

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



12 The Heart of Our Leadership

17 Self-care: Taking Leadership

BINGO



GAMES PAY UP TO \$1,199

MONDAY-TUESDAY: 6PM SESSION

ALL REGULAR GAMES PAY \$1,000 - \$1,199

WEDNESDAY & THURSDAY SESSION MADNESS:

**1PM SESSION:
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**5PM SESSION:
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Calendar of Events

February 15 - March 19

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

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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: February 22 – March 14

Finance Committee	Thursday, February 22, 9:00 AM
ARC/Architectural Review Committee	Monday, February 26, 9:00 AM
Board of Directors	Thursday, February 29, 9:00 AM
Board of Directors Executive Session	Thursday, February 29, 11:30 AM
Elections Committee	Friday, March 1, 10:00 AM
CCOC/Clubs and Community Organizations Committee	Tuesday, March 5, 9:30 AM
Compliance Committee	Wednesday, March 6, 9:00 AM
Properties Committee	Thursday, March 7, 9:00 AM
ARC/Architectural Review Committee	Monday, March 11, 9:00 AM
CCRC/Communications and Community Relations Committee	Tuesday, March 12, 10:00 AM
Accessibility Committee	Wednesday, March 13, 10:00 AM
Board of Directors Workshop	Thursday, March 14, 10:00 AM
Board of Directors Executive Session	Thursday, March 14, 1:00 PM

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

211 Your Non-Emergency Call for Help!



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

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

Holiday Hours | Presidents Day | Monday, February 19

OC/KS Lifestyle Desk	8:00 AM - 8:00 PM
Administration & Membership	Closed
OC/KS WellFit	5:30 AM - 8:30 PM
The Spa at Kilaga Springs	Closed
Kilaga Springs Café	Closed
Meridians Restaurant & Bar	7:00 AM - 8:00 PM



Board of Directors' Report

Tom Dunipace, President

Strategic Planning should not be a controversial topic. It is an important collection of data, desires, and proposals that can enhance our community as we grow. The Association has set up a process to collect the opinions and ideas of any and all of our residents. No one is excluded, all are included. It is up to you if you wish to participate or not.

In the next few weeks there will be many forums that a resident can avail themselves of. While there may be overlap, it does not replace our current maintenance of effort in keeping the community fresh and presentable. As project proposals are identified we must then ascertain how to bring the proposal to fruition, the associated costs, and how to best fund those projects.

In vision we will be able to have several projects and enhancements that can be parked on a

shelf for an appropriate time to remove them from that shelf and proceed to completion. These projects might be categorized by costs, time to complete, and/or complexity.

I know that there are many residents that do not care for change. They purchased their properties, enjoyed the amenities, and are not now able to participate on the same scale they once did. But I believe we must look beyond our personal interests and assess the community as a whole as to whether some enhancements make sense and are of benefit.

New buyers come in with certain expectations, and the fact we have kept our community fresh and refurbished contributes to the overall price you may obtain for your home. It enhances your equity value and thus pays you back. So please take the time to participate in the upcoming Strategic Planning Forums.



A Note from the Executive Director

Kyle Bodyfelt, Executive Director and the Strategic Planning Team

Lincoln Hills is beginning the process to develop a five-year vision and strategic plan. "What's in it for Me?" is the question you may ask. A strategic plan will help guide how key decisions are made and how our resources are used. It will depend on data to drive decisions and establish processes that carry over from Board to Board. As members of this community, your involvement and input are crucial because resident opinions and ideas will help provide a foundation for our future.

We have had a great run. Del Webb/Pulte left us with a spectacular, amenity-rich community that exudes the "WOW!" factor. Early residents shaped our community, formed clubs and committees, sat on Boards, set policies and practices, and influenced lifestyle offerings. Then came the wave that brought new amenities like Pickleball and solar arrays that enriched our lives. All of this has made Sun City Lincoln Hills a top-rated

active adult community.

Our 25th anniversary is on the horizon, and we need to acknowledge changes are coming: aging infrastructure, a dated appearance showing wear and tear, rapid growth surrounding us, competition is increasing, and GenXers are moving in with new ideas on what appeals to them.

Will the things that worked in the past continue to serve us moving into the future, and are we prepared for the rapid growth to come?

What will a strategic plan do for me/us? It will provide guidance for the community's future so that all members have a clear vision of where Lincoln Hills is headed and how to participate in our future.

A strategic plan is a guide through the process and identifies common goals. A strategic plan will not have all the answers but will lay out the essential steps we need to take over the next few years.

Questions? Comments? Email the Strategic Planning Team at SP@sclhca.com.



Election News

• The filing period will close on February 20 by 4:00 PM, at which time the names of candidates will be posted on the Resident Website and announced on eNews. Candidate biographies are also due February 20, 4:00 PM for publication in the *Compass* and the ballot materials.

• Questions for Candidate Forums may be submitted to Elections.Committee@sclha.com starting **March 1 – March 22**, or placed in the collection box, at both lodges.

• You may hear candidates state their positions and respond to selected resident questions at the Candidate Forum on **Saturday, April 6 at 10:00 AM P-Hall (KS)**.

• If candidates wish to display their material, they will be provided space for displays in both lodges, however, it is their responsibility to set up and maintain their display.

• For more information contact Elections.Committee@sclhca.com.

Date	Day	Event
2-20-2024	Tuesday	Candidate Filing closes at 4:00 PM
2-20-2024	Tuesday	Candidate Biographies due for <i>Compass</i> and Ballot
2-22-2024	Thursday	Candidate Briefing Session
3-1-2024	Friday	Candidate Forum Question Box on display at lodges (Remove: 3-22-2024)
3-1-2024	Friday	Campaign material display begins in lodges
4-6-2024	Saturday	Candidate Forum
4-10 – 4-15-2024	Wednesday - Monday	Ballots mailed to members
5-15-2024	Wednesday	Close Ballots, 3:00 PM. End campaign, remove campaign material from displays.
5-16-2024	Thursday	Election Day. Ballot Counting begins 9:00 AM - Annual Meeting of Members. Election results announced.

WANTED

★★★★★ VOLUNTEERS ★★★★★

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

The following committees are seeking YOU to join!

Accessibility Committee

Properties Committee

Architectural Review Committee

Clubs and Community Organizations Committee (CCOC)

Communications and Community Relations Committee (CCRC)

Compliance Committee

Elections Committee

Volunteer Applications available at the Lifestyle Desks and the Residents Website
sclhresidents.com > Library > Forms > Resident Forms)



Clubs and Community Organizations Committee Leap Year

George Herrmann, Vice Chair

2024 is a leap year. Every four years, with a few exceptions, we add a day to February to slow the year down. This year, we will actually live longer between birthdays. Adding that extra day seems to slow things down rather than leap. My granddaughter says that we have been leaping over the 29 of February for the past three years, and now we have to stop and enjoy it. I guess that is as good a leaping explanation as any.

Since many of us do not physically leap any longer, I wondered how we could leap in 2024. I became intrigued with this extra day we've been given and how to put leaping into my life. Since February is Leadership Month, maybe leaping into action would do it. In a community like Lincoln Hills, leaping into action to become one of the leaders

or contributors makes all the difference in the quality of life. This is a community run by and for its residents. This is not possible without residents volunteering to fill positions within the community.

There are those who will aspire to be on the Board of Directors, but committees like this one all need volunteers to provide leadership. It is not hard and does not take much time, but the rewards show up in that quality of life. Committees meet once a month or every other month, and most have openings for volunteers. We would welcome you at CCOC to help us approve new clubs and community requests and work on the rules and regulations for our recreational facilities. Why not take a message from Leap Year, leap off that couch, and find a position to lead the community? Your leadership is welcomed.



Compliance Committee Highest Level

Roz Odell, Chair

Working with the Compliance Committee you find out quickly that many see you as an intrusive busybody and not the group that works hard to keep your community's design characteristics and property values at their highest level.

We live in a community that promises to provide you with a choice of many activities in a beautifully planned community that follows the CC&Rs and Design Guidelines. Your Community Standards Department does a job of keeping records and answering questions, so please call them if you receive a letter or would like a site visit. The compliance committee serves as their eyes and legs out in the community.

We believe that the committee should be working closely with the residents. There should be a strong trust between us. We do not want you to be non-compliant in any area. Signing that complaint is the last thing that we want to do. We would rather answer questions and just be helpful than write up complaints and have you upset.

Not understanding just what compliance is seems to be a large reason we receive multiple complaints, and we would like to correct this issue. So many things are unclear over the phone, so we offer site visits. During these visits, a member will come to your home and answer any questions about compliance. Let's all work together to keep our community beautiful.



Finance Committee

Year End Report

Fred Raach, Chair

For the full year 2023, the Association continued its positive trend with net results \$215,000 better than expected in the budget, the financial plan that determines the year’s dues. Gross revenue of \$19,694 million was \$220,000 more than budgeted, and total expenses were \$19,746 million, less than \$5,000 over what had been projected. While still very positive, the net results at the end of December were \$45,000 less than what they were at the end of November.

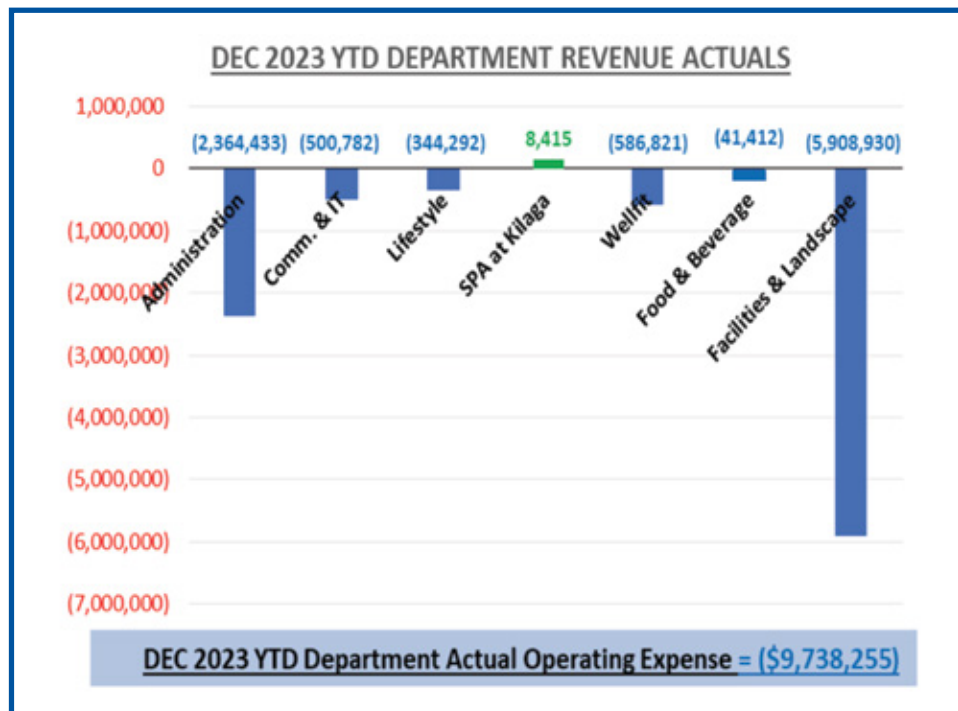
This decrease resulted from poorer than budgeted results in the Administration, Communication and IT, Spa at Kilaga Springs, and Facilities and Landscaping Departments. The Lifestyle, WellFit, and Food and Beverage Departments’ results were better than budgeted. Particularly noteworthy was Food and Beverage, which generated \$24,000 of positive net revenue in December, \$25,000 better than budgeted.

In a change from prior months, the graph below shows what each department’s expenses were, reduced by the revenue it produced. In other words, this illustrates where the dues monies, other than the amount dedicated to funding reserves, were spent. Some details of the expenditures of the two largest departments may be of interest. Facilities and Landscaping’s major expenditures were \$1.76

million for the Bianco contract personnel expenses of \$1.41 million utilities of \$1.25 million; maintenance, supplies, and repairs of \$760,000, and other landscape maintenance expenses of \$680,000. The Administration Department’s major expense categories were personnel \$1.06 million, security \$390,000, insurance \$340,000, human resource services (ADP) \$220,000 and legal expenses \$200,000. Complete information on all Departments’ revenues and expenses is available on the Resident Website in the Financials section of the Library.

The Reserve funds totaled \$12.1 million at the year’s end in 2022, growing to \$12.7 million at the end of 2023. The increase resulted from the 2023 reserve contribution of \$2.2 million, interest earned on the funds of \$ 300,000, and less expenditures of \$1.9 million. The \$12.7 million reserve represents 80% of the fully funded balance, which puts our reserves clearly in the “Strong” category, as shown in the most recent reserve study by the Browning organization.

During December, \$76,000 was spent from the CEF fund for the vehicles needed for the added staff in Facilities and Landscaping that will perform landscape projects and irrigation repairs at a cost lower than that of outside firms. The total expenditures from the CEF fund this year were \$234,000, reducing the balance to \$456,000 at the end of 2023.





Lifestyle News and Happenings

What Makes a Good Leader?

Allison Sertic, Lifestyle Manager

How do you define a good leader or effective leadership? There are dozens of descriptive words or phrases that surface when doing an Internet search and more when you ask people their personal thoughts. Based on our personality types, upbringings and experience, and expectations, there is certainly no “one size fits all” consensus.

Based on who I am, I look for leaders who inspire me – those who spark creativity and innovation, provoke thoughtful discussion and exploration, and fuel my passion to continue to add quality and joy to our work and lives are great leaders.

Leadership does not only come from people in leadership positions or when they intend to lead. Frequently, I am inspired by folks who are just sharing themselves and their ideas. I gravitate to

those that make me want to do better, to be better, especially if it serves the greater good. I have met so many people here at Lincoln Hills who share this mindset. I meet more every week!

I encourage everyone to get out and find opportunities to meet the many wonderful residents who call this beautiful place home. Some may be new to the neighborhood, or they might just be new to you – with a community this large, there is a very large pool to get to know.

A wonderful opportunity to find “your people” will be at the Annual “It’s the Lifestyle!” Expo will take place on Tuesday, March 19, from 10:00 AM to 1:00 PM in Orchard Creek Lodge. Participating Clubs, Committees, Lincoln nonprofits, and our own Lifestyle managers and coordinators will be throughout the lodge with tables full of information and the good people representing each.

Back by popular demand!

Jolly Celtic Folk and Fare

– featuring – Lions of the North

Supper, Spirits, Irish Beers,
& Jaunty Entertainment

Friday, March 15

Event at 6:30 PM

Doors Open at 6:00 PM



Ballroom (OC)

Lounge Style Dinner Show

Grab your lass or fella for a St. Patrick’s Day event featuring an Irish buffet, no-host bar and high-energy Irish folk music by the Lions of the North. The Sacramento trio will be playing most classic Irish songs as well as some originals. With a guitar, accordion, and bodhran (Irish drum), this joyous tribute is not to be missed! Traditional Corned Beef and Cabbage dinner buffet included in ticket price.

\$42

GENERAL ADMISSION
CODE - LSE576

Tickets available at the Lifestyle Desk or online at SCLHResidents.com





The Spa at Kilaga Springs
Relieve Stress and Sleepless Nights

KarriLynn Keith, Spa Manager

Stress has a way of wreaking havoc on our sleep cycles, appetites, skin, and energy. When left unchecked, it can cause headaches, chest pain, muscle tension, and fatigue, as well as negative responses such as angry outbursts, overeating, insomnia, and even unhealthy habits like tobacco and alcohol abuse.

Aromatherapy is recognized as a holistic wellness therapy that uses essential oils to improve physical, emotional, and mental health. In the early 1900s, a French chemist discovered that lavender essential oil helped heal his burns and reduce anxiety. Since then, various forms of essential oils have been used to help heal both mind and body.

After years of struggling through sleepless nights, anxiety, and stress, I stumbled upon an amazing aromatherapy treatment: Comfort Zone Tranquillity™ Blend. This treatment combined

deep breathing techniques, meditation, and aromatherapy, which not only relaxed me but helped reduce my sleepless nights and panic attacks and brought harmony back into my life.

I am very excited to introduce this new Tranquillity™ spa service during our Spring Event on March 7 and 8 for our Wellness Retreat!

Join us for a beautiful Spa experience that will calm frantic nerves, soothe your restless mind, and give you a peaceful night's sleep. Learn how to create a peaceful mind and relaxed body with our Tranquillity line that will infuse a pure, calming vibe. Take a moment to learn to slow down and breathe, taking in all the power and benefits of our Tranquillity Blend for an immediate sense of balanced well-being.

Treat yourself to 15% OFF any product from the Tranquillity™ line through March 15 and create your own Luxury Spa experience at home. Call today to reserve your Tranquillity experience!





TRANQUILITY SPA EVENT
THURSDAY, MARCH 7, 2024
 9:00 AM - 5:00 PM | \$45 ADVANCED RESERVATION REQUIRED
 Will be applied towards Event Spa Service of your choice!

The Spa at Kilaga Springs invites you to join us for an afternoon of peace and relaxation as we feature of **NEW Tranquillity Deep Sleep Aromatherapy Treatments**. Join us for our first ever **FULL DAY** of amazing Spa Services, Sweet Treats, and **EXCLUSIVE Event Deals and Special Promotions!**

FEATURING OUR TRANQUILITY MINI TREATMENTS

- 60-MINUTE TRANQUILITY MASSAGE \$99 (REG. \$129)
- 60-MINUTE DEEP HYDRATION FACIAL TREATMENT \$99 (REG. \$129)
- TRANQUILITY PEDICURE \$49 (REG. \$69)
- SPECIAL HYDRAFACIAL EYE & LIP TREATMENT \$99 (REG. \$189)

Limited availability, so call today to reserve your spot for our Kilaga Springs Tranquillity Spa Event!
 Kilaga Springs Spa 1187 Sun City Blvd., Lincoln, CA 95648 | 916-408-4290 | KilagaSpringsSpa.com



WellFit News

Our Instructors are Fit to Lead!

