NOVEMBER 2026

SUN SENIOR NEWS

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IN THIS ISSUE

Lincoln Theatre Company 3
Letters to the Editors... 3
Players, Sunny Singers, Chorus.....5
Vaudeville Troupe, Music 5
Neighborhood Watch 6
Ballroom Dance, Country Couples.....11
SC Squares, Round Dancing.....11
Mixed Media, Ceramic Arts 15
Painters', Needle Arts 15
Creative Glass, Paper Arts 17
Photography, Woodcarvers, Stamps, Singles 17
Neighbors InDeeded, Italian.....19
Shalom Social 19
Lavender Friends, Apple User 20
SCLH Writers.....20
SCLH Elections Committee, Genealogy 21
School, Astronomy, Veterans.....22
Republican, Multiple Sclerosis.....23
Alzheimer's Dementia Caregivers Support ...23
Low Vision Support.....23
Bosom Buddies, Democratic, Sports Car.....25
Tesla Club, RV Group, Airport Co-op 27
Travel, Amateur Radio, Garden.....27
Fly Fishing, Bird 29
Hikers and Walkers, LH Cyclist.....31
Lincsters, Ladies Golf 32
Men's Golf, Pickleball, Senior Softball.....33
Table Tennis, Tennis, Water Volleyball.....35
Shuffleboard 35
Billiards, Cribbage, Pedro.....39
Classified Ads 43

And Much More . . .

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Mike Martin and Jamie Gutheil — *Fated to Meet*

BY JENNIFER MARTIN

Napoleon Bonaparte once said, "There is no such thing as accident, it is fate misnamed." Following that logic, it was fate when Jamie Gutheil's dog, Kashi, bit Mike Martin's dog, Ashley, because that incident brought them together, which culminated in their marriage years later. Residents of SCLH since 2024, the couple laugh thinking back at the circumstances which brought them together.

Mike was born in San Francisco in 1961, the youngest of three children. When he was ten years old, his family moved to Santa Clara. His father was a truck driver, and his mother worked at Chez Yvonne in Mountain View as a waitress. The chef at this restaurant was also a magician and took Mike at age 14 under his wing, teaching him magic tricks. Mike began performing in local shows and winning titles such as Magician of the Evening. "He also taught me how to cut an avocado," Mike quips.



Jamie Gutheil and Mike Martin

In his younger years, Mike had taken up the accordion, but later in high school he joined the marching band as a drummer. Drumming became a lifelong passion for him. After graduating from Peterson High School (now Palmer College of Chiropractic) in 1979, Mike married and had two children, Brian and Jennifer. Brian is married (Karly), works in sales in San Diego and has a son, Grayson. Jennifer is married (Jeff), lives in Roseville, and works at Starbucks.

Mike worked in the printing industry until he realized it was changing and decided he needed a change as well. He became a photographer with Olan Mills Photography, photographing forty families a day, five days a week. He even became a trainer for the company before switching to its Lifetouch School Photography division so he could cut down on traveling. That led to his work in another branch of Lifetouch called Prestige Portrait's, which offered more formal portraits. "I loved making people look and feel great," Mike says.

In 2003, Mike opened his own photography studio, Mike Martin Photography, on Vernon Street in Roseville, where he still works part-time. His work has been published in

(cont' on page 37)

LH Foundation — *Welcome November*

BY DENISE BOWDEN

November brings an extra hour to our day as daylight saving time ends and we turn our clocks back to standard time. It's also a time to honor the women and men who have served our country on Veterans Day.

Later in the month, Thanksgiving reminds us of the importance of community. If family isn't nearby, invite a friend or neighbor to your table. A simple invitation—and perhaps a doggie bag to take home—can make a meaningful difference to someone who might otherwise be alone.

Black Friday and Cyber Monday may inspire plenty of spending but consider saving a little for National Philanthropy Day. There are many worthwhile organizations helping people in need and remember: you can't always tell who could use a helping hand.

November is National Family Caregivers Month, an opportunity to honor the individuals who devote themselves to caring for loved ones. The Foundation supports the Del Oro Caregiver Resource Center, which provides dedicated services for SCLH residents. We also assist groups such as the Alzheimer's/Dementia Support Group, where the need for caregiver resources is especially significant. As the number of people caring for family members continues to grow, programs like these offer meaningful support that strengthens both

(cont' on page 43)

Players

BY SUE VILLARREAL

Comic Strip Comes to Life!

In just a few days kites, dog houses, little birds and memories will be "flying" around the stage in the Grand Ballroom at Orchard Creek as the Players bring Charles Schultz's famous comic strip "Peanuts" to life. "You're a Good Man Charlie Brown", directed by Jane Patton, will run Thursday, November 5th through Sunday, November 8th.



Susan Holmes, Mary Whittaker and Linda Wilds-Belz

Photo by Cindy Griswold.

Our cast of characters has spent the last 9 weeks learning choreography, music and memorizing lines. Their dedication to this production is impressive. Working with choreographer Karen Pinomaki and music director Sue Anderson-Villarreal, in addition to regular rehearsals, Charlie Brown and friends are ready to sing and dance their way into your hearts.

Putting on a major theater production requires a true team effort. Our tech team, under the leadership of Jim Moon, will light up the stage and fill it with sound, while the creativity and talent of our set designer Linda Wilds-Beltz turns the stage into a 1950s cartoon scene. Linda explained "As I create bright, fun set pieces, wonderful memories surface of my Dad reading the Sunday Comics to me and my six siblings. Happiness is found in my garage…with refrigerator-box cardboard and a paint brush in my hand."

With costumes by MaryEllen Vogt and props procured and created by Susan Holmes, we are ready to open our doors and welcome you to the show. To order tickets, visit the

(cont' on page 5)

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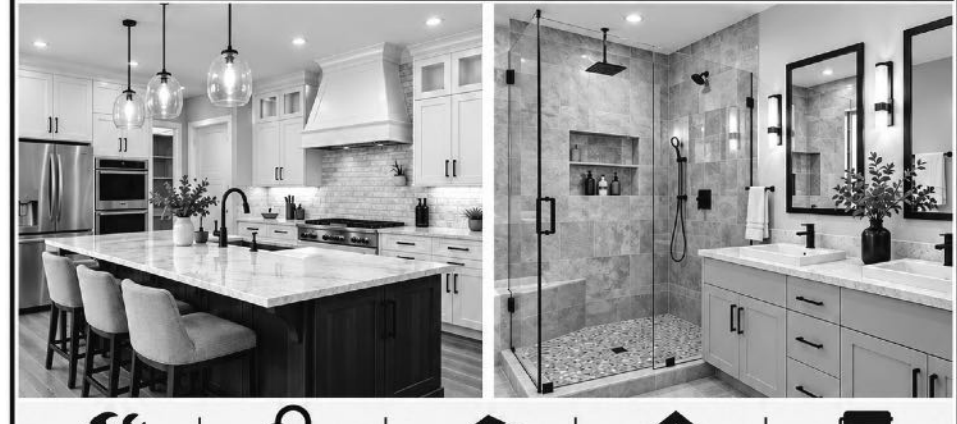
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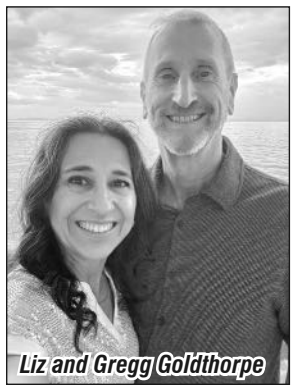
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All information submitted to the Sun Senior News - Lincoln Hills must be accompanied by your name, phone number and written consent. All letters received become the property of the publisher (EGnews Inc.).

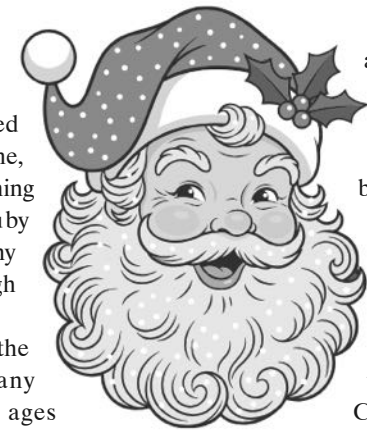
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Lincoln Theatre Company Brings Santa to Our Stage

BY TINA COLE



Believe In the Magic!

One of the most beloved Christmas stories of all time, Miracle on 34th Street is coming to Lincoln. It's brought to you by the Lincoln Theatre Company this December 4th through December 20th.

This holiday season, the Lincoln Theatre Company invites audiences of all ages to step into the warmth, laughter, romance, and timeless magic of Miracle on 34th Street—a beloved Christmas story that reminds us that sometimes, the things we can't explain are the things we most need to believe in.

It's not just about Santa. It's about family, faith, kindness, and the wonder of seeing the world through a child's eyes. It's about a mother who has learned to be practical, a child who still believes in possibilities, a man who isn't afraid to stand up for what he believes, and a community that discovers that a little kindness and faith can change everything.

It asks a simple but powerful question: In a world that sometimes tells us to stop believing, what happens when we choose to believe in something good?

With charming characters, plenty of humor, heartwarming moments, and the unmistakable magic of Christmas, Miracle on 34th Street is the perfect holiday outing for families, friends, couples, grandparents, and anyone who could use a little more joy this season.

So, leave the shopping lists and holiday worries behind for an evening.

Gather your family and friends, put on your holiday spirit, and join the Lincoln Theatre Company for a celebration of one of the most cherished Christmas stories ever told.

Miracle on 34th Street—because sometimes the best Christmas present isn't something

Letters to the Editors...

Authors are solely responsible for the content of their letters.

Moving Sun City Lincoln Hills in a Positive Direction

To right the ship and move Sun City Lincoln Hills in a positive, stable direction, we need an Executive Director whose priorities are aligned with the long term health of the Association and the needs of the residents. Our community deserves leadership that is balanced, transparent, and focused on serving homeowners rather than concentrating primarily on staff benefits or internal administrative interests. An Executive Director who understands and responds to the community's expectations—while still supporting staff appropriately—will help restore trust, improve operations, and ensure that SCLH moves forward in a way that reflects the values and priorities of the residents who live here.

Steve Bringman

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Players

(cont' from page 1)

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The Players meet the 2nd Monday of each month at 4:30 in Presentation Hall (KS). Please join us on stage or behind the scenes. Until then, we'll "see you in the funny papers!"

• • •

Sunny Singers

BY JOANNE SCHUMACHER

We are an octet of Sun City Lincoln Hills women who love singing and performing. We regularly participate in a variety of musical venues, stage and choral productions at Sun City Lincoln Hills as well as singing with other vocal groups and church choirs in the area.

If you or your club is looking for musical entertainment this holiday season, we are currently polishing our holiday tunes and booking performances. We bring our own live piano and flute accompaniment.

Two of our members are currently performing in the Lincoln Hills Players production of "You're A Good Man, Charlie Brown." If it isn't sold out, rush and get your tickets now!

Our members are also part of the Lincoln Hills Chorus and will be singing in the three holiday programs December 11, 12, & 13. Tickets are available now!

We were originally formed in 2005; and three of the original founders still sing with us! We sing vocal renditions of Oldies, Pop tunes, Show tunes and other genres of music. We are well known for our amazing harmonies.

If you live in Lincoln Hills, you may have heard us singing for your club's event or other events such as the Tap Show, Vaudeville Show, or Veteran's Club Memorial Day and Veteran's Day celebrations. We have also performed at private and corporate functions over the last 21 years.

For more information or to schedule an engagement by the Sunny Singers, contact: Karen Hardage at kmhardