <i>Lisa</i>	Water Walking drop-in	Water Walking drop-in
10:45	Fluid Moves L1 <i>Jiji</i>		Fluid Moves & Water Piloga L1 - <i>Nina</i>		SGT - Therapeutic Water Exercise - <i>Lisa</i>		
11:50	Water Walking drop-in	Water Walking drop-in	SGT - Therapeutic Water Exercise - <i>Nina</i>	Water Walking drop-in	Water Walking drop-in		
2:00	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm
4:30	Power Waves L2/L3 <i>Danielle</i>		Power Waves L2/L3 <i>Nina</i>	Water Walking drop-in			
5:30	Water Volleyball 5:45 to 8:15pm	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8:30pm	Water Volleyball 5:20 to 8:15pm	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8pm	Water Walking drop-in until 8pm
8:30							
<p>CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.</p>							
<p>Small Group Training - SGT - 60 minutes (session based, sign up ahead)</p>							
<p>Group Exercise Classes - 55 minutes (punch pass) \$4.50</p>							

Class schedules in the Compass may not reflect recent changes.
For the most up-to-date class schedules visit the Wellfit page on sclhresidents.com

Pilates Reformer WellFit Class Schedule November/December 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
	Reformer L1-L2 <i>Gretchen</i>			Reformer L1-L2 <i>Cynthia</i>			
8:30	Reformer + Mixed Equipment L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Restorative Reformer L1 <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>		
9:30		Reformer Basics + L1-L2 - <i>Valerie</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer + Mixed Equipment L1-L2 <i>Cynthia</i>	Reformer Basics L1 <i>Sandra</i>	
10:30		Reformer Basics + L1-L2 - <i>Valerie</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>		
11:30		Reformer L1-L2 <i>Andee</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer L1-L2 <i>Cynthia</i>			
12:30		Reformer + Mixed Equipment L1-L2 <i>Andee</i>			11:45 Cardio Jump & Core L2 <i>Gretchen</i>		
					12:45 Cardio Jump & Core L2 <i>Gretchen</i>		
4:15	4:15pm Cardio Jump Basics L1/L2 - <i>Andee</i>			4:15pm Reformer L1-L2 - <i>Valerie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to last minute cancellation for insufficient registration or instructor illness.							

Class schedules in the Compass may not reflect recent changes.

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

Orchard Creek Lodge965 Orchard Creek Lane
 Main Phone: 916-625-4000
 Kilaga Springs Lodge 1167 Sun City Boulevard
 Main Phone: 916-408-4013
 Resident WebsiteSCLHResidents.com
 Public WebsiteSunCity-LincolnHills.org
 Help DeskHelp.Desk@sclhca.com

HOURS SUBJECT TO CHANGE

Orchard Creek Lodge & Kilaga Springs Lodge Mon–Sat: 8:00 am–9:00 pm Sunday: 8:00 am–5:00 pm	The Spa at Kilaga Springs Mon–Fri: 9:00 am–6:00 pm Saturday: 9:00 am–5:00 pm
Membership Desk Mon–Fri: 9:00 am–5:00 pm	Meridians Restaurant Meridians / Sports Bar Mon–Fri: 11:00 am–8:00 pm Sat–Sun: 10:00 am–8:00 pm
Lifestyle Desks (OC/KS) Mon–Sat: 8:00 am–8:00 pm Sunday: 8:00–4:00 pm	Curbside Pickup: Daily: 11:00 am–7:00 pm SCLH Delivery: Daily: 4:00 pm–7:00 pm
WellFit (OC/KS) Mon–Fri : 5:30 am–8:30 pm Sat–Sun (oc): 7:00 am–8:00 pm Sat–Sun (ks): 5:30 am–6:30 pm	Kilaga Cafe Wed–Fri: 7:00 am–2:00 pm

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 Neighborhood WatchSCLHWatch.org
 Barbara Branch: 916-622-5490
 Neighbors InDeed916-223-2763neighborsindeed.org
 Lincoln Hills Foundation....916-434-0749 ..lincolnhillsfoundation.org
 Lodge Library Contact.....Adrian Felice: 916-408-4332

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About New Auto Sales	54
Eddie's Lincoln Auto Body	33
George's Friendly Auto Service ..	90
J & J Body Shop	50
RCG Motors	89

CHURCH

Valley View Church	36
--------------------------	----

CLEANING SERVICES

All Pro Window Cleaning	59
Guardian Carpet Care	54
Gold Coast Carpet & Uph.	86
Joe's Carpet Cleaning.....	68
Sierra Solar Cleaners	34
V & O Cleaning Service	34

COMPUTER SERVICES

Compsolve Computers	41
Jim Puthuff & Associates	74
PC & Mac Resources	53

DENTAL

Denzler Family Dentistry.....	90
Victoria Mosur, DDS	84

ELECTRICAL SERVICES

Brown's Quality Electric	65
Judeen Electric.....	34

EYE CARE

Wilmarth Eye/Laser Clinic	66
---------------------------------	----

FINANCIAL SERVICES

Cochrane Support Services	45
Edward Jones	27
Reverse Mortgage Funding	92
Stifel	72
TAD Executive Fiduciary Services.....	36

GOLF

Electrick Motorsports Inc.	50
---------------------------------	----

HANDYMAN SERVICES

A-R Smit & Associates	70
Bartley Properties	74
Home Handyman Services	40
L&D Handyman	34
Wayne's Fix-all Service	47

HEALTHCARE

Capitis Medical & Aesthetics....	72
----------------------------------	----

HEATING AND AIR

Accu Air & Electrical	70
Good Value Heating & Air	39
Peck Heating & Air	37

HOME IMPROVEMENT

1A Advanced Garage Doors	29
Ace Appliance Repair	34
All Slopes Roofing	55
Cal-Rox Roofing.....	31
D&D Cabinets.....	30
Don's Awnings	24
Loveland Roofing	90
Nielson Fine Floors	48
One Off Wood Designs.....	84
O.Tile	64
Overhead Door	34
Quality Roofing.....	34
Screenmobile	74
The Closet Doctor	68
Thorco Steel	74
Zothex Flooring	2

IN HOME CARE

Welcome Home Care	35
-------------------------	----

JUNK HAULING AND REMOVAL

Junk King	45
Sanchez Home & Yard Service .	48

LANDSCAPING

CM Ponds & Stuff	55
Complete Ponds.....	68
Duran Landscaping	38
Hernandez Landscaping.....	66
Martin's Landscape	78
Rick Myers Landscape Design..	43

LEGAL

C.R. Abrams, P.C., Law Offices ...	30
Gibson & Tuttle, Inc.	50
Robertson Law Group	78
Rumley Law.....	70
Seasons Law	67

MISCELLANEOUS

Donate Local	36
Talk It Out	74
Urban Poling	48
Visionary Design	49

MORTUARY SERVICES

Calvary Cemetery & Funeral Center	54
Cochrane Wagemann.....	48
Cremation Society of Placer County	86
Cremation Society/Wagemann ..	40
Heritage Oaks Memorial Chapel	81
Morgan Oaks.....	59

PAINTING

Dynamic Painting	27
Painting By Rob.....	29
Preferred Painting	39
Sorin's Painting	33

PEST CONTROL

Noble Way Pest Control	50
------------------------------	----

PLUMBING

BZ Plumbing Co. Inc.....	84
Class Act Plumbing	35
Maples Plumbing	74
Ronald T. Curtis Plumbing.....	44

PODIATRY

Lincoln Podiatry Center	78
-------------------------------	----

PROPERTY MANAGEMENT

Gold Properties of Lincoln	44
Carolyn Properties	32

REAL ESTATE

Carolyn Properties	32
Century 21 - Mary Olsen	38
Coldwell Banker/Sun Ridge	24
- Anne Wiens	47
- Donna Judah.....	36
- Michelle Cowles.....	43

- Tara Pinder	84
- Tony Williams	34
- Yvonne Holm.....	78
Grupp & Assocs. Real Estate....	86
HomeSmart Realty - Gail Cirata.....	68
- Shari McGrail.....	54
- Team McGrail	56
Lyon Real Estate - Greg Langer	31
Shelley Weisman.....	93
Realty One Group - Connie Kincaid.....	74

SELF STORAGE

Lincoln Ranch Self Storage	32
----------------------------------	----

SENIOR LIVING

Ansel Park - Assisted Living	42
- Independent Living	90
Eskaton Village	46
Merrill Gardens	32
Oakmont of Roseville.....	28
Paradise Valley Estates.....	56
Sonrisa	22
Summerset.....	86

SENIOR TRANSITIONS

New Leaf	74
----------------	----

SHREDDING

RedDog Shredz	53
---------------------	----

SPRINKLER SERVICES

Gary's Sprinkler Repair	49
Sprinkler Medic.....	41

TRANSPORTATION

Apex Airport Transportation.....	37
----------------------------------	----

TRAVEL

Club Cruise.....	100
------------------	-----

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