Danielle Merrill, WellFit Program Manager

WellFit is very fortunate to have passionate, inspirational, and impactful leaders teaching our classes. One example of that is with our Group Exercise instructor, Kim Lewis. She has been instructing at Lincoln Hills since 2007 and is still going strong. She has a regular following of gym-goers who consistently and eagerly show up for her classes without fail. She has earned and gained the trust of the residents. Here are just a few of her other amazing leadership skills: She makes a genuine effort to know her people and their names, she has a natural ability to motivate people to be and do their best, she has strong communication skills, she shows empathy, and demonstrates adaptability. Kim exudes confidence and a positive attitude is consistent. She helps build a sense of community among her students

by setting up coffee meetups after class, she is a true team player.

Kim has a spunky, upbeat personality that is always shining through. Believe it or not, she has never called in sick or asked for a day off, never had to get a sub for any of her classes, and even works on Holidays wearing costumes and bearing gifts. Her lifelong goal is to be on the cover of *Compass* magazine one day! We recently presented her with an award at the end-of-the-year employee appreciation brunch and at one of her classes. See picture below.

WellFit offers over 138 weekly classes, all with unique and highly motivated instructors who are passionate and proud of what they do. We sure appreciate what each one brings to our department to continue diversifying and growing our WellFit offerings.

2023 Appreciation Award Winner

Kim Lewis!



Thank You

GROUP EX INSTRUCTOR

KIM LEWIS

Kim has never called in sick, asked for a vacation day or requested a sub! She has taught on Holidays, dressing up and bringing treats for her class. She has scheduled Meet Ups to create community amongst her students. Her spunky energy and pizzazz has added so much brightness to our WellFit team for over a decade and counting. Thank you Kim!





The Heart of Our Leadership

Linda Lucchetti and David Wright, Roving Reporters



February is the month we honor our great leaders by celebrating Presidents Day. But no president could succeed without the assistance of a cabinet—the advisors who make difficult decisions a little bit easier. The same holds true in Lincoln Hills. Our Executive Director and Board of Directors’ decisions depend on our committees’ expert advice. Eight committees, made up of resident volunteers who share their particular talents, are the leaders behind the leaders.

Guardians of the Guidelines

Although its acronym (ARC) refers to a curve, the **Architectural Review Committee** sets the record *straight*. Under Chair Greg Kevin, the committee develops, reviews, and revises guidelines to



Greg Kevin, ARC

maintain consistency within our community. “For me, it has always been about being part of the community and trying to make that community better,” Greg says. “As a leader, you need to be adaptable and flexible and remember that people are your most valuable asset.”

Improving Inclusiveness

We all want to live our best life. But, for some residents, this is not easy due to certain physical and functional challenges. The **Accessibility Committee** assists and advises with matters that will help improve inclusiveness

and make living in Lincoln Hills better through technology or reasonable accommodations. The background of newly-appointed Committee Chair June Paquette as a registered nurse aligns well with the committee’s goal of helping to enrich people’s lives. June’s favorite definition of leadership is: “the art of accomplishing work through others.”



June Paquette, Accessibility Committee

Welcome to the Club

Clubs and Community Organizations (CCOC) maintains information and guidelines for more than 70 clubs

and organizations. Incoming Chair George Herrmann believes in leading with empathy and integrity and being a life-long learner because “No one actually knows it all.” A relatively new resident, he volunteered in order to get to know the community and interact with people. Since he had already joined several clubs, he thought being part of the CCOC was “a good starting point.” As George puts it, “It’s better to be part of the solution than the problem.”



George Herrmann,
CCOC

Do the Right Thing

Some say, “Rules are meant to be broken.” The **Compliance Committee** would say rules are meant to be followed. Chaired by Roz Odell, the Committee investigates violations of community standards and guidelines to maintain compliance. Roz draws from leadership attributes like knowing her own strengths and delegating without micro-managing. The first time she drove into Lincoln Hills, she fell in love with the community’s design character. After moving here, she wanted to help keep the community looking beautiful. When a committee leader resigned unexpectedly, Roz admits, “Not stepping up was not even a choice.”



Roz Odell,
Compliance
Committee

Start Spreading the News

Everyone has experienced how miscommunication and baseless rumors can affect a community’s

morale. The **Communications and Community Relations Committee (CCRC)**, chaired by Denise Bowden, ensures the credibility of information, produces the Community Forums, and conducts official Association surveys. With a professional background related to communications, she volunteered to lead the committee. Denise acknowledges, “A leader needs to be willing and able to make tough decisions, adjust when needed, and support her team.”



Denise Bowden,
CCRC

If You Build It, We Will Come

Michael Mazikowski recently took the helm of the **Properties Committee**. Moving to Lincoln Hills just two years ago, Michael’s experience as a senior project manager in commercial property management and real estate services seemed to be a natural fit to lead the committee responsible for the appearance, maintenance, and care of the Association’s physical properties. He stresses, “One of the most important roles of an effective and productive leader is to be a clear and concise communicator and facilitator.”



Michael Mazikowski,
Properties
Committee

The Buck Starts Here

As a **Finance Committee** member since 2016, Fred Raach stepped up to chair the committee three years ago. Fred’s career as an actuary prepared him to lead those responsible for our fiscal affairs. From

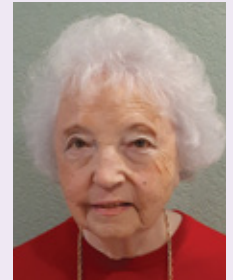
submitting the budget, identifying funding sources, and advising the Board on capital improvement the Finance Committee holds the purse strings of our Association. As the committee leader, Fred believes his role “should be perceived as a resource—a sounding board, a source of additional information or suggestions, and sometimes a coach.”



Fred Raach,
Finance
Committee

Don’t Rock the Vote

The **Elections Committee** was formed to oversee the integrity of Association elections. Current Chair, Twila Miller, became a committee member because family members and local politicians inspired her to contribute to the community. Her team recruits Board candidates, assures that campaigns are run fairly and respectfully, facilitates the voting process, and tabulates the ballots. Twila emphasizes, “Keeping committee members informed of new developments helps promote camaraderie. Everyone must work together to perform committee duties efficiently.”



Twila Miller,
Elections
Committee

Our dedicated committee members work tirelessly side by side with the staff and Board to keep Lincoln Hills leaping years ahead. Pouring their hearts into countless hours of service, these volunteers put the “commit” in committee.



HOME, HEALTH AND BUSINESS SHOWCASE



FREE EVENT!

*Mark your calendars
and save the date!*

WHAT YOU WILL LEARN

*Learn about the latest products and services
for your home, health and business matters.
Meet your COMPASS advertisers and other
businesses that will showcase their products.*

We look forward to seeing you there!

Questions?
Contact Theresa Renken
916.625.4014 • Theresa.Renken@sclhca.com

TUESDAY, APRIL 9, 2024

9:30 AM - 1:30 PM

ORCHARD CREEK LODGE



Local Leadership Leads to Local Safety!

Teresa Tanin, Neighborhood Watch

Local leadership for our community includes Neighborhood Watch. Working with local police and fire, volunteers disseminate safety and security information to residents. Residents who wish to participate, provide confidential emergency contact information annually to their cluster Mailbox Captains. If you have not been contacted by your Mailbox Captain, please visit our website sclhwatch.org "Who Is My Captain." If your cluster mailbox is not assigned to a resident living nearby, consider volunteering! Email the Director of Volunteer Records nwdirectorvr@sclhwatch.org for more information.

Directors are pleased to honor

the volunteers of Neighborhood Watch annually. This year's special *Volunteer Appreciation Dessert* party will be held March 2, 6:00 to 8:00 PM, in the Multipurpose Room/Kitchen (KS). This is a great time to meet fellow volunteers, receive special awards, and enjoy delicious desserts and savory treats provided by the Directors of Neighborhood Watch. A No-host bar is also scheduled for the evening. Please RSVP to executiveassistant@sclhwatch.org and leave your name and designation, namely, Mailbox Captain, Village Coordinator, or Support Staff. Please include your Village and Mail Station number. Mark your calendar for March 2 and RSVP today. Let us honor you!

Also, save the date, April 11, for the *New Community Safety Event* starting at 1:00 PM to meet, learn, and participate in a Q & A session with the Lincoln police, fire, and Placer County services personnel. Detailed information will soon follow. Join in on the events provided by Neighborhood Watch, where local leadership and safety begins!

NEIGHBORHOOD WATCH
MARK YOUR CALENDAR!

FEBRUARY 15
Resident's Contact Information Due

MARCH 2
Volunteer Appreciation Dessert Party

APRIL 11
NEW Community Safety Event

Questions? Email executivedirector@sclhwatch.org

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Available

ANNIVERSARY



Individualized Care for Each & Every Memory

Our Resident-First philosophy ensures compassionate care through our Pathways Memory Care program. Every aspect is designed around each resident – from our individualized culinary program to our Cherished Memories Collections, which focus on positive recognition, stimulation, and celebration. We're here to ensure you or your loved one receives the support needed to thrive in every step of life!



- Chef-Prepared Meals
- Scheduled Transportation
- Barber Shop & Salon
- Customized Care Plans
- Fitness Center



Speak with one of our Memory Care experts today! Call now to schedule a tour.

(916) 545-1537 | AnselPark.com

1200 Orchid Dr., Rocklin, CA 95765

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Self-care is the foundation of healthcare, but is generally outside the formal health and social care systems



Self-care: Taking Leadership

Shirley Schultz, Roving Reporter



This Presidents month's theme, focusing on leadership and taking charge, is a timely reminder to each of us that we need to strive to take charge of our own health. It is with déjà vu that I am writing an article about the concept of self-care when 50 years ago, in graduate school, I was discussing self-care as a "conceptual framework for nursing practice." In a nutshell, support and educate patients so they can care for

themselves. The concept of self-care has expanded to become a foundation for healthcare around the globe.

There are varying definitions of self-care. A 2021 article from the National Library of Medicine titled "*Self-care: a Concept Analysis*" states that self-care is "the ability to care for oneself through awareness, self-control, and self-reliance in order to achieve, maintain, or promote optimal health and well-being." The World Health Organization (WHO) defined self-care in 1998 as "what people do for themselves to establish and maintain health and to prevent and deal with illness." Researchers have found that self-care fosters resilience, helps people better manage stress, and extends longevity.

Self-care is not about self-indulgence or selfishness. It is about

us owning and taking charge of our own well-being as much as possible. It is about attending to our own emotional and physical needs to the best of our ability. Things like celebrating holiday traditions and other important life events, decluttering, making our beds each morning, or taking a vacation may be important for self-care. It also includes the way we interact with our healthcare providers through such things as getting cancer screenings, properly taking prescription medications, asking questions, and striving to understand our own health conditions. Health literacy (understanding our own health information so we can make appropriate decisions about our health and well-being) is now included as a pillar of self-care by the International Self-Care Foundation. Since each of us has our own individual ability to engage in self-care, it is important for us to know what our limitations are and seek help if needed.

Information about self-care is abundantly available through professionals, organizations, and multiple websites. Take charge of creating a well-balanced self-care routine that addresses your individual needs: physical, emotional, mental, spiritual, social, recreational, and environmental. Take leadership in asking for help or for clarification when you need it.





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In Memoriam



Sharon Herlihy

A Special Education teacher in San Jose for 22 years, Sharon grew up in Oakland, graduated from Holy Names, and lived in San Jose for her adult life until moving here in 2002. She received her teaching credential at San Francisco State and Masters at Santa Clara University. She enjoyed golf, travel, and philanthropic volunteering and belonged to the Lincsters, Singles Group AAUW, and Assistance League. Widowed for 25 years after 31 years of marriage, Sharon leaves four children, three daughters-in-law, and eight grandchildren.



Susan Joyce

Known for her beautiful voice, Susan graduated from Castlemont High School in Oakland and attended Heald Business College. She worked at Montgomery Ward and then Blue Cross. Susan and her husband, Richard, built a printing business called Lompa Printing, and they had two sons. They built three houses together in Lake Tahoe and one in Point Richmond. After a divorce, she renamed the business Joyce Printing. In 2000, she and her partner, Deanna Hanks, moved here with their beloved pooches. Susan was active in Soroptimist International for 50 years. She enjoyed singing at events and sang the National Anthem at the Oakland A's Game. A good cook, Susan is missed by her sons and families, including five grandchildren and many friends.



Bill Spellman

Born and raised in San Jose, California, Bill graduated from San Jose State. He spent four years in the Air Force stationed in South Dakota and Germany. Bill worked as a sales representative for a wholesale drug company. He started a golf group called Bill's Renegades, and they have been playing together for 15 years. He also enjoyed bocce. Bill leaves his wife, Betty, of 69 years, two sons, three grandchildren and two great-grandchildren.



Jack Williams

A Minnesota native, Jack graduated with a BS in Agricultural Engineering from the University of Minnesota. He had a 47-year career mainly in the concrete pipe and products industry. Lincoln Hills and the Tennis Group have lost the "gentleman on the court," as Jack played tennis until age 92! He was past president of the tennis group and kept the courts in tip-top shape. Married for 69 years, Jack was preceded in death by his lovely wife, Jan. The best job he ever had was as a loving husband, father, grandfather, and great-grandfather. He is survived by five children, eight grandchildren, ten great-grandchildren, and a slew of other relatives. He will be missed.

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



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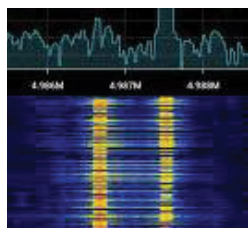
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Amateur Radio

This year, we are posting the Net Control Operator schedule, ARRL Contests, and State QSO Parties. The Club participated in the ARRL RTTY Contest. John, NQ6Q contributed 141 QSO's covering 38 States, 10 Canadian, and three foreign entities. Dan, KN6DRN had 25 QSO's including 12 States, and 2 Canadian Provinces. The East Coast was hot, with 29 total contacts made. Our next Hams & Coffee will be in March. Meetings are held at the South Tower every Monday at 6:30 PM. We conduct a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.



Typical RTTY Signal seen by LHARG

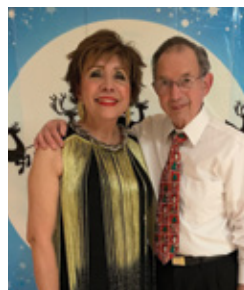
Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com
Website: www.lharg.us



Ballroom Dance

Our Club is pleased to offer another year of ballroom dance instruction with

a smattering of dance parties. Sal and Ruth Algeri are experienced instructors. Their methodology breaks down each dance into understandable subsets. Repetition mixed with humor and encouragement are part of each lesson. Every Tuesday, they provide lessons for beginners as well as for more experienced dancers. Each month, a new ballroom dance is taught. The following is the upcoming schedule: February, East Coast Swing; March, Waltz; April, West Coast Swing; May, Cha-Cha; June, Tango; July, Nite Club Two Step; August, Waltz; September, East Coast Swing; October, Rumba; November, Cha-Cha. Five parties are scheduled this year. Check our website for the dates.



Sal and Ruth Algeri

Contact: Sal Algeri 916-408-4752, sr64danz@sbcglobal.net
Website: www.sclhdbc.com



Big History

"Cities" remains our theme as the new semester begins. On February 12, we heard about Food Production: Moving from Rural Farms to

Cities. On February 19, explore Mohenjo-Daro and Harappa, dual capitals of the Indus Valley culture. Participate on February 26 and hear about Catalhoyuk, one of the first cities in the world. Hear the fascinating history of The Austro-Hungarian Empire on March 4. And on March 11, learn how Heraklion, Crete has been shaped by a tapestry of diverse cultures throughout history, including Minoans, Venetians, Ottomans, and Byzantines, each leaving their unique imprint on the city's cultural heritage. Join us each Monday on Zoom at 10:00 AM. Thank you to all who joined us on January 15 to brainstorm new directions and ideas for the Club.

Contact: Ranny Eckstrom 916-708-0165, bhscslh@gmail.com



Billiards

With the new year getting underway, it is now time to renew your membership or join the Club for the first time. Annual dues are \$10.



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Remember that you must be a member in order to play in our many tournaments. You can get the membership form at either KS or OC billiards rooms, as well as from the website. We offer mentoring on Tuesdays at KS. The first session starts at 9:15 AM, with sign-ups at 9:00 AM. The second session starts at 10:30 AM, with sign-ups at 10:15 AM. Mentoring is for all skill levels. The Rookie tournament is highlighted this month. Check the website for times.

Contact: Mike Greaney
925-890-3034,
michael_greaney17@yahoo.com
Website: www.lhbilliards.com



Bird

Migration is on! In January, the group made a trek to Cosumnes Wildlife Preserve and Staten Island Road, about an hour south of home. We found Warblers, Ravens, Shore Birds, Ducks, Geese, Owls and lots of Sandhill Cranes. On the Christmas Bird Count, a nationwide program to track



Sandhill Cranes by Larry White

population trends, we spotted 70 species, but the number totals were rather low. The group meets at 1:30 PM on the second Monday of each month at P-Hall (KS). We always have an interesting program, and everybody is welcome.

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



Bocce Ball, Mad Hatters

Our Club plays on Thursday mornings. We usually have anywhere from 25 to 45 players each week. All skill levels are welcome. From now until May, we begin at 10:00 AM. Teams of four players are formed on-the-fly each week, so just show up! It's fine if you only come occasionally. The focus is on recreation, not competition. We spend about 90 minutes on the courts. New, inexperienced, and handicapped residents are always welcome. Don't know how to play? We'll guide you. Parking is available at the courts. It's a great way to meet people. If Thursday mornings aren't convenient for you, there's also a fun drop-in bocce group called the Night Owls, who play on Tuesdays at 4:00 PM.

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



Book

Enough of love! What you might say about a book that wouldn't go over well with your partner: "I can't wait until this is over;" "Let me try another one;" "Maybe it will interest me more." Come share your interest, or lack thereof, at our next meeting. The book selection for March is *The Man in the Rockefeller Suit* by Mark Seal. Meetings are in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. To receive the monthly email distribution list, email your request to ocbookgroup@gmail.com.

Contact: Maureen Deal,
Modeal2010@gmail.com



Bridge, Duplicate

We were fortunate to have a two-part presentation on New Minor Forcing, a bridge convention, by Doug Murphey on January 17 and 24. Doug, as usual, gave a masterful presentation. Games are on



Doug Murphey teaching New Minor Forcing



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Wednesdays starting at 12:30 PM in the Multipurpose Room (KS). Reservations need to be made at least two days ahead with Elise Homer. Open and limited sections are on Saturdays starting at 12:30 PM in the Sierra Room (KS). For further information, go to our website shown below. Our Partnership chairman is Sharon Duley, 916-253-3885.

Contact: Elise Homer 916-303-0751, elisehomer@gmail.com

Website: www.bridgewebs.com/lincolnhills/



Bridge, Partners

Call for reservations or show up with partner in the Sierra Room (KS) by 5:15 PM Thursday. Play begins at 5:30 PM. The hosts for February are Kay/Ben Newton, 916-408-1819. December 21 winners were: first-Barbara/Bud Hunt; second-Rose Phelan/Kurt Wolff; third-Frank Kamienski/Mark Green. Kay/Ben Newton had high round 1680. December 28: first-Kurt Wolff/Ralph Madsen; second-Mark Green/Frank Kamienski; third-Brad Davis/Bob Baskett. Chet Winton/Phil Sanderson had high round 1820. January 4: first-Bob Baskett/Brad Davis; second-Geri/Park Miller; third-Patty/Ron Dawson; fourth-Harry Collings/Ray Henry with high round 2160. January 11: first-Jay

Southard/Bob Calmes with high round 1790; second-Brad Davis/Bob Baskett; third-Dee Cole/Ed Hartnett; fourth-Geri/Park Miller. January 18: first-Patty/Tom Mack; second-Jyoti/Viren Sitwala with high round 1960; third-Patty/Ron Dawson; fourth-Byron Hansen/John Butler.

Contact: Janet Pinnell 916-408-7825, kbnewton@sbcglobal.net



Bridge, Social

Beginner and Intermediate Bridge lessons are continuing with a great turnout. Beginners are at 8:30 AM on Wednesdays at the Card Room (OC). Call John Woodbury at 760-522-8758 for more information. Intermediates follow at 10:00 AM with John Butler and Alan Haselwood teaching. Winners for December 22: first- Judy Ganulin and Patty VanOosbree, tied; third-Kurt Wolff; fourth-Karen Markle. December 29: first-Linda McDermott; second- John Butler; third- Chet Winton; fourth-Lois Burke. January 5: first-Jyoti Sitwala; second-Kurt Wolff; third- Viren Sitwala; fourth-Phil Sanderson. January 12: first- Viren Sitwala; second-Bob Wehner; third-Carol Mayeur; fourth-Phil Sanderson. We're having a great turnout on Fridays

at KS. Please arrive by 12:15 PM. Call Tom and Patty Mack at 714-504-1881 to sign up.

Contact: Linda McDermott 408-390-4311, gmompatty41@gmail.com



Bunco

In December, we had our annual holiday get-together. A fun time was had by all! Bunco play started at 9:00 AM, followed by the gift exchange with minor stealing. Then off to Leatherby's for lunch. Many buncos were called, and the traveling bear was all over the room down to the last game. Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM on the third Thursday of the month in the Card Room (OC). December Winners: Buncos - Kathy Sasabuchi; Wins - Lorri Song; Losses - Carol Van Amburg; 50/50 - Jean Abelle; Traveler - Paulette Rhoads. Our next Bunco dates are February 15 and March 21.

Contact: Kathy Sasabuchi, ksasabu@icloud.com



Ceramic Arts

Happy New Year everyone. We have a new ceramics classroom Instructor. Please welcome Donte Cuellar to Lincoln Hills. Donte is a Sacramento-based artist,



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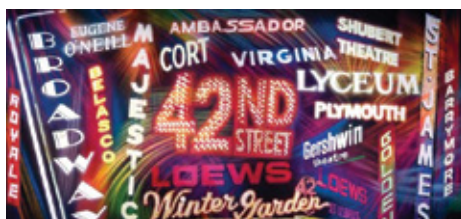
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professional potter, and Youtube educator. His Youtube channel and website are under the name Earth Nation Ceramics. Take a look at his instructional videos and ceramic artistry and sign up for one of his classes. Classes continue on the same Tuesdays and Thursdays schedule, with a beginner/intermediate and an intermediate/advanced class each day. Check the Compass for details and times. Coming up March 1-18 is "Art in the Foyer" at the OC, with our ceramic artist's works on display for show and/or sale. Support the Arts and come play in the clay.
Contact: Jim Carnathan,
jcarn77@wavecable.com



Chorus

Come this May, we will be giving our "Regards to Broadway" during the Spring concert series. We'll be presenting hit songs from blockbuster musicals, including *The Sound of Music*, *Singin' in the Rain*, *Fiddler on the Roof*, *Annie Get Your Gun*, and *Oklahoma*, as well as from



Broadway hits are coming in May!

more current Broadway shows such as *Mamma Mia!* and *Dear Evan Hansen*. A very special treat in this concert series will be a performance by the Lincoln High School Choir. Tickets will go on sale February 17, so plan to buy your tickets early to enjoy this rousing tribute to the Great White Way!

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

Computers



Apple Users

Tips to extend your iPhone's battery life include turning off live activities. For additional helpful tips, visit our club website's monthly newsletter, the Cider Press. Andy Petro and Vicki White will present "Great Apple Gift Ideas for Friends and Relatives" on Monday, February 26. They will take a closer look at some items, gadgets, and gizmos that make using Apple products both fun and useful. Ask the Tech begins at 10:15 AM, with program at 10:30 AM in P-Hall (KS). Please note - changes to programs can occur, so check the club website calendar. Members also receive

a weekly email detailing club activities.

Contact: Ken Silverman
 916-913-6833,
LHAUGinfo@icloud.com
Website: www.lhaug.org



Country Couples

Happy New Year! We are a fun, active Club that welcomes new members! Our mission is to help beginners get started, and experienced dancers get better. All you have to do is have fun. We schedule several events each year where we can dance, in addition to other social events such as dinners out and the occasional dance cruise. In December, everyone in attendance enjoyed our annual Holiday Dance and buffet dinner in the Ballroom (OC). Dancing is a wonderful exercise for the body and brain. Practice sessions are held every Friday in the Fine Arts Room (OC) from 9:30 to 11:30 AM. We invite you to stop by and observe a practice.

Contact: April Cederburg
 916-390-3931, *aprilced@sbcglobal.net*
Website: www.sclhcc.com



John, Mark, Jim, Deb, and April, the 2024 Steering Committee

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Cribbage

The power of crib is a curious thing. Make one man weep, make another man sing. Change a skunk to a little white dove. More than a feeling, that's the crib of love. Tougher than diamonds, rich like cream. Stronger and harder than a bad daydream. Make a bad one good, make a wrong one right. Power of crib could keep you up at night. You get some money, get some fame. We don't take credit cards to ride this train. It's strong and it's sudden, and it's fun most times, and it might just help your life. That's the power of crib. That's the power of crib. They have the power. Recent Winners were: Jean Stefani, Betty Carter, Marianne Crosby, and Bruce Quick.

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



Cyclists

Courtesy of Tom Frady: Flats (flat tires, that is) are the bane of cyclists' existence. The following statistics come mostly from one ride group but relate to all members. Official records go back to 2014, covering 313 flats. Of those flats, the cause was not determined 31.6 percent of the time. Nearly 20 percent were caused by thorns, and, interestingly, tacks were the cause 15.7

percent of the time, followed closely by glass, 13.4 percent, and blowout/tire failure, 12.8 percent. Pinch flats and pebbles round out the total. We can reduce flats and increase safety by frequently checking our tires for damage and installing new ones when necessary. It's time to renew your membership, so get that check in the mail. The website has membership information.

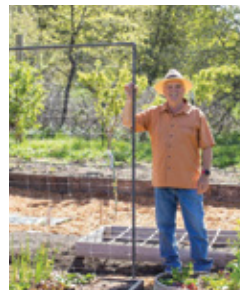
Contact: Diane McLaughlin 530-386-1590, dmclaughlin100@yahoo.com

Website: www.lincolnhillscyclists.com



Garden

Meet guest speaker Dave Faoro at our General Meeting on February 22, 2:00 PM (KS). His topic is "Successful Vegetable Gardening One Square Foot at a time—even on Rocks!" Dave is a Certified Square Foot Gardening instructor. This is a simple method of creating small, orderly, and highly productive vegetable gardens. He will cover from start to harvest using the Square Foot Gardening method for beginning



Instructor Dave Faoro-Square Foot Gardening

to advanced gardeners. His goal is to help vegetable gardeners be successful. He has a large garden in Newcastle and is known for his "tomato obsession" having 125 varieties—350 plants. He donates the profits from his honor farm stand to the Placer Food Bank. Membership Registration, Door Prizes, Brown Bag Sales, and Master Gardeners will be available.

Contact: Lorraine Immel 916-434-2918,

lorraineimmel@gmail.com

Website: www.lhgardengroup.org



Genealogy

Ready for RootsTech? Spend your Leap Day attending some informative classes! Here's one for beginners—"Help! I'm New to Family History!" Find out more at rootstech-slc.familysearch.org. RootsTech dates are February 29-March 2. At our February 16, 10:00 AM meeting at KS, our guest speaker will be David Munger, Librarian in charge of the Genealogy Collection at Sacramento Public Library. His presentation will cover the Genealogy Collection, monthly programs, the Sacramento Room, database resources, and the newspaper archives. He will discuss how he handles local obituary requests and how to search

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Golf

Ladies XVIII

Congratulations to Ginny Smith, our January Net Chix winner, with a next score of 69 on the Hills course in the first round of 2024. She competed against 33 women on a frost-delayed day. Patti Tilton took closest to the pin (CTP) on hole 16 with a 16'1" shot. Gwen Hare, Suzanne Hutchinson (via a chip-in) and Kathi McCoy had birdies. Chip-ins were made by Mikie Briggs, Nancy Sartor and Maureen Senn. In our second round, chip-ins were made by Linda Chappellear; new member, Nancy Dame; Barbara Grant



*Ginny Smith,
January Net Chix*

and Nancy Sartor. The team of Grant, Hare, Sharon Knoll and Liz Phillips took first place in a two Best Ball event. CTP was awarded to McCoy at 16'11" on Orchard hole 16.

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

Lincsters

January had a wet and windy start to the New Year. Unfortunately, multiple weekly play days had to be cancelled. All we could do is stay warm, dry and dream of better days to come. We are hoping to reschedule our Grandmother's Tournament soon, and we are looking forward to our upcoming Big/Little Sister Scramble Tournament in March. On a positive note, we have welcomed Daphne Poytress, Joyce Watson, Laura Curran, and Kathy Kimura to our Club. If you are interested in joining a socially active, fun group of ladies, please reach out to our Membership Chair for more information.

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

Men's

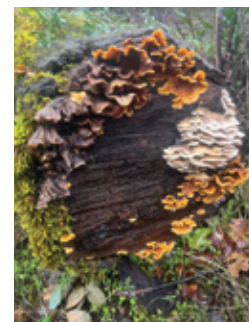
Our second tournament of the year was the Valentine's Day Massacre on February 13. It was a four-man Lone Ranger format on the Hills and Orchard Courses. The third tournament of the year is our Tournament of Champions and a Just For Fun. Sign-ups will be out soon for this Individual Stroke Play on both the Hills and Orchard Courses starting at 8:30 AM. Hope to see you out there.

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



Hikers & Walkers

Our groups remained active during January, with the occasionally damp weather not getting in the way of hiking at Hidden Falls and the walking groups continuing to wander the Lincoln Hills trails. Our Walk for Wellness program has been particularly popular, providing a more leisurely paced alternative for walking Wednesday mornings. Current



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and prospective hike leaders met in January to establish a schedule of hikes for the upcoming months. February will feature hikes in the American River canyon below Auburn and a trip to the Empire Mine in Grass Valley. In the winter, all outside activities are considered "weather willing," so be sure to check our website for the latest details on weekly walks, hikes, events, and membership.

Contact: Tom Denzler 530-368-2564, tdenzler@sbcglobal.net
 Website: www.lincolnhillshikers.org



Investors' Study

The next meeting is Thursday, March 7, at 2:30 PM in P-Hall (KS). Morgan Stanley will provide the speaker and present their market information which is shared with members. The group is open to all residents, and there is no cost to attend or join the Club. By joining, you get meeting notices and copies of the presentations. Investor Study provides an opportunity to learn about the financial markets and ask questions. Investor Study is information only with no investing advice. However, there is an Active Investors sub-group. Contact Norm Quanttrin at 916-645-4675 about the Active

Investors sub-group. Contact Carl Sulzer if you have questions regarding Investor Study.

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



Lavender Friends

At our January general meeting, we had an Idea Fest to solicit suggested activities for 2024. We will write about them in the coming months. Sometimes people wonder why lesbians and gays feel the need to socialize in their own clubs. This goes back to our experiences when we were younger before there was as much acceptance as today, and how we could be ourselves and avoid those unkind looks and remarks. If you are missing your Lavender Friends during this planning stage, remember our ongoing birthday celebrations listed in the weekly emails. And be sure to calendar our all-member mixer on June 1. Lavender Friends is a club for LGBTQ residents and their supporters. Check out our website.

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

Website: www.Lavenderfriends.com



Mah Jongg, Chinese

If the gloomy weather has you down, why not join us for Chinese Mah Jongg? For those unfamiliar with the

game, it's similar to gin rummy but played with tiles. It's 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

The Year of the Dragon has begun. Happy 2024! Remember to order your new card, which will be mailed out next month, at www.nationalmahjonggleague.org. We play National Mah Jongg every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. Everyone is welcome. If you know how to play,



just bring your 2023 card, a little luck, and join a table. If you are into keeping yourself active,

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challenging your mind, and forming friendships, then give National Mah Jongg a try. Drop in to observe play or inquire into free lessons which Penny offers in her home. We look forward to seeing you on Tuesdays.

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



Mixed Media

Let us “Play more in ‘24 “and get involved with our Club. The first two months of the year, the Club focused on playing, cutting, and pasting for collage. Next, we will learn techniques for making our own beautiful papers that can be used in making art. We embrace imperfection, mistakes, and messiness and just have a great time in the Club. Mixed Media uses all kinds of art materials and techniques. The February voluntary art challenge is “Snow Day.” Looking ahead, the art challenge prompt for March is the old saying, “When pigs fly.” The Mixed Media Club meets on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. Come visit us and see what we are all about.

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



Movie Lovers

During our January meeting, we discussed *Maestro* and rated it a seven out of ten. *The Boys in the Boat* was also extensively discussed, and we gave it 7.5. In December, we discussed *Holdovers* and *NYAD*. After watching many trailers, we selected *American Fiction* and *Anatomy of a Fall* to watch and discuss at our February 8 meeting. Our two-hour meetings are on the second Thursday of each month at 6:30 PM in the Multipurpose Room (OC). If you like movies and enjoy discussing them, we encourage you to join us.

Contact: President, Cliff Roe
408-205-8765,
cliffroe@ix.netcom.com



Music

Our next meeting will be on Wednesday, March 13, from 1:30 to 3:30 PM. Whether you sing, play an instrument, or just want to listen to other performers, join us in P-Hall (KS). If you want to perform, sign-ups are available at 1:00 PM. We meet on the second Wednesday of the month, January through October. Additional information can be found on our website, the password is musicgroup. The Guitar Ensemble meets on Fridays from 1:00 to 3:30 PM

(OC). Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays from 1:00 to 3:00 PM (OC). Contact Ron Peck at 925-788-5869 for information. All groups are open to Lincoln Hills residents.

Contact: Julianne Rigali
925-787-1875, rigalijulie@gmail.com
Website:
www.lincolnhillsmusicgroup.org



Needle Arts

We are pleased to announce that Cathy Grebe has been approved by the membership and joined the 2024 Board as first Vice President of Programs. Renewals and new membership applications are now being accepted. Make sure to submit your application along with the \$20 fee as soon as possible so as not to miss out on any activities. The first in-house retreat sold out quickly and was a fun weekend. The Spring Mercy Auburn Retreat, scheduled for April 29-May 2, is now accepting reservations and is always a great get-away. Our website lists the schedules for breakout groups and workshops.

Contact: Brenda Wright
925-786-3702,
sclhneedleartspres@gmail.com
Website: www.sclhna.com

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Neighborhood Watch

The success of Neighborhood Watch depends on its volunteers, and to show how important they are to us, we're hosting a Volunteer Appreciation Dessert" Saturday, March 2, from 6:00 to 8:00 PM in the Multipurpose Room/Kitchen (KS). There will be a variety of treats including cake, pie, and cookies along with coffee and tea, as well as a "No host bar."



We want to thank our volunteers

Certificates will be awarded to a number of volunteers to mark their five, 10, 15, and 20-year milestones. This should be a sweet evening volunteers won't want to miss. Please RSVP by February 24 to executiveassistant@sclhwatch.org and leave your name(s), designation (Mailbox Captain, Village Coordinator, Support Staff), village and mail station numbers. We have positions open. Why not volunteer and join us!
Contact: Linda Minor 707-235-0778, executivedirector@sclhwatch.org
Website: www.sclhwatch.org



Painters

Is your New Year's Resolution to draw or paint every day? We have Open Studio in the Fine Arts Room (OC) every Thursday from 9:00 to 11:00 AM. Painting Challenges are held four times a year and open to all levels. Members who want to participate can paint something that "Sparkles" by the February 20 meeting.



Painters' Club President, Bob Green

Take a friend to lunch! Lincoln's Simple Pleasures café has yummy food and our paintings for your viewing pleasure now through June 3. The deadline to renew your membership was February 14. We are updating our records. Our general meetings are on the third Tuesday of every month at 1:30 PM in the Fine Arts Room (OC). Dues are \$15 a year, \$25 for couples.

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



Paper Arts

Demo Day returns on March 7. It's a great way to share ideas and learn new techniques. This annual event has become a

cornerstone of our Club. Hope to see you there! Stop by our display window (OC) during February to see some lovely love-themed cards. Our March window theme will be "It's Not a Card." We'll display boxes, gift bags and tags, card holders, and baskets. Come by and see the many paper-crafted items we create, in addition to greeting cards. We meet on the first and third Thursdays of the month in the Terra Cotta Room (KS) at 9:00 AM for general meetings and Open Lab. Check the monthly newsletters (email) for updates.

Contact: Pam Abad, pamabad@att.net



Audrey Fernandez, February's guest leader



Pedro

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

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to Noon. For more information, please call Denise or Bonnie King at 916-303-3523. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



Photography

As a follow-up to our October presentation on single flash photography, the January meeting featured a hands-on workshop. Members had the opportunity to practice the tips and techniques Arik Gorban shared in October. We are exploring something new for February. Members were challenged to photograph something that depicts the color red. Interpretation is up to the individual photographer. We will view and discuss these images at our February meeting. From December 2022 through June 2023, members were challenged to photograph cityscapes featuring night scenes, waterways, architecture, bridges and/or



Photo by David Hughes

transportation. As part of our exhibit program, many of these images are now on display in Lincoln's Simple Pleasures Restaurant. Stop in for a wonderful meal and check out some wonderful photography.

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



Pickleball

After a busy and exciting holiday season (family, friends, parties, and pickleball), we begin 2024 filled with anticipation and opportunity. Pickleball offers many diverse activities that contribute to health, both physical and mental. Our skill-building activities, such as free introductory classes, drill clinics, and Academy sessions, are led by club members with knowledge, skill, and ability. The Club also organizes social play events such as round-robin sessions and drop-ins. Many of our members thrive on competitive play. The offerings for competitive play include tournaments, ladder league, and team pickleball. Finally, the social activities contribute to the comradery of club members. Opportunities for social interaction include the Winter Gala, Oktoberfest, and

others. For more information, contact Linda.

Contact: Linda Shobe 707-365-4075, LLSHOBE@hotmail.com
Website: www.lhpbclub.com



Pinochle

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

Contact: John Winning 916-408-2745, jwinning1865@gmail.com



Players

We hope you enjoyed Readers Theater on February 3 and 4. The next Readers Theater is on August 3 and 4. Currently, on the Players' long-range agenda is our June 13-16 Main Stage Show, "Old Hams," directed by Jane Patton. This hilarious show features a group of retired Hollywood actors and filmmakers residing

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in a hundred-year-old manor in Burbank, CA. These “old hams” get tangled up in comical attempts to thwart a dastardly plan to sell their beloved mansion to an unscrupulous real estate developer. Wondering what the Players Club is all about? Come to our meeting on Monday, March 11, at 4:00 PM in P-Hall (KS), and you’ll discover that actors on stage are complemented by a multitude of “backstage” workers. A “role” for everyone! **Contact: Craig Stults 916-543-6782, craigstults@sbcglobal.net Website: www.lhplayers.org**



Poker

We play a variety of poker games Mondays from 1:00-4:30 PM, Tuesdays, from 1:30-5:00 PM and Fridays from 1:00-4:30 PM in Multipurpose Room (OC). Tables are available to play a variety of five-and seven-card poker games, including Omaha, Texas Hold’em, Stud and Draw. Players will be seated provided they arrive by 12:45 PM (Mondays and Fridays) or 1:15 PM on Tuesdays. The seating arrangement will eliminate people not being able to play because tables are full. If you have questions, please contact Paul. **Contact: Paul Marcorelle Marcorelle 925-658-2404, pmarcorelle@hotmail.com**



RV

What a great turnout of new members and guests at our January meeting! We all enjoyed hearing from Steve Beede about the Rally to the Rose Parade. His objective in planning was to enable our members to satisfy a “Bucket List Experience.” Mission accomplished, Steve!



Club members decorating floats at the Rose Parade in Pasadena

Activities included decorating a float, cheering the parade, and attending wonderful events in between. “There is a magic that our members experience at an RV Rally: from the closeness of sharing a fire pit to the broadness of joining an experience bigger than ourselves.” Currently, we have seven more Rallies scheduled for 2024. See our website to learn more details, and join us on the second Thursday of the month in the Placer Room (KS), at 4:30 PM.

Contact: Jake Baker 916-838-5255, jbaker525311@gmail.com Website: www.lhrv.org



SCHOOLS

By participating in our program, you can give your time and effort to the important job of helping to educate our young people. Volunteers report that the benefits of working with children or teenagers outweigh the commitment



Nina Mazzo at Phoenix High School

in time. Teachers in Lincoln schools, grades K-5, and Phoenix High, are asking for volunteers in the classroom. Teachers guide the volunteer involvement, whether working one on one with a student or correcting papers. No prior experience is necessary, and the hours and days are up to you. Watch for the date and time for our annual meeting in September. It will be a round table conversation among volunteers to share ideas and experiences. To volunteer at Phoenix High, contact Irma at jmeidm@aol.com. For K-5, contact Cyndi. **Contact: Cyndi Colloton 408-410-8479, ccolloton@yahoo.com**

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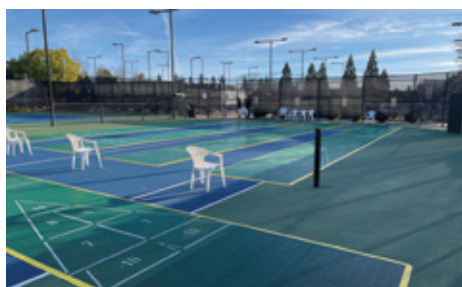
We welcome any interested residents to join us for a game or two of Scrabble on Monday afternoons from 1:00 to 4:00 PM in the Card Room (OC). All game materials are provided. No reservations or advance notice is necessary. All levels of experience are welcome. Join us any Monday afternoon and try it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

Contact: Anne McMaster, wiltonanne@yahoo.com



Shuffleboard

Check out our expanded outdoor shuffleboard center! The new location for our five PolyCourts is at Tennis Court #10 in the Sports Plaza. Park at the rear of the softball field lot. Weekly club play is every Thursday and Saturday from 1:00 to 3:45 PM. New player orientation is offered at every session. For open play and practice, reserve courts for one to



New 5-court Shuffleboard Center at the Sports Plaza

three hours up to seven days in advance on the Resident Website under Wellfit Reservations/ Shuffleboard Courts. Get the locker key at the Fitness desk (OC). Email the Club for the basic game rules. We are a no dues club. People of all ages and fitness levels can play shuffleboard. No bending or lifting is required.

Contact: Jon Kline 650-279-0001, alsonjonny@gmail.com



Singles

Our Club is having a Social "Singles Got Talent Season 2" on February 22, at 5:30 PM in the Ballroom (OC) with lots of talent. March 3 at 4:00 PM is our March Birthday Celebration. March 9 at 9:00 AM is our second Saturday Breakfast. Our Monthly Business Meeting with Horse Races is March 14 at 5:30 PM in Ballroom (OC). On December 18, we had a surprise retirement Party for Bill Brown, who was our Golf Coordinator for many years. His



Bill Brown Retirement Party

slogan was "No Rules & Fun For All." The picture submitted by Maggie McGurk features Bill and his "A" team: Mimi Arighi, Caole Eubanks, and Paul Winters, who will handle the reins. Yes, Bill will continue playing golf. Then we all ate cake!

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



Softball

We welcome all residents to the start of our 2024 Softball season. Player application forms and Board Member contact information are on our website at LHSSL.net. We encourage anyone interested in joining to complete and submit the form by February 20. Opening date for play is April 15, with more information to follow. Applications are also available at the OC entertainment kiosk across from the reading room. Anyone experiencing problems accessing our website may contact any league Board Member for assistance. The Rules Committee meets annually to review rule change suggestions from our members. Suggestions must be submitted to our Commissioner. As always, hope to see you on the field.

Contact: Fred Serna 916-747-4452, ff.serna@gmail.com

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Sports Cars

Our group ended 2023 with a fantastic party on December 14 at Catta Verdera. Social Chair-Linda Snyder and her committee outdid themselves getting 103 club members to don holiday apparel at this festive event. Tom Breckon thanked the Board for the support given to him this past year and introduced the 2024 Board consisting of himself as President, Vic Kremesec-Vice President, Rob Phillips-Secretary, Ed Oravec-Treasurer, Ron Goleno-Webmaster, Kathy Fernandes-Social Committee, Wood McCann-Tours, Jeanne Cervantes-Board Liaison/Historian. January 8 was our first meeting of 2024. We discussed plans for upcoming tours and social events. Remember to renew your membership now. If you are not a member, own a sports car, and want to join contact vjk1245@yahoo.com. **Contact: Rob Phillips 707-330-7734, robalison93@gmail.com**
Website: www.lhsportscars.com



2024 Sports Car Group Board



Sun City Squares

Our new dancers have been with us for a month now and are enjoying the fun and camaraderie of Square Dancing. If you would like to join us, please come by and visit us on Monday from Noon to 4:00 PM at KS. We also meet on Tuesday from 3:30 to 5:30 PM at KS for Advanced Square Dancing. All Advanced dancers are welcome, so stop by and join us. Thursday from 1:00 to 3:00 PM, we Round Dance at KS. This is Ballroom style dancing to a "cuer." If you would like to try it, come by and join us.

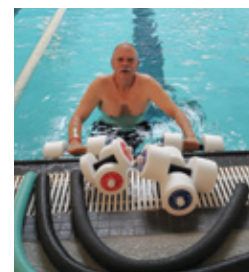
Contact: Jean Grupp 916-996-4718, jean@grupphomes.com



Swimmers & Water Walkers

Want to beat the winter 'blahs?' Water exercise is one of the best workouts you can do! Swimming and water walking gets your heart rate up while being easy on your joints. The buoyancy of the water lessens the pull of gravity, making one feel lighter and more balanced while reducing the impact on your knees. As you slide into a pool, the water covers your limbs with protective pressure. This pressure is evenly distributed, so

your ankles, knees, or spine will not be bearing the brunt of gravity's pull. Plus, you can also do moves in the water that would be



Water Walkers love the OC Pool

difficult to do on land. How to get started? Club mentoring sessions for swimming and walking are held once a month at KS.

Contact: splash.sierra@gmail.com



Table Tennis

Researchers found what distinguishes superagers profoundly is that they have greater speed, mobility, agility, and balance than typical older adults. Table Tennis does just that! It's a good way to ward off age related cognitive decline. Then add a mix of fun and socializing. We play in the Multipurpose Room (KS) on Sundays, 8:30 AM to 5:00 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:30 AM to Noon. All skill levels are welcome. Wear non-marking court shoes. There are no dues, and loaner paddles are available. You can stay informed on club activities by signing up on our email list located on the new member sheet on the



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Contact: Carl Lynch 406-203-0633, pingpongsclh2@gmail.com
Website: <https://sclhresidents.com/group/pages/table-tennis-club>



Tap Company

Get ready! Our spring show, "Everybody Dance Now!" is set to dazzle audiences on April 4, 5, 6, and 7 in the Ballroom (OC). The show promises to be a celebration of diverse dance forms featuring an array of acts blending clogging, tap, hula, line dance, jazz, and more. In addition to the dance acts, "Everybody Dance Now!" will also feature several solo singers and entertainers who will captivate the audience with their talents. "Everybody Dance Now!" is not just a show. It's a testament to the vibrant spirit of the Lincoln Hills community and highlights the rich artistic talents present here. Come out and enjoy a wonderful show while supporting your fellow residents on stage. Tickets are on sale now.



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



Tennis

February is here, and we are busy planning our fun-filled events for 2024. We have drop-in every Wednesday and Saturday at 9:00 AM. Come out and meet new players. March 14 is our St. Patrick's "Live Ball" Tournament. The Live Ball concept is a fun and competitive way to test your skills and socialize with players. Plus, it is an aerobic workout and you can burn those Holiday calories. LITT will be back in the Spring and is always an enjoyable event to meet and play with players of all levels. Remember to pay your annual membership dues. Be sure to check out our website, which is full of news and upcoming events. Remember to watch the ball!

Contact: Pamela Geernaert 916-778-9428, pamelatennis1@gmail.com
Website: www.sclhtg.com



Veterans

Members should plan now to attend our annual St. Patrick's Luncheon on Thursday, March 14, in the Ballroom (OC). Priced at \$30 per person, the menu will offer a choice of corned beef and cabbage, lemon caper chicken, or eggplant parmesan. A No-host bar will open at 11:30 AM,

and lunch will be served at Noon. There will be a door prize drawing after the meal. A reservation form will appear in the March club newsletter. For further details, contact Shirley Schultz at 916-645-7539 or Jim Mikacich at 916-543-3354.

Contact: Jeff Davis 408-483-2860, jdavis879@me.com



Water Volleyball

February is the time to fall in love—with Water Volleyball! Join us for this fun team workout. We are looking forward to an exciting new year as we welcome our new steering committee members Hollis Bischoff - Communications, Merrill Buck - Competitive Play Coordinator and Millie Hubbard - Training Administrator. If you are interested in learning how to play Water Volleyball, we have a free play Saturday to try it out. We provide Mentors to help teach you the game. We have Skills and Drills classes to improve your



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skills. If you would like to join, we welcome all levels of interested players. See our website or call Jerry Grisler (209) 648-9534 for more info.

Contact: Hollis Bischoff
650-224-0272,
hollis.bischoff@gmail.com

Website:
www.LHWaterVolleyball.com



Woodcarvers

One of the side benefits of wood carving is awareness. Maybe not so much in the beginning, but over time, things like shapes, proportions, and details all become more evident. Now maybe the shape of a branch or piece of driftwood has the potential to turn into something unique. Something visual may inspire the next carving. We have some highly talented individuals that can help with the creative process.

If you would like to see woodcarvers in action, please come by. Woodcarvers Club members have a large library of carving books, magazines, and DVDs for plans and ideas. We have carving tools that you can use. We meet every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS).

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



Writers

Writing makes the world go 'round! Ideas come from everywhere: work, home, newspapers, television, and even the dictionary. Memoirs begin in our memories. What influence did French Physicist Leon Foucault's 1851 discussion about the Earth's rotation, have on Jules Verne's 1873 book, *Around the World in 80 Days*? Was it coincidental the

horror film *Son of Frankenstein*, premiered on Friday, January 13, 1939, and four days later, Felix Frankfurter was confirmed to the US Supreme Court? Ideas originate everywhere! Come to the Writers Group each second and fourth Monday from 5:00 to 7:00 PM in the Computer Room (OC). Meet members of all abilities who pride themselves on their ability to develop topics and write about them. Questions? Contact Anne.

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



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Alzheimer's-Dementia Caregiver's Support

Our Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's group meets at 1:00 PM on the first Wednesday in the Multimedia Room (OC). The Men's group meets in the same room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the fourth Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. February's speaker is Monique Klarich with Help at Home. Her subject is "Unlocking the Benefits of In-Home Care." At all meetings you will find a welcoming community ready to hear your questions and concerns.

Contact: Jo Fratessa 916-759-8760



Bereavement

Our Group offers support and friendship through sharing with others who have also lost a loved one. We meet the second Wednesday of each month at Joan Logue's home at 3:00 PM for a group session. The next meeting will be March 13. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline to submit a Memoriam is the 15 of the month to be in the next *Compass*. This group is grateful for support from the Lincoln Hills Foundation.

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



Bosom Buddies

Thanks to a generous grant from the Lincoln Hills Foundation, we celebrate birthdays because we appreciate how special they are. At a lunch before

our January meeting, we had a "surprise" party for President Patty McCuen, complete with gifts of something she loves—Cheerios. Our February 8 speaker, a "master gardener" from the Lincoln Hills Garden Club, helped us start plans for our spring planting. We received some special tips as well as had our questions answered. Whether we're avid gardeners or have brown thumbs, this was an interesting and informative meeting. If you would like to learn more about Bosom Buddies, please attend one of our meetings on the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC).

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



Happy Birthday to President Patty McCuen



Gam Anon

If you are affected by someone else's gambling problem, we can help. Our meetings are held the first and third Fridays of every month from 7:00 to 8:30 PM at the First United Methodist Church at 6414 Brace Road, Loomis. A Gambler's Anonymous meeting is held in another room at the same time, if your gambler also wishes to attend a meeting. For support between meetings, please call the Northern California Gam-Anon Hotline at 510-407-3898. If you call the club contact, please leave a message. She will call you back.

Contact: Kay Fischer 916-204-1624, kayfischer89@gmail.com
Website: www.gam-anon-loomis.com



Hearing Support

Our next meeting will be at our new time and location: Tuesday morning, March 5 at 11:00 AM in the Fine Arts Room (OC). Our speaker will be Victoria Harling from California Connect. She will be updating us on telephone technology for those with hearing loss. We are looking forward to seeing you there.

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



Just Caregiver Support – Parkinson's

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

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



Parkinson Caregivers



Low Vision Support

Our topic will be "Let's Look at Devices" on Tuesday, March 5, from 2:00 to 4:00 PM, in the Fine Arts Room (OC). Cory Hanosh of Northstate Assistive Technology and Society for the Blind will share with us the latest technologies designed to deal with low vision. As

part of the presentation, there will be samples for members to “test drive.” A review of OrCam, Portable Magnifier/Readers and the audio/visual programs Jaws, Magic, and ZoomText will also be included. The April 2 meeting will feature an exploration of smartphones. Ken Spencer, a Lincoln Hills resident, will share his expertise on the various accessibility features that are available on your cell phone and the latest apps designed to make using your device easier.

Contact: *Stuart Singer 703-864-8161, stuartsinger3@gmail.com*



Multiple Sclerosis

On February 20, at 1:00 PM, Multipurpose Room (OC), a favorite speaker and motivator, Michere Schott, Manager Walk MS, will recap our 2023 success and help formulate



plans with Captain Joni Deutsch for the 2024 MS Walk, starting from the Sports Plaza on April 14. Also supporting the Walk will be Devin Arp of SunRun Solar. He will explain the benefits of their no-installation cost solar, and offer a substantial contribution to the walk for new clients! Thanks to Donna Judah, Coldwell Banker Real Estate, for her personal \$1,000 donation. Also, thanks to the Lincoln Hills

Foundation for their continued support funding our MS Group! See you on Tuesday, February 20, at 1:00 PM in the Multipurpose Room (OC).

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



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Volunteers are ready to assist you with your 2023 tax returns. This free service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. Clients can make income tax preparation appointments by calling 916-258-5065 beginning January 15, 2024. The Intake/Interview Sheet, Form 13614-C, is required of all clients and will be available in the Orchard Creek Lodge lobby, Kilaga Springs library, Lincoln City Hall lobby, and Granite Springs Church. These returns will be filed electronically (e-file) with the IRS and California FTB.

A Course in Miracles

This is a support group for people who study and practice the lessons found in the book A Course in Miracles, which are principally psychological exercises with spiritual foundations. They are designed to bring peace of mind to us in a less than peaceful world. By changing our thinking and the way we see ourselves in relation to the world, we are taught to use the principles of love and forgiveness to move from a fear-based thought system to one that is based on love and unity. Call 916-409-5253 for more information.

Cloggers

We hope the New Year is going well for you and your Valentine's Day is filled with love, family, and friends (and clogging). Speaking of clogging, this is a lively dance that will keep you healthy and strong, as it's filled with kicks, stomps, twirls, and lots of lively calorie-cutting steps. Clogging comes from Ireland and the Appalachians and is a wonderful, lively, energy-filled, exuberant (did I mention lively?) dance to the music of bluegrass, banjo, country, and even spirituals. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Creative Glass Club

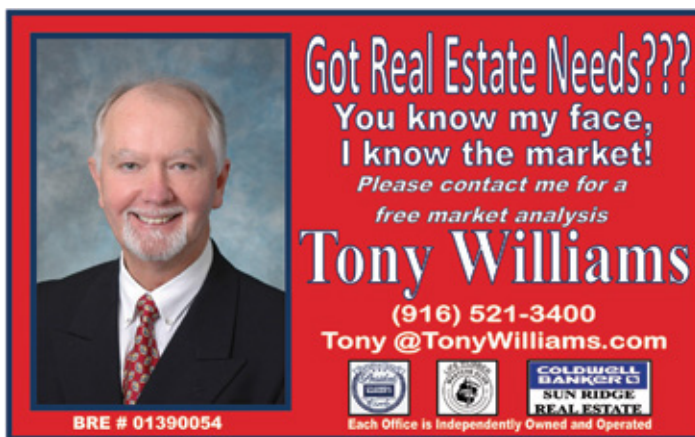
Calling all glass artists and crafters. Proposed club forming. Please join us on Thursday, February 29, from 1:00 to 3:00 PM in the Terra Cotta room (KS). Share your love for all things glass and help establish a place to share your ideas, creativity, and a workspace. We have lots of great resources. Lincoln Hills has tools and equipment. Let's make new friends, work toward open studio time, and schedule both social events and field trips/excursions that interest your glassy side. Hope to meet you soon. If you have any questions, please contact Sandra Sakaguchi at 530-277-0924.

Democratic Club

At our January meeting, members learned a great deal about the Placer Food Bank from Director of Operations Jorge Lupercio and Regional Philanthropy Manager Laurie Rinker. It made us even more proud to volunteer regularly at the Food Bank! We have endorsed Jessica Morse to represent us in the 3rd Congressional District and will keep busy supporting her and our other endorsed candidates this year. We meet on the third Thursday of every month (except July and December) at P-Hall (KS). We always welcome new members. For more information, please see our website, <https://democraticclublincolna.org>.

Italian Club

We'll brew up some fun at "Italians Love All Things Coffee" on February 24, from 1:00 to 3:00 PM in the Multipurpose Room (KS). On March 20, we'll be riding back to the Blue Goose Event Center in Loomis for another Western Night. Coming soon: Another one of our popular regional events is set for April 20. More information about these and future club activities will be posted on the website. To learn more about our social club and a variety of monthly events, visit our website at www.lhitalianclub.org. For membership information, contact Sandi Graham at 916-826-5711.



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Republican Club

Congratulations, Newlyweds, Mr. and Mrs. Kevin Kiley! The 2024 Kick-Off meeting was a great success! Excellent conversation, good information, and an opportunity to connect with fellow Republicans. Don't miss Movie Night – Wednesday – February 21 P-Hall (KS) doors open at 6:00 PM, and the movie starts promptly at 6:30 PM. Bring a friend. Additional details are in the Newsletter, or on the website. Tuesday, March 19, It's the Lifestyle Expo in the Ballroom (OC) drop by our table and say hello! (No March meeting). If you are not registered, need to re-register to vote, or change party affiliation, we can assist you. Dues \$15/per person/per year. www.RepublicanClubSCLH.org

Shalom Social Group

Things are going well. We continue to volunteer at the Placer Food Bank. Our Board remains engaged in planning diverse and interesting programs. At our January meeting, Tevin, head of the Jewish Film Festival, previewed some of the films to be shown at this year's festival. Our Men's Group brunch featured a video on "Israel Today" that was woven into a discussion with our own Hagai Narkis. Our Women Together heard two speakers from the Sacramento Chapter of the National Council of Jewish Women. For membership information, please contact Margie Gulko at 916-543-5303 or Deanne Iliff at 530-518-3704.

SIR: Social Activities for Men

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

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Systems Grazing, Strategic Planning – Sheep and Goats in Lincoln Hills – Community Forum

Thursday, February 15, 2:00 to 4:00 PM P-Hall (KS)

Come learn everything you were ever curious about with regard to service grazing of landscapes from Lee Hazeltine and Laura Gunderson. Yes, that's the goats and sheep you see yearly in our open space. From the history of their own grazing program to the ecology, biology, and economics of systems grazing, Lee and Laura of Integrazers will share their story, give insight into land stewardship, and answer questions at this presentation.



Town Hall with the Mayor and Executive Director

Tuesday, February 20 and March 12, 8:30 to 10:00 AM P-Hall (KS)

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



KS At The Movies: A League of Their Own (1992)

Friday, February 23, 1:00 PM, P-Hall (KS)

Step back into the pages of history with "A League of Their Own," directed by Penny Marshall. This sports comedy-drama, set against the backdrop of World War II, recounts the founding of the All-American Girls Professional Baseball League. Starring Geena Davis, Tom Hanks, and Madonna, the film captures the resilience and camaraderie of women breaking barriers in the male-dominated world of baseball. With a perfect blend of humor and heart, "A League of Their Own" weaves a tale of empowerment, showcasing the indomitable spirit of those who played and loved the game. Rated PG. 128 mins. Comedy. Drama. Sports.



Meet the Author Lecture Series: Robert L. Owens

Monday, February 26, 2:30 PM, P-Hall (KS)


Bob "Doc" Owens received the Combat Medical Badge, Purple Heart, and Bronze Star while serving in the U.S. Army during the Vietnam War. Although his book *Pointman* is fiction, many of the experiences depicted in the book acknowledge the suffering and sacrifices as well as the camaraderie and courage demonstrated by the young soldiers in Cambodia and Vietnam during that time. As one reviewer stated, "*Pointman* is a story that is compelling and interesting from the first page of the book until the last."



KS At The Movies: October Sky (1999)

Monday, March 4, 1:00 PM, P-Hall (KS)

Embark on an inspiring journey with "October Sky," directed by Joe Johnston. This coming-of-age drama, based on a true story, unfolds in a small West Virginia coal mining town in 1957. Jake Gyllenhaal stars as Homer Hickam, a teenager inspired by the Soviet Sputnik launch to pursue rocketry against the odds. With a dream that defies his blue-collar roots, Homer, joined by friends, endeavors to build rockets and reach for the stars. The film beautifully captures the spirit of ambition, friendship, and the triumph of the human spirit in the face of adversity. Rated PG. 108 mins. Drama. Family.

A photograph showing the interior of an ambulance. Paramedics in red and white uniforms are attending to a patient lying on a stretcher. Medical equipment is visible, and the scene is lit with blue and white lights. The text "Reducing traffic can save lives — every second counts!" is overlaid in white on the left side of the image.

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Is it a Pest? Are You Sure? – Community Forum

Tuesday, March 19, 9:00 to 11:00 AM, P-Hall (KS)

When we see damage to our plants, we assume it is a pest, and it needs to be killed. Right? Wrong. Julie Barbour will discuss how over 90% of the insects are beneficial. Very few are pests, and most are food for the beneficial insects. Lady bugs and hummingbirds cannot live in an insect-free garden. How do we identify who is causing a problem? How do we stop the problem from happening without harming beneficial insects? Join us for easy-to-use steps to keep your garden beautiful and thriving and the ladybugs happy!



It's The Lifestyle! Expo

Tuesday, March 19, 10:00 AM to 1:00 PM, (OC)

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



New Resident Orientation

Wednesday, March 20, 2:00 PM, Ballroom (OC)

Come see what Lincoln Hills has to offer. Our New Resident Orientation provides new residents with lots of information on the amenities and services, meet our staff, and attend a social reception with some of our clubs.

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Facial Services

DDG Brighten and Firm Facial with LED

75-minutes \$199

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Kilaga Springs Custom Facial

70-minutes \$159

This potent and customizable facial is the perfect restorative treatment to restore youthful firmness and radiant glow. Our age-defying products, combined with our unique delivery system and vibrant double mask, encourages firming and brightening. As a result, you will experience a more radiant, natural glow.



Kilaga Springs

Express Facial

30-minutes \$99

Treat your skin to the rejuvenating effects of our restorative treatment, featuring the synergy of rejuvenating facial ingredients combined with gentle cleansing that combats aging, fine lines and wrinkles, and sun damage to rejuvenate and transform your skin.



Massage Services

All About The Feet

30-minutes \$69

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



Back and Shoulder Rescue

30-minutes \$69

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

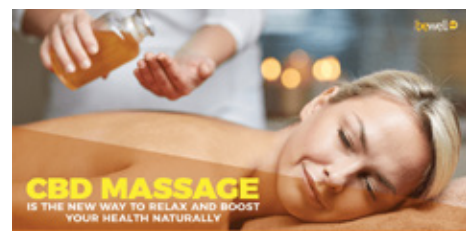


CBD Herbal Massage

60-minutes \$149

90-minutes \$169

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





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Nail Services

Classic Manicure

\$45

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



Classic Pedicure

\$49

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



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Events

***Tuesday Dance Night**

Tuesday, March 12
 — LSE585

6:00 to 9:00 PM

Ballroom (OC)

General Admission,
 Lounge Style

\$8 per person/per dance night



Tuesday Dance Nights are great for getting together with your friends and neighbors to socialize, whether on the dance floor or around the tables. The atmosphere is warm and welcoming, and it is the perfect opportunity for singles or those new to the community to meet new people! A DJ provides the music, and requests are taken. No partners are needed at these dance nights, as dancing of every style is welcome. A No-host bar is available, and take-out food from Meridians is allowed and encouraged. Doors open at 6:00 PM.

***Structured Dance Night**

Wednesday, March 20

— LSE584

6:00 to 9:00 PM,

Ballroom (OC)

General Admission,
 Lounge Style

\$8 per person/per dance night



These nights are tailored for those dancers who prefer traditional structure and dance etiquette for Ballroom and Country Couples dancing. The music and dances are pre-selected for the night. The sound technician will play a rotation of two Ballroom and then two Country Couples dances, with requested Line dances thrown into the mix. Drinks and take-out food from Meridians are allowed and encouraged. Doors open at 6:00 PM.

Performances

**Neon Playboys
 Dance Concert**

Thursday
 February 29

— LSE570

7:00 PM

Ballroom (OC)

General Admission, Lounge Style \$25



The Neon Playboys are a group of well-seasoned veterans of the music industry. Blending a combination of dance, funk, R&B, and disco favorites, these four musicians are guaranteed to bring the dance floor to life. Throughout their power-packed performance, you will hear hits from Prince, Kool and the Gang, Stevie Wonder, Michael Jackson, The Commodores, Rick James, KC and the Sunshine Band, Hall and Oates, David Bowie, Earth Wind and Fire, James Brown and many more. Be prepared to dance the night away to the sound of the '70s and '80s with the Neon Playboys. No-host bar. Doors open at 6:30 PM.

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ABBAFab -**The #1 ABBA Tribute**Tuesday, March 5 — **LSE569**

7:00 PM, Ballroom (OC)

Premium Reserved Seating \$26

Standard Reserved Seating \$23



ABBAFab is a stunning tribute to some of the greatest music produced in the 70s and 80s, including monster hits such as Waterloo, Fernando, Honey Honey, Dancing Queen, and countless others. From Abba's earliest hits to Mamma Mia, ABBAFab will take you on an unmatched technicolor journey. ABBA's record-breaking string of hits has stood the test of time and continues to thrill audiences of all ages. With vocals and musicianship that are second to none, the ABBAFab vibe is infectious. ABBA fans love it, and new ABBA fans are created at every show.

Jolly Celtic Folk and Fare Event featuring Lions of The North

Friday, March 15

— **LSE576**

6:30 PM, Ballroom (OC)

General Admission \$42

Lounge Style Seating



Grab your lass or fella for a pre-St. Patrick's Day event with supper, spirits, Irish beers, and wonderfully jaunty entertainment. Sing along or dance to Irish folk music by the high-energy Lions of the North. The trio is an Irish band hailing from the beautiful city of Sacramento, playing mostly classic Irish songs and some originals. Featuring a guitar, accordion, and bodhran (Irish drum), this joyous tribute is a concert not to be missed! Traditional Corned Beef and Cabbage Supper. No-host bar(s). Doors open at 6:00 PM.

The Folk Legacy Trio: Experience the Great Folk Era

Monday, March 25

— **LSE577**

7:00 PM, Ballroom (OC)

Premium Reserved Seating \$26

Standard Reserved Seating \$23



The Folk Legacy Trio sings the songs of the great Folk Era from the '50s through the mid-'70s, including songs from The Weavers, The Kingston Trio, The Limelites, Peter Paul & Mary, The New Christy Minstrels, The Brothers Four, The Chad

Mitchell Trio, Tom Paxton, Judy Collins, Joan Baez, Gordon Lightfoot, Simon & Garfunkel, John Denver, and many others. It is a journey through American Musical History, with their signature dynamic harmonies enriching some of the most beloved songs ever written.

***Katy Stephan with Nick Crossen: From Gershwin to Groban**Friday, March 29 — **LSE578**

7:00 PM, P-Hall (KS)

Reserved Seating \$25



You've heard Katy Stephan's voice on the title theme to TV sitcoms, to Warner Bros. Catwoman, throughout Dreamworks' Time Machine and the Sci-Fi channel miniseries Earthsea, as well as in other films and TV ads including a 'singing salad' for dole, a backup singer for an Elvis impersonator, and the chirpy voice of more than one children's toy. She won a Bay Area Critics Circle Award for her role as Luisa in The Fantasticks at San Francisco Playhouse. Nick Crossen is a Singer and Recording Artist with roots in Bay Area Theatre and a veteran of TV's American Idol.

The Lincoln Hills Tap Company presents**"Everybody Dance Now"**Thursday, April 4 — **LSE571**

7:00 PM, Ballroom (OC)

Friday, April 5 — **LSE572**

7:00 PM, Ballroom (OC)

Saturday, April 6 — **LSE573**

2:00 PM, Ballroom (OC)

Sunday, April 7 — **LSE574**

2:00 PM, Ballroom (OC)

Premium Reserved Seating \$25

Standard Reserved Seating \$22



"Everybody Dance Now" is a lively and entertaining production showcasing a wonderful variety of dancers, singers, and entertainers. The acts span a variety of dance genres. There will be tap, jazz, clogging, hula, just to mention a few. Singers will be crooning to chart-topping songs and Broadway tunes. The other entertainers will have a few surprises that will amaze and amuse. Presented by the Lincoln Hills Tap Company, we are fortunate to have the coordination and collaboration of the many performing arts members: Chorus, Players, Tap, and Vaudeville. Come out and enjoy a lively, entertaining evening or matinee.

***Oksana Polishchuk:
The Melody of a
Living Soul**

Friday, April 12
— LSE579
7:00 PM, P-Hall (KS)
Reserved Seating \$23



There is a language on this planet that does not need a translator - it is the language of the Soul that is understandable to everyone. It is expressed in the singing of birds, the murmur of a stream, the raging ocean, and the quiet breeze. Through her songs, international recording artist singer/songwriter Oksana Polishchuk will lead you into a special and subtle world of music, the universal language of the Soul that heals, fills your hearts with joy, inspires, and comforts.

***The Lincoln Highway
Band Dance Concert**

Wednesday, April 17
— LSE580
7:00 PM, Ballroom (OC)
General Admission –
Lounge Style \$25



The boys are back with “A Night of Classic Country” after a sold-out concert last year! This time, the popular, award-winning Lincoln Highway Band returns in a Concert/Dance with special guest Larry de Leon. Listen, dance, cha cha, 2-step, waltz, swing, and ballad to your favorite Classic Country Stars, including Merle Haggard, Buck Owens, Conway Twitty, Freddy Fender, Hank Sr., and Jr., Ray Price, Dwight Yoakam, and others. Founded here in Lincoln Hills, The Lincoln Highway Band continues to deliver superb Classic Country music for its listening and dancing audiences. Don’t miss this memorable, enjoyable, and entertaining show.

***The Lincoln Hills
Chorus presents
“Regards to Broadway”**

Friday, May 3 — LSE581
7:00 PM, Ballroom (OC)
Saturday, May 4
— LSE582
2:00 PM, Ballroom (OC)
Sunday, May 5
— LSE583
2:00 PM, Ballroom (OC)
Premium Reserved Seating \$24
Standard Reserved Seating \$21



The Chorus will be giving its “Regards to Broadway” during its Spring concert series. They will be presenting hit songs from blockbuster musicals, including The Sound of Music, Singin’ in the Rain, Fiddler on the Roof, Annie Get Your Gun, and Oklahoma, as well as from more current Broadway shows such as Mama Mia and Dear Evan Hansen. A very special treat in this concert series will be a performance by the Lincoln High School Choir. Be sure to reserve your tickets early to enjoy this rousing tribute to the Great White Way!

Presentations

**Ray Ashton presents
The History of Rock
and Roll (Part 3)**

Wednesdays, February 21, 28
and March 6 & 20
1:00 to 3:00 PM, P-Hall (KS)
General Admission
Seating \$40 (Includes all four
presentations) — LSE575



We continue our journey through the history of the most popular music of our times: Rock and Roll, Folk, Soul, and Motown. In this session, we will meet Mr. Zimmerman from Minnesota, whose influence will change everything in the rock and roll world. We will discover the evolution of Folk into folk rock and the impact on lyrics that gave voice to the Protest Movement of the 1960s. We then experience some great Soul artists who ever graced us with their performances. Next, we will travel to the Motor City and find the power of America’s most popular music – Motown!

***Ray Ashton presents
The History of Rock
and Roll (Part 4)**

Wednesdays, March 27,
April 3, 17 & 24

1:00 to 3:00 PM, P-Hall (KS)

General Admission

Seating \$48 (Includes all four
presentations) — **LSE586**



In our Finale, we go West to San Francisco and find a whole new world of sights and sounds. Then it's down South to discover all those who came to Los Angeles with California Dreamin' on their minds. Our next steps take us to Monterey for the first important Pop festival and back to Yasgur's farm, where a half-million came to celebrate the music of their time. Just for fun, we will find a new Jazz-Rock, the great British Blues Guitar Bands, Art-Rock, and the Rock Opera. A Good Time is "Guaranteed for All" as we journey through the History of Rock and Roll.

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LST507 (2/28 PM)

LST518 (3/13 AM)

LST519 (3/13 PM)

LST520 (3/27 AM)

LST521 (3/27 PM)



In conjunction with Hard Rock Casino, we are excited to partner in providing a twice-monthly shuttle service from Orchard Creek Lodge to the Casino. Two shuttles will run on the second and fourth Wednesday of every month. All guests will receive \$10 in free slot play and other valuable Hard Rock offers. This is a Hard Rock Casino Shuttle. The shuttle CANNOT accommodate wheelchairs or scooters. Walkers and canes are accepted. AM pick up 11:15 AM ~ Return 3:00 PM; PM pick up 3:15 PM ~ Return 6:45 PM.

California Automobile Museum/Old Town Sacramento

Thursday, March 14

\$80 — **LST495**



With over 130 vehicles and rotating special exhibits, our collection provides visitors with a truly unique automotive experience. Experience the Museum through the eyes of an automobile aficionado with a guided museum tour. Docents will introduce visitors to the unique collection and give insight into specific cars. After the tour and exploring on your own, we will go to Old Town

Sacramento for some free time to grab lunch, shop, and go sightseeing. Wheels roll from OC at 9:00 AM for a 10:00 AM Tour ~ Old Town Noon to 2:00 PM ~ return 3:00 PM.

San Francisco Bay Flower and Garden Show

Alameda County

Fairgrounds -

Pleasanton, CA

Thursday, April 4

\$96 — **LST508**



Celebrate spring surrounded by rare plants, orchids, and flowers in full bloom. See the designs and watch the demonstrations by world-class floral designers. Discover how to create your remarkable vegetable garden with hands-on workshops, demonstrations, and inspiring seminars. Meet professional gardeners and nursery owners who can answer all your questions. Browse a wide selection of specialty shops featuring unique flowers, plants, gifts, tools, and more. Wheels roll from OC at 8:00 AM ~ return approximately 8:00 PM.

Ironstone Vineyards w/ Lunch and Murphys Tasting Rooms

Friday, April 12

\$159 — **LST509**

Explore the wine production area, a wine-aging cavern that maintains a year-round temperature of 60 degrees, and 14 acres of spectacular flower-filled, manicured gardens on a natural lake. Our day will start with wine tasting, tour, and canapés in the culinary center, followed by a buffet lunch, tour, and free time. We will then head to downtown Murphys to check out local wine-tasting rooms on your own. See Lifestyle Desk for the lunch menu. Wheels roll from OC at 9:00 AM ~ return 6:30 PM.



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Springtime at Filoli Gardens - Two Dates!

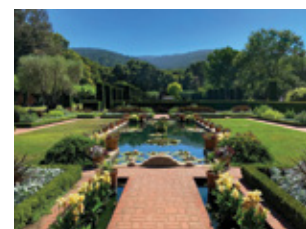
Thursday, April 18

Saturday, April 27

\$99 — **LST510** Thursday

\$99 — **LST511** Saturday

Watch the Garden transform as the weather warms up and a new season begins. Walk through the 54,000-square-foot



historic Georgian country house, noted for its elegant interiors. Bring a packed lunch, which you can enjoy outdoors at the designated picnic area, or relish the various fresh offerings at The Quail's Nest café during your free time. Rest stop both ways. (The stop on the way home will have some fast food areas where you can grab food for the bus ride.) Wheels roll from OC at 8:00 AM return ~ 6:30 PM. Lots of walking with some uneven pathways.



***TreasureFest**

Treasure Island, San Francisco

Sunday, April 28

\$89 — LST516

Imagine everything you love about the Bay Area all in one place. Experience local music, art, food, creators, and community at TreasureFest. Music is an essential part of the experience. You can expect a groovy lineup of talented up-and-coming bands while you enjoy your craft beer and stunning views of the bay. Enjoy deliciousness from a handpicked lineup of top-rated local eateries and craft drinks. Wheels roll from OC at 9:00 AM ~ return 7:00 PM.

***Spring**

San Francisco Shopping

Saturday, May 4

\$65 — LST515

Celebrate the coming of spring with a trip to the city by the bay. Do not worry about the traffic, the bridge, or parking. Instead, relax and let our comfortable motorcoach take you to the heart of San Francisco (Union Square-Post and Powell) for a day of shopping, lunching, and people-watching. Lunch on your own. Departure from San Francisco will be at 6:00 PM to allow you more dining and shopping time and less traffic on the way home. Wheels roll from OC at 8:30 AM ~ return 8:30 PM.



***de Young Art Museum**

San Francisco

Wednesday

May 22

\$95 — LST517

Enjoy a day of art and culture as we visit the de Young Museum. Opened in 1895, the de Young is home to American art from the 17th century through today, textile arts and costumes, African art, Oceanic art, arts of the Americas, and international contemporary art. Trips include a docent led tour, admission, and round-trip motorcoach. Wheels roll from OC at 8:00 AM ~ return 7:00 PM.



– Performances –

Annie

SAFE Credit Union

Performing Arts Center

Tuesday, April 16

\$150 — LST472

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





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Saturday, May 18
\$99 — LST512



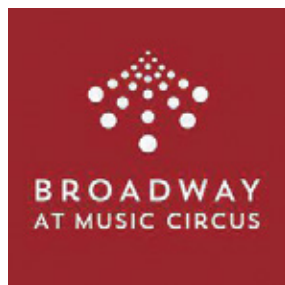
This cast of performers and dogs will delight audiences of all ages with high-energy excitement from beginning to end. During the Stunt Dog Experience, you will witness some of the most incredible stunts and behaviors ever performed by dogs. With amazing tricks, big air stunts, comedy antics, dancing dogs, and athletic feats, it is the most entertaining show of its kind! After the show, enjoy some free time in Grass Valley for dinner. Wheels roll from OC at 1:15 PM for a 3:00 PM Show ~ return approximately 8:00 PM.

*Broadway at Music Circus

Season Tickets
Discounted Package
\$690 — LST514

Save big on the entire Broadway at Music Circus 2024 season! Purchase the entire six-show season for a lower overall price, at a discount of \$15 per show, for a total savings of \$90. This is a limited-time offer and must be purchased by April 16. (See dates below.) Single-show tickets will go on sale April 17.

Broadway At Music Circus is a truly unique musical theatre experience renowned by theatre professionals and fans across the country. Each summer, the Broadway At Music Circus series features new productions of classic musicals with some of the most talented professional actors available, Tony-winning Broadway veterans, and stars of touring Broadway, film, and TV. The theatre-in-the-round setting puts audiences so close to the action that they feel like part of the show. Wheels roll for all shows from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM.



June 11 – 42nd Street
June 25 – The Spongebob Musical
(Children over 6 welcome)
July 9 – Fiddler on the Roof
July 23 – Sunset Boulevard
August 6 – Waitress
August 20 – Jersey Boys

– Sports –

Sacramento Kings

Golden 1 Center Sacramento

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



Kings vs. New York Knicks

Saturday, March 16

\$199 — LST487

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



Kings vs. Utah Jazz

Sunday, March 31

\$159 — LST488

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



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San Francisco Giants 4-Pack

\$570 — LST498

Help cheer on the Giants as they try to make it back to the playoffs. This limited-time offer will save you over 15% off the single-game price. This offer will expire on March 16. Single-game tickets will go on sale on March 17. Trip includes round-trip motor-coach transportation, Club Level seating (Same seat for all games), and driver gratuity. Wheels roll from OC for all games at 9:00 AM for a 1:05 PM First Pitch - Return approximately 7:00 PM.



complete restaurant list is available at the Lifestyle Desks. Trip includes overnight accommodation at the Peppermill Hotel and a \$50 dining credit, all transfers to and from the train station, driver gratuity, and luggage handling. Registration available in person only at Lifestyle Desks. Wheels roll from OC at 10:30 AM ~ return 2:30 PM.

**Five days,
four nights!**
**Ashland,
Oregon Theater
Excursion**



Tuesday, June 18-
Saturday, June 22 — **LST499**
\$1259 per person double occupancy; \$1759, single.

Join Scott, your Trip Coordinator, to the Oregon Shakespeare Festival 2024, named one of the best Shakespeare festivals in the world!

Trip Includes:

- Reserved seating at Angus Bowmer Theater for matinees of Shakespeare's "Macbeth"
- Reserved seating at Allen Elizabethan Theater for evening shows of Shakespeare's "Much Ado About Nothing" and Charlotte Brontë's "Jane Eyre"
- Four nights at Ashland Hills Hotel and Suites, which include daily breakfast
- Two dinners at Ashland Hills Hotel
- Visit Central Point's Artisan Corridor of Rogue Creamery, Lillie Belle Farms Artisan Chocolates and Ledger David Winery
- Dinner and wine tasting at Belle Fiore Winery
- Stop at McConnell Arboretum and Botanical Gardens/Sundial Bridge in Redding (with included box lunch)
- Lunch at Italian Cottage in Chico on the return trip
- Gratuity for driver and included meals

Detailed trip itinerary with menus will be available at the front desks. A signed liability waiver is required for each participant. Registration available in person only at Lifestyle Desks. Wheels roll at 8:00 AM, June 18, return June 22 ~ 6:00 PM.



N.Y. Yankees
Sunday, June 2



L.A. Dodgers
Sunday, June 30



Detroit Tigers
Sunday, August 11



San Diego Padres
Sunday, September 15

Overnight/Extended Travel**Sierra Mountain****Snow Train –****Overnight Trip**

Monday, March 11

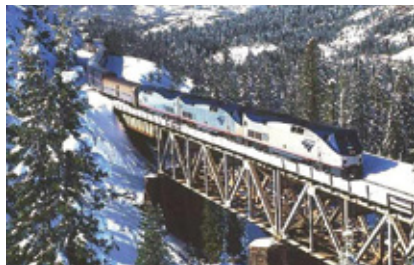
to Tuesday

March 12

\$354 per person

double occupancy

\$399 single occupancy

— **LST497 (SOLD OUT)**

Enjoy the breathtaking mountain views from your reserved upper coach class seat via Amtrak on a relaxing winter train trip to Reno, escorted by Scott, your Lifestyle Trip Coordinator. We go one way to Reno on Amtrak, spend the night, and return to Lincoln Hills on a motorcoach bus. The

SOLD OUT:**5-Day West Coast Cruise — LST484****The Cher Show — LST493**

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

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or online on the Resident Website

*Indicates on sale February 17

Dance

*Belly Dance Class – L1

Fridays, March 1-29
1:00 to 2:00 PM (KS)
\$50 (five sessions)

— LSC4518

Designed for new and returning students who want to learn and review the basics of Middle Eastern dance, “Belly Dance.” Wear something comfortable; each class will begin with gentle warm-up stretches. Soft-sole shoes (such as ballet slippers or sandals) are recommended. Learn and practice the movements as we dance to Middle Eastern rhythms. Increase your flexibility, tone your muscles, and just have fun! Instructor: *Ellen Hirvela*.



*Clogging – Step Workshop

Tuesday, March 19
10:00 to 11:00 AM (KS)
\$10 — LSC4525

Review of steps learned. We will pick some new steps to learn. Instructor: *Janice Hanzel*.



*Clogging – Introduction/ Foundations - L1

Thursdays, March 7-28
9:30 to 10:00 AM (KS)
\$40 (four sessions)

— LSC4793

Introduction to clogging. This is the class if you’ve never clogged before. Come with your walker, cane, or wheelchair – this is good for your



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

*Clogging – Beginners/Easy - L2

Thursdays, March 7-28
10:00 to 11:00 AM (KS)
\$40 (four sessions) — LSC4528

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

*Clogging – Intermediate/Intermediate Plus - L3/L4

Tuesdays, March 5-26
9:00 to 10:00 AM (KS)
\$40 (four sessions) — LSC4776

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

*Clogging - Performance

Tuesdays, March 12 and 26
10:00 to 11:00 AM (KS)
\$20 (two sessions) — LSC5029

Finalizing performance numbers. Instructor: *Janice Hanzel*.



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- Realtor Pre-Staging

***Clogging –Technique and Advanced – L4/L5**

Tuesdays, March 5-26

11:00 AM to 12:30 PM (KS)

\$40 (four sessions) — LSC4805

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

Country Couples*Western Dance –****L2/L3/L4**

Mondays, March 4-25

6:00 to 7:00 PM (KS)

\$40 (four sessions)

— LSC4533

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

***Hula - L1-L3**

Thursdays

March 7-21

1:00 to 2:00 PM (KS)

\$39 (three sessions)

— LSC4536

This is an ongoing class for Hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian Islands. You will exercise the mind, body, and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will also be taught. **Prerequisite:** New dancers contact the instructor at 916-521-0474 to learn about Hula basics instruction. Instructor: *Pam Akina*.

***Jazz Performance – L2-L4**

Tuesdays, March 5-26

1:00 to 2:00 PM (KS)

\$40 (four sessions)

— LSC4539

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



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

***Line Dance, Classics, and Favorites – L2**

Tuesdays, March 5-26

8:00 to 9:00 AM (KS)

\$40 (four sessions) — LSC4545

Start your day with this “dance jam” style Line Dance class, with less instruction and more dancing. Each week, we dance a mix of classics and popular line dances (L2-L4) that are danced at major line dance events and internationally, such as “I Love a Rainy Night,” “Gin and Tonic,” “K is for Kicks,” “Tush Push,” and more. **Prerequisite:** L-1. *About the instructor: Ellen Hirvela* is an experienced teacher and loves to dance. Ellen studied Belly Dance and enjoyed performing with a troupe. In 2002, she became “hooked on” line dance. Ellen has taught all levels in senior communities since 2012.

Line Dance, Country*– L3-L4**

Fridays, March 1-29

3:00 to 4:00 PM (KS)

\$50 (five sessions)

— LSC4571

This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular “old” line dances and some new popular dances that are done at country dances around the area. Instructors: *Jim & Jeanie Keener*.

***Line Dance For Fun**

Thursdays, March 7-28

4:30 to 5:30 PM (KS)

\$40 (four sessions) — LSC4542

This class offers line dancing to many different genres of music. Levels of dance range from high beginner to very easy intermediate. *About the instructor: Cathy Paris* is a lively and enthusiastic dancer and instructor. One of her greatest passions and joy in life is teaching dance. Her dance background began in the early 80s when she was introduced to clogging. She incorporated line and partner dancing into her repertoire about 15 years ago and has since been sharing her passion and expertise with her students.

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

Mondays, March 4-25
4:00 to 5:00 PM (KS)
\$40 (four sessions)
— **LSC4548**

Instructor:
Cathy Paris
OR

Thursdays, March 7-28
9:00 to 10:00 AM (KS)
\$40 (four sessions) — **LSC4551**

Instructor: **Yvonne Krause-Schenck**

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

***Line Dance, Beginner - L2**

Fridays, March 1-29
2:00 to 3:00 PM (KS)
\$50 (five sessions) — **LSC4553**

Instructor: **Sandy Gardetto**

OR

Thursdays, March 7-28
10:00 to 11:00 AM (KS)
\$40 (four sessions) — **LSC4556**

Instructor: **Yvonne Krause-Schenck**

OR

Thursdays, March 7-28
3:30 to 4:30 PM (KS)
\$40 (four sessions) — **LSC4559**

Instructor: **Cathy Paris**

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

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

Thursdays
March 7-28
2:30 to 3:30 PM (KS)
\$40 (four sessions) — **LSC5051 (CANCELLED)**

OR

Mondays, March 11-25
4:30 to 5:30 PM (KS)
\$30 (three sessions) — **LSC4562**

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

***Line Dance, Improver - L3**

Mondays, March 4-25
9:00 to 10:00 AM (KS)
\$40 (four sessions) — **LSC4565**

Instructor: **Yvonne Krause-Schenck**

OR

Wednesdays, March 6-27
9:00 to 10:00 AM (KS)
\$40 (four sessions) — **LSC4568**

Instructor: **Sandy Gardetto**

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

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***Line Dance, Intermediate - L4**

Mondays, March 4-25

5:00 to 6:00 PM (KS)

\$40 (four sessions) — **LSC4574**Instructor: *Cathy Paris***OR**

Wednesdays, March 6-27

10:00 to 11:00 AM (KS)

\$40 (four sessions) — **LSC4577**Instructor: *Sandy Gardetto*

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

***Line Dance, Advanced - L5**

Thursdays, March 7-28

5:30 to 6:30 PM (KS)

\$40 (four sessions) — **LSC4580**

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

***Tap - Technique**

Mondays, March 4-25

10:00 to 11:00 AM (KS)

\$40 (four sessions)

— **LSC4668****OR**

Tuesdays, March 5-26

10:00 to 11:00 AM (KS)

\$40 (four sessions)

— **LSC4583**

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

***Tap – L1**

Mondays, March 4-25

11:00 AM to Noon (KS)

\$40 (four sessions) — **LSC4669**

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

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

Tuesdays, March 12-26

1:00 to 2:00 PM (KS)

\$45 (three sessions) — **LSC4876**

Have fun learning the guitar. No prior music knowledge is necessary. Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs from the '50s-'70s will be taught. Basic music theory will be shown, plus how to choose and purchase a guitar and guitar aides will be discussed. *About the instructor: Darrell Effinger* is a long-time teacher, songwriter, and performer. He was a member of the New Christy Minstrels, appeared on a PBS special, toured with Glenn Yarbrough, and performed alongside the Kingston Trio and Peter, Paul & Mary. Questions? Call Darrell at 916-989-8532.

***Folk Guitar – Intermediate**

Tuesdays, March 12-26

2:00 to 3:00 PM (KS)

\$45 (three sessions) — **LSC4879**

This class emphasizes harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class as long as the student feels comfortable and they have met the prerequisites. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum. Instructor: Darrell Effinger. *About the instructor:* See Folk Guitar for Fun Folks. Questions? Call Darrell at 916-989-8532.

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***Guitar – Beginner**

Thursdays, March 7-28

1:30 to 3:00 PM (KS)

\$80 (four sessions)

— **LSC4598**

If you've never touched a guitar but wished you had, or you played guitar years ago and want to reacquaint yourself with it, or you have never learned to read music notation and would like to, then take this class! You'll be introduced to elements of all musical genres while gaining knowledge and technique through a self-paced curriculum with a strong emphasis on learning to play songs that you enjoy. Lessons from Absolute Beginner to Intermediate Level include a combination of individual and/or group instruction. Questions? Please email Rodger. Instructor: *Rodger Mohme*, rmohme@gmail.com.



Visual Arts & Crafts

***Card Making – Beginning, Introduction**

Fridays, March 15 and 29

9:00 AM to Noon (KS)

\$44 (two sessions) — **LSC5041**

Have you ever wanted to make a greeting card but weren't sure how to get started? Then this class is for you. This class will teach you all the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards at each session. This is a fun three-hour class. All supplies and tools will be provided. Class size is limited, so sign up early to reserve your space. Instructor: *Dottie Macken*. Registration deadline: February 24.

***Card Making – Intermediate/Advanced**

Mondays, March 11 and 25

9:00 AM to Noon (KS)

\$44 (two sessions)

— **LSC4973****OR**

Wednesdays, March 13 and 27

9:00 AM to Noon (KS)

\$44 (two sessions) — **LSC5040**

This class offers more complex and challenging projects and papercraft techniques. It is not designed for beginner or intermediate card-making crafters. Class size is limited, sign up early to reserve your space. All supplies and tools will be provided. Instructor: *Dottie Macken*. Registration deadline: February 24.

***Ceramics – L1-L3**

Tuesdays, March 5-26

1:00 to 4:00 PM (OC)

\$92 (four sessions) — **LSC4907****OR**

Thursdays, March 7-28

9:00 AM to Noon (OC)

\$92 (four sessions) — **LSC4591**

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

***Ceramics – L4/L5**

Tuesdays, March 5-26

9:00 AM to Noon (OC)

\$92 (four sessions) — **LSC4600****OR**

Thursdays, March 7-28

1:00 to 4:00 PM (OC)

\$92 (four sessions) — **LSC4919**

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. Welcome to our New Instructor: *Donte Cuellar*.



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***Fused Class Advanced/
Beginner**

Mondays, March 11-25

1:00 to 4:00 PM (KS)

\$120 Beginner or \$75 Advanced
(three sessions) — **LSC4603**



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

***Mixed Media Magic**

Tuesdays, March 12 and 26

9:00 AM to Noon (OC)

\$56 (two sessions) — **LSC4940**



Let's play and explore the magic of mixed media! Join us as we experiment with a variety of media to express ourselves through and with color, texture, and imagery. Supplies needed: mixed media spiral bound paper pad, glue stick, scissors, small paint brush, white gesso, Sharpie PEN, plus your favorite mixed media supplies. Instructor: *Kerry Dahlin*.

***Needle Felting,
Beginner: Soft
Sculpture,
Basket Bunny**

Monday, March 18

Noon to 4:00 PM (OC)

\$50 — **LSC4953**



Using wool fiber and special needles, we'll create one Basket Bunny. All supplies will be provided. We may or may not need all of the allotted time, but plan for at least three hours. Most people find the repetitive motion of poking the fiber to be relaxing, but it can aggravate conditions such as arthritis, and finger pokes are possible. Instructor: *Donna Miller*, Donnamillerfelt2410@gmail.com.

***Needle Felting, Beginner:
Painting with Wool, Pet the
Bunny**

Monday, March 4

Noon to 4:00 PM (OC)

\$50 — **LSC4751**



We'll create this Pet the Bunny Painting using wool fiber and special needles. All supplies, including a frame (not necessarily the one pictured), are provided. Most people find the repetitive motion of poking the fiber to be relaxing, but it can aggravate conditions such as arthritis. And occasional finger pokes are possible. Instructor: *Donna Miller*, Donnamillerfelt2410@gmail.com.

***Oil and Acrylic
Painting –**

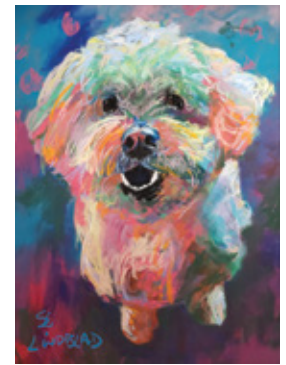
L4/L5

Wednesdays, March 6-27

9:00 to 11:30 AM (OC)

\$104 (four sessions)

— **LSC5015**



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



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Danielle Merrill
WellFit Program Manager
Danielle.Merrill@schca.com



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WellFit Orientations

Free Orientations: WellFit Staff

Unsure where to start in the fitness centers? Sign up for our free orientation and learn how fitness centers work and how to use equipment safely and correctly. Orientations are designed to educate you on all the WellFit Department offers and get you started on your fitness journey. Register at fitness desks or enroll online on the Resident Website.

Fitness Floor (OC)

Tuesday, March 5
3:00 to 4:00 PM

Thursday, March 14
3:00 to 4:00 PM

Fitness Floor (KS)

Thursday, February 22
1:00 to 2:00 PM

Thursday, March 14
1:00 to 2:00 PM

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

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

Disease Prevention

All About COPD

Tuesday, March 19
3:15 to 4:15 PM
Multimedia Room (OC)
\$20

Do you have COPD? Do you know your personal signs and symptoms? Do you have a plan for what to do to help prevent an exacerbation? Registered Respiratory Therapist *Grace Smith* can help you put together a plan to help.



Mindful Movement

Balance and Gait Training

Tuesdays, March 5-26
11:30 to 12:30 PM
Indoor Track (OC)
\$64 (four sessions)

Sign up for this one-of-a-kind wellness class to learn simple stretches, exercises, and techniques that will help improve walking, balance, core strength, and reflexes to prevent falls. We will use the indoor track, chairs, bars, and the wall for support. Some exercises will challenge not only your mind but your coordination as well. This class is limited to 10 students. Instructor: *Lisa Fisher*.



Free Form Tai Chi / QiGong L1-L3

Fridays, March 1-29
3:30 to 4:30 PM
Aerobics Room (OC)
\$65 (five sessions)

Come learn Tai Chi without the pressure of having to memorize a form. Each week, we will practice movements designed to enhance your health, balance, sleep, mind-body connection, memory, and vitality. We will incorporate stretching for better flexibility, techniques for memory improvement, and Qigong. Come join the fun! *This class is available for single-session drop-in, purchase \$15 wellness pass from WellFit. Instructor: *Shifu Anney Siegel-Wamsat*.



How to Safely Get Up and Down Off the Floor

Tuesdays, March 5-26

12:55 to 1:55 PM

Aerobics Room (OC)

\$15 each, Wellness Pass, drop-in

This class will take you through exercises, stretches, and techniques to get you stronger and more flexible in order to safely get up and down from the floor. Class is limited to 12 people, first come, first served. Instructor: *Danielle Merrill, Physical Therapy Assistant.*

Monday Meditation

Mondays, March 4-25

4:10 to 5:10 PM

Aerobics Room (OC)

\$72 (four sessions)

In week one, we will discuss why we meditate, its benefits, and what happens to the body as we develop this practice. For week two, we will tackle how to let go of stress. Week three will be about how to create a positive mindset and why it is important to cultivate gratitude. Lastly, week four will focus on mindfulness toward being present ‘one thing at a time’ and discussing how ‘multi-tasking’ can create stress. Instructor: *Jennifer Zehnder.*



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

Tai Chi / Qigong L1

Fridays, March 1-29

2:00 to 3:30 PM, Aerobics Room (OC)

\$65 (five sessions)

OR

Tuesday, March 5-26

2:00 to 3:00 PM, Aerobics Room (OC)

\$52 (four sessions)

*See above

Tai Chi is a centuries-old practice focusing on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance,

coordination, posture, flexibility, and body tone. Tai Chi offers a harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body’s life force known as “Chi,” this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complimentary health system. Instructor: *Shifu Anney Siegel-Wamsat.*

Tai Chi / Qigong 2/3

Tuesdays, March 5-26

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

\$52 (four sessions)

*See above

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

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Tai Chi Outdoor/ Indoor L1-L3

Thursdays, March 7-28

2:00 to 3:00 PM

Amphitheater/Aerobics Room (OC)

\$52 (four sessions)

*See above



Open to all levels, enjoy learning Tai Chi in a beautiful outdoor setting when weather permits. The class will warm up with Qigong to help build your mind-body connection, then learn the Yang-style Tai Chi, which enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. Instructor: *Shifu Anney Siegel-Wamsat*.

Nutrition

Food For Fitness

Monday, March 25

1:00 to 2:30 PM, Placer Room (KS)

\$25

It's always a good time to elevate your performance, whether you're a competitive athlete or just leading an active lifestyle. Join in this dynamic nutrition and cooking class unveiling the secret to powering your athletic prowess and physical vitality: plant-based nutrition. Dive into a world of dietary delights that not only fuel your activity but also reduce inflammation and optimize recovery. Immerse yourself in the class's high-energy atmosphere, featuring a mouthwatering cooking demonstration and food sampling showcasing delicious, health-promoting dishes. Registration deadline: March 22. Instructor: *Lindsay Dickason, Food For Life Cooking Instructor*.



Kickstart Your Health

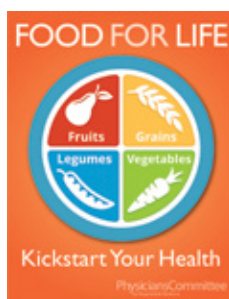
Mondays, March 4 - April 1

3:00 to 4:30 PM

Placer Room (KS)

\$125 (five sessions)

Embark on a health journey in this five-class series, guiding you toward healthy weight loss and maintenance and an overall



vibrant and sustainable way of eating. This life-changing journey is fueled by delectable plant-based recipes designed to tantalize your taste buds, lower cholesterol, control diabetes, and reduce blood pressure. Each class will feature dynamic cooking demonstrations and handy handouts brimming with easy, affordable recipes for home preparation. Uncover the optimal foods for weight management, delve into essential health topics such as blood pressure and digestion, and empower yourself with practical cooking skills. Instructor: *Lindsay Dickason, Food For Life Cooking Instructor*.

Nutrition Coaching One-on-One

Do you ever wonder what to eat for weight loss, muscle building, or general health? Sign up today for a personalized nutrition plan.

What do I get?

A personalized plan to meet your needs with foods you love. A plan of what to eat for breakfast, lunch, and dinner (including snacks). The time to eat each food and how much to consume. You will be given options for each meal and learn to replace certain foods with a similar food profile when on the go.

Cost?

\$84 for 60-minute session

\$45 for subsequent 30-minute sessions

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

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

Reach out to a Coach to schedule:

Eva.DeMars@sclhca.com

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



Register at the WellFit Desk (OC/KS)
or online on the Resident Website

Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab-related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Rex Owens. You can also visit the Resident Website under WellFit/Personal Training/meet the trainers. Please respect a 24-hour cancellation policy.

Training Services

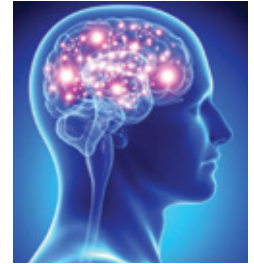
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend. One-hour session \$37 per person. Each billed for shared session.
- **Clinical Training:** : One client and one trainer. One-hour session \$72, three session package \$195 (\$65 each). Half-hour session \$48, three session package \$129 (\$43 each).
- **Comprehensive Assessment:** Meet and greet trainer, medical history, talk about and establish goals, measurable strength, health, mobility, and balance scores. Includes ZIBRIO Stability Scale (one month while with trainer) and Posture Assessment. One-hour session \$99.
- **Goal Assessment:** Meet and greet the trainer, discuss medical history, and talk about and establish goals. Posture Assessment. Trainer assesses general ability level. Half-hour session \$42.
- **One-on-One Training:** One client and one trainer. One-hour session \$62, half-hour session \$42.
Packages: One client and one trainer. Package of three one-hour sessions \$57 each. \$171 total. Three half-hour sessions \$37 each. \$111 total.
- **Posture Analysis:** We use a special grid background to assess you. Three photos are taken. Learn what muscles you need to stretch. Balance is significantly affected by posture. One-hour session \$62.

- **ZIBRIO Balance Scale:** Get your balance score. Created by NASA/MIT. Learn what to do for better balance. Free ZIBRIO app included. One-hour session \$62.

Personal Improvement

Brain Gain

Thursday, March 7
9:30 AM to Noon
Multipurpose Room (OC)
\$40



Come experience “Neurobic” fun interactive brain exercises that give your brain a creative workout beyond crossword puzzles and Sudoku. Join educational physiologist Dr. Alice Jacobs as we learn about the hemispheres of the brain and the predominant functions. Do for your brain what you do for your body - all in a non-threatening, engaging, and fun environment that has you working in small groups as you complete and discuss the brain exercises. Instructor: *Alice Jacobs, ED.D, MBA, MS, MA, MCHES.*

Hypnosis for a Good Night’s Sleep

Thursday, March 7
9:30 to 11:30 AM
Computer Room (OC)
\$20



Are you frustrated with your sleep? Are you having trouble falling, staying, or returning to sleep? Join this restful and helpful class to find out how Hypnosis can help. This class is designed to take multiple times to increase your prior results exponentially. Instructor: *Kelley Moreno CPH.*

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Living with Knee Pain and Prevention

Wednesday, March 20
1:00 to 3:00 PM
Computer Room (OC)
\$30



Learn how to modify your lifestyle to prevent pain, live smart, and reduce discomfort through the use of movement and hot and cold modalities. Class is interactive; pain patching samples will be available while supplies last. Receive the appropriate stretches and exercises to maintain a better quality of life. Lisa will teach the first half of the PowerPoint presentation, and Danielle will conduct the second half, where you will watch demonstrations and walk through the gym to learn the correct machines. Keep your body strong and happy to support longevity! Instructors: *Lisa Kwon*, Occupational Therapist, and *Danielle Merrill*, Physical Therapy Assistant.

Pickleball Conditioning and Agility L2/L3

Thursdays, March 7-21
12:55 to 1:55 PM
Aerobics Room (OC)
\$42 (three sessions) or
\$15 each with Wellness Pass drop-in



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

Spotlight on Tai Chi!

March TBA
1:00 to 1:45 PM
Aerobics Room (OC)
Free, No sign-up required



This is a free, drop-in informational hour to learn about our Tai Chi Program and how these wellness classes could help you. Maybe you can even incorporate it into your New Year's resolution! Watch a demonstration, learn more about what to expect in a class, discover various health benefits, and get informed about this dynamic WellFit Program. Instructor: *Shifu Anney Siegel-Wamsat*.

Sound Bath Experience

Thursday, March 7
4:30 to 5:30 PM
Aerobics Room (KS)
\$15 each, Wellness Pass, Drop-in



A Sound Bath is a full-body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to nurture your soul and body. Sounds include tuning forks, gongs, crystal singing bowls, chimes, drums, and voice. Unplug, let go, and invite deep rest and relaxation! This class is offered on the first Thursday of every month, drop-in. Instructor: *Nina Baldi*.

Spring Celebration Promoting Intergenerational Wellness, Brain Health and Fun

Sunday, March 24
2:00 to 4:00 PM, Ballroom (OC)
\$50 per adult (age 18 and up)
\$40 per child (8-17 years old)



Enjoy a very special Alice in Wonderland/Mad Hatter English-style high tea party where multiple generations can interact and celebrate together - complete with a tasty variety of English-style sweets and savories. Start with the option of making your very own Spring hat. We'll all learn some basic table manners together and engage in specially selected intergenerational brain games to get everyone firing brain cells and talking together for a fun "Neurobic" workout. Make Easter Memories this year as you share intergenerational family time together! Registration deadline: March 21. Instructor: *Alice Jacobs, ED.D, MBA, MS, MA, MCHES*.

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Wellness Retreat at Lincoln Hills

Thursday and Friday

March 7 and 8

Thursday: 2:00 to 6:30 PM

Friday: 9:00 AM to 5:30 PM

WellFit and Kilaga Springs Spa

\$295



Taking a little me-time isn't an indulgence; it's a necessity! WellFit's first ever two-day Retreat will include a variety of topics all centered around YOU. This head-to-toe experience will focus on your total well-being, including brain health, healthy cooking demo and sampling, breathing, art for the soul, and sound bath experience. Choose from one of three relaxing Spa Treatments and eat a delicious lunch, which are included. Registration is limited to 24. Contact Danielle.Merrill@sclhca.com for more information. Registration Deadline: February 23.

You're Gonna Need Plan B Class #3. Plan B Financial Foundations

Wednesday, February 28

9:00 AM to Noon

Computer Room (OC)

\$30

OR

Class #4. Plan B End of Life Choices

Wednesday, March 6

9:00 AM to Noon

Computer Room (OC)

\$30

This is a series of four interactive sessions where we will discuss and learn how our aging brain works and how our chronic diseases impact our decisions, the legal documents we need to protect ourselves and our assets, how to use our financial assets, and how to choose our end-of-life options. While the series is designed to comprehensively review what we need as we age into our final phase of life, each class can be taken independently. The classes are interactive, with handouts and plenty of time for class discussion. Instructor: *Marcia VanWagner*.

Pilates Reformers and Towers

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

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

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

Our Reformer packages are as follows:

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

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

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

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

Introductory Reformer Session L1

Continuous dates scheduled with Reformer Specialists

Reformer Studio (OC)

\$40 (one hour)

This session is a prerequisite for Pilates Reformer classes. You will work with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer classes through MindBody after getting an account. You can purchase this introduction at the fitness centers. Contact Danielle Merrill to coordinate your introduction with an instructor.

Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment only. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Hidden muscular weaknesses or skeletal imbalances cause most injuries. Pilates works to

balance the body to bring proper alignment and function. Please contact Danielle Merrill for more information regarding Private Reformer Training and scheduling with one of the reformer instructors.

One-on-One Training and Buddy Training: Prices are the same as Personal Training Rates. Rates increased effective January 2024.

Pilates Reformer - Introduction to Movement

Saturdays, March 2-30
11:30 AM to 12:30 PM
Reformer Studio (OC)
\$90 (five sessions)



Sign up for this class if you have not yet tried Pilates Reformer and are interested in learning more about your body and mindful movement on the Reformer. We start with the basics of safely introducing your body to the fundamentals of Reformer. It slowly builds up to teach proper body alignment, core strength, posture, gentle strength training, balance, and injury prevention. This class fulfills the prerequisite requirement of Introductory Reformer session L1 before taking other Reformer classes. Instructor: *Sarah Jenan, Reformer Specialist.*

Pop Up Classes

Foods For a Healthy Heart

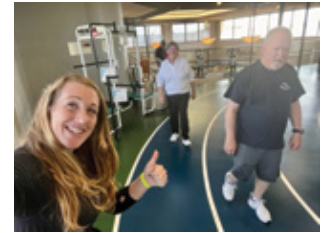
Monday, February 26
2:00 to 3:30 PM
Placer Room (KS)
\$25

Unlock the secrets to vibrant heart health in this engaging nutrition and cooking class that delves into the transformative power of healthful, plant-based eating. Join this class for a flavorful exploration, complete with a cooking demonstration and food sampling that brings the delectable world of plant-based dishes to your fingertips. Discover the pivotal role nutrition plays in not just preventing but actively managing and reversing heart disease. Get ready to elevate your well-being through simple yet impactful diet and lifestyle changes, ensuring your heart thrives with vitality. Registration deadline: Friday, February 23. Instructor: *Lindsay Dickason, Food For Life Cooking Instructor.*



Pop Up - Walk and Talk! New for 2024!

The last Wednesday
of every month
February 28
3:30 PM, Meet at OC
Indoor Track
Free!



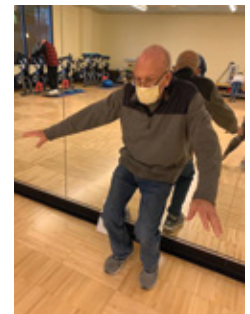
What is our goal? By coming together and meeting with others, we are building conversations, connections, and community. We'll meet at (OC) Indoor Track to walk and talk for 30 minutes, then meander over to Meridian's to relax and continue good conversation. Even the U.S. Surgeon General touts the "Healing Effects of Social Connection and Community." We're not meant to go it alone! Facilitator: *Danielle Merrill.*

Small Group Training (SGT)

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

Balance and Fall Prevention L1

Mondays and Wednesdays
March 4-27
2:00 to 3:00 PM
Aerobics Room (KS)
\$136 (eight sessions)



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

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Balance and Posture Thursday L1/2

Thursdays, March 7-28

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

This class focuses on balance, so get ready to do some homework. Whether you need better balance to avoid falls, improve your sport, or so that you feel safer being active! Several factors play a role in your balance, including core strength, posture, and leg strength. We'll include exercises that address all of the above. We will also incorporate a variety of balance training techniques and activities that promote better posture, improved body awareness, and better stability. This class is for a variety of fitness levels. Must be able to walk without an assisted device. Instructor: *Maryann DePietro*.

Bootcamp – Progressive L2/L3

Fridays, March 1-29

3:05 to 4:05 PM

Aerobics Room (KS)

\$85 (five sessions)

OR

Mondays and Wednesdays

March 4-27

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

\$136 (eight sessions)

Are you looking to change things up? Try this class that gives progressive exercises to accommodate each participant's fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. *This class is eligible for the SGT drop-in if space is available. Instructor: *Gilmer LaTorre*.

Boxing – Rock Steady

Fridays, March 1-29

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$85 (five sessions)

Instructor: *Gina Turner***OR**

Tuesdays, March 5-26

2:00 to 3:00 PM, Aerobics Room (KS)

\$68 (four sessions)

Instructor: *Gilmer LaTorre*

This is a non-contact fitness program designed specifically for people with Parkinson's. Boxers' condition to defend against and overcome opponents.



At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *Gloves and wraps are sold at fitness centers.*

"Fun"ctional Fitness L3

Tuesdays and Thursdays

March 5-28

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$136 (eight sessions)

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

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Parkinson Strong Combo

Mondays, March 4-25

4:10 to 5:10 PM, Aerobics Room (KS)

\$68 (four sessions)

OR

Thursdays, March 7-28

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

\$68 (four sessions)

Interested in the Parkinson's Cycle class, but don't you think you could do an entire hour of cycling? Try this class to change it up. Valerie will combine content from Parkinson's Indoor Cycling and Parkinson-Strong classes to create a class that helps improve the quality of life through meaningful exercise. Instructor: *Valerie Cota*.

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

Mondays and Wednesdays

March 4-27

12:55 to 1:55 PM, Aerobics Room (KS)

\$136 (eight sessions)

Instructor: *Rena Schmidt***OR**

Tuesdays and Thursdays

March 5-28

10:45 to 11:45 AM

Aerobics Room (KS)

\$136 (eight sessions)

Instructor: *MaryAnn DePietro*

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

TRX Circuit L2

Tuesdays and Thursdays

March 5-28

12:55 to 1:55 PM

Aerobics Room (KS)

\$136 (eight sessions)

Instructor: *MaryAnn DePietro***OR**

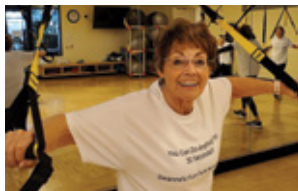
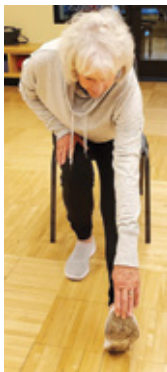
Wednesdays, March 6-27

4:10 to 5:10 PM, Aerobics Room (KS)

\$68 (four sessions)

Instructor: *John Ramos*

TRX Circuit is a great way to shed a few of those



quarantine pounds while gaining strength, flexibility, balance, and a stronger core. TRX suspension training straps make gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. *This class is eligible for the SGT drop-in if space is available.

TRX, Strength, and Stretch

Mondays and Wednesdays

March 4-27

11:50 AM to 12:50 PM, Aerobics Room (KS)

\$136 (eight sessions)

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

TRX-treme L2-3 New!

TBA

11:50 AM to 12:50 PM, Aerobics Room (KS)

\$85 (five sessions)

It's not just toning and tightening; get strong! Burn more calories! TRX suspension training straps make gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. This class is available for SGT drop-in if space is available. Maximum capacity is eight students. Instructor: *Gina Turner*.

Water Exercise – Therapeutic L1/L2

Fridays, March 1-29

10:45 to 11:45 AM

Indoor Pool (OC)

\$85 (five sessions)

Instructor: *Lisa Fisher***OR**

Mondays, March 4-25

9:40 to 10:40 AM, Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Lisa Fisher***OR**

Wednesdays, March 6-27

10:45 to 11:45 AM and 11:50 AM to 12:50 PM

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Nina Baldi*

Therapeutic-style exercise program in the pool. The warm water helps increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Water exercise helps relieve



pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool and be in the pool with you. The trainer is unable to help students in/out of the locker rooms or parking lot. Do not forget your towel.

Sports Plaza - Lessons

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

Pickleball – Introduction

Bi-monthly, Wednesdays
9:00 to 10:30 AM, Multi-Court (Courts 14 and 15)
Free

This bi-monthly class is for any resident interested in learning about Pickleball. All equipment is provided. Please wear clothing and tennis shoes appropriate for Pickleball. Please bring water. Meet on the Multi-Court by the softball parking lot. You must pre-register for this class. Eight spots are available. To register email Carol Judd at welcometopickleball@gmail.com.

Pickleball - Intermediate Clinic

Thursday, March 21
9:00 to 10:30 AM

OR

10:30 AM to Noon

Multi-Court 14 and 15

Skill level 3.0-3.75, Min/Max: eight students

\$45 each

The focus of this clinic is defense - How to Stay in the Point and Stay in the Game. Learn how to defend against a Lob, Speed Up (counter the pressure of opponents increased pace), Overhead Smash (getting yourself into a solid defensive position), and other pressure shots. Analysis and suggestions for improvement during game time play portion of the clinic will also be provided. Instructor: *Ian Dickson, Pickleball Pro.*



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

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

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

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

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

2. Email or text Ian Dickson, Pickleball Pro, to schedule a session at 916-712-4337 or Ian.Dickson@sclhca.com.

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

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

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

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

For questions, email Danielle.Merrill@sclhca.com.

Tennis - Introduction

Saturdays, 11:00 AM to Noon

Tennis Courts

Free

This class is a terrific introduction for residents interested in learning the basics of tennis. This class will go over the fundamentals of tennis, focusing on basic stroke development, including forehands, backhands, volleys, and serves. No prior experience is necessary, and racquets will be provided; however, we encourage participants to bring their own. Make sure to bring water and appropriate tennis



court shoes. No running shoes, please. Email stevebringman@yahoo.com to register. Class size is limited to three each session.

Tennis Small Group Training

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

Wellness Life Coaching

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

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

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

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

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

Reach out to a Coach to schedule:

Alice.Vestergaard@sclhca.com

Grace.Smith@sclhca.com

Nina.Baldi@sclhca.com

Wellness – Fast Pass – Group Ex Pass

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

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

*Wellness Passes are \$15 for 60 minutes.

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

Group Ex Passes and Fast Passes are not interchangeable. Purchase these passes through online enrollment on the Resident Website or at the fitness center front desks. There are no refunds for class passes; all passes expire one year after the purchase date. For a list of class descriptions, please refer to the Resident Website under WellFit. Guests must pay \$7 per Group Ex Pass and \$4.50 per Fast Pass and check in no more than ten minutes before the start of the class. Classes are subject to availability.

***All passes and sessions are non-refundable.**

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

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

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

**For all class schedules, please refer to the WellFit section of [sclhresidents.com/WellFit/Group Ex Pass](http://sclhresidents.com/WellFit/Group%20Ex%20Pass) Classes, pick up a class schedule at our front desks, or scan our QR code with your smartphone camera.



**SCAN QR CODE TO
DOWNLOAD AND HAVE
SCHEDULE ON YOUR
PHONE**

Orchard Creek Lodge 965 Orchard Creek Lane
Main Phone: 916-625-4000
Kilaga Springs Lodge 1167 Sun City Boulevard
Main Phone: 916-408-4013
Resident Website SCLHResidents.com
Public Website SunCity-LincolnHills.org
Help Desk Help.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 DAILY: 7:00 AM-8:00 PM SPORTS BAR: SUN-THU: 7:00 AM-8:00 PM FRI-SAT: 7:00 AM-9:00 PM
Lifestyle Desks (OC/KS) MON-SAT: 8:00 AM-8:00 PM SUNDAY: 8:00-4:00 PM	Curbside: 11:00 AM-7:00 PM Delivery: 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-6:00 PM	Kilaga Cafe MON-FRI: 8:00 AM-3:00 PM

ADMINISTRATION

Executive Director
Kyle Bodyfelt.....916-625-4060 Kyle.Bodyfelt@sclhca.com
Executive Assistant/Office Manager
Michelle Griswold ...916-625-4062 . Michelle.Griswold@sclhca.com
Communications & IT Manager
Jeff Caponera916-625-4057 Jeff.Caponera@sclhca.com
Compass Editor
Theresa Renken.....916-625-4014 Theresa.Renken@sclhca.com
Community Standards Manager
Kelly Berto916-625-4006 Kelly.Berto@sclhca.com
Director of Finance
Jared Avis916-625-4045 Jared.Avis@sclhca.com
Director of Human Resources
Christina McClung ..916-460-9896.. Christina.McClung@sclhca.com
Membership
Lisa Hammons916-625-4068 Membership@sclhca.com

FOOD & BEVERAGE

Meridians Restaurant..... MeridiansRestaurant.com
Reservations & Info: 916-625-4040..... To-Go: 916-625-4044
Kilaga Cafe To-Go Orders & Info: 916-408-1682
Director of Food & Beverage
Jim Trondsen916-625-4049 Jim.Trondsen@sclhca.com
Catering Sales..... OrchardCreekLodge.com
Don Giles916-625-4043 Don.Giles@sclhca.com

BOARD OF DIRECTORS

Tom Dunipace.....President..... Tom.Dunipace@sclhca.com
Marie BarnesVice President Marie.Barnes@sclhca.com
Denny ValentineSecretary Denny.Valentine@sclhca.com
Don Bowden.....Treasurer Don.Bowden@sclhca.com
Robert CoppDirector..... Robert.Copp@sclhca.com
Chuck CunninghamDirector..... Chuck.Cunningham@sclhca.com
Jack Harris.....Director..... Jack.Harris@sclhca.com

LIFESTYLE

Lifestyle Desks
Orchard Creek: 916-625-4022Kilaga Springs: 916-408-4013
Lifestyle Manager
Allison Sertic.....916-625-4073 Allison.Sertic@sclhca.com
Lifestyle Assistant Manager
Suzanne Hughes916-408-4609 .. Suzanne.Hughes@sclhca.com
Lifestyle Class Coordinator
Donna Hartigan916-408-7859 Donna.Hartigan@sclhca.com
Lifestyle Entertainment Coordinator
Cody Meikle.....916-408-4310 Cody.Meikle@sclhca.com
Lifestyle Trip Coordinator
Scott Cason916-625-4002 Scott.Cason@sclhca.com
Room Booking & Club Coordinator
Elaine Allen.....916-625-4021 Elaine.Allen@sclhca.com

WELLFIT

WellFit Desks
Orchard Creek: 916-625-4030Kilaga Springs: 916-408-4683
Director of Lifestyle, WellFit & Spa
Deborah McIlvain ...916-625-4031 . Deborah.Mcilvain@sclhca.com
Assistant Director of Lifestyle, WellFit & Spa
Jonathan Leung.....916-258-8289 Jonathan.Leung@sclhca.com
WellFit Program Manager
Danielle Merrill916-625-4032 Danielle.Merrill@sclhca.com
WellFit Fitness Supervisor
Rex Owens.....916-408-4825 Rex.Owens@sclhca.com

THE SPA AT KILAGA SPRINGS

Spa Concierge..... KilagaSpringsSpa.com
Appointments & Info: 916-408-4290
Spa Manager
KarriLynn Keith916-408-4071 KarriLynn.Keith@sclhca.com

FACILITIES

Facilities & Maintenance Manager
Erik Rosales916-645-4500 Erik.Rosales@sclhca.com
Landscape Supervisor
Willie Mayberry.....916-645-4501 Willie.Mayberry@sclhca.com

GENERAL NUMBERS

VForce Security279-239-9094
LH Golf Club916-543-9200 lincolnhillsgolfclub.com
Lincoln Police & Fire916-645-4040
Neighborhood Watch SCLHWatch.org
Linda Minor: 707-235-0778
Neighbors InDeed916-223-2763 neighborsindeed.org
Lincoln Hills Foundation...916-434-0749 . lincolnhillsfoundation.org
Lodge Library Contact..... Sarah Kevin: 408-858-0880

COMMITTEES

Accessibility AC@sclhca.com
Architectural Review..... ARC@sclhca.com
Clubs & Community Organizations..... CCOC@sclhca.com
Communications & Community Relations CCRC@sclhca.com
Compliance..... Compliance.Committee@sclhca.com
Elections Elections.Committee@sclhca.com
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Orchard Creek Lodge, in the Solarium Room

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Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the boat, your 15 Day Viking European River Cruise through France, Germany and Switzerland in standard accommodations with a window, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.

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Sail from New Orleans to Memphis visiting Darrow, Louisiana; Baton Rouge, Louisiana; St. Francisville, Louisiana; Natchez, Mississippi; Vicksburg, Mississippi; Greenville, Mississippi; Rosedale, Mississippi; Memphis, Tennessee.
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Sail from Toronto, Canada to Milwaukee, Wisconsin visiting the Welland Canal; Niagara Falls, Canada; Point Pelee, Canada; Detroit, Michigan; Alpena, Michigan; Mackinac Island, Michigan; Milwaukee, Michigan.
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CST # 2033380-40 February 2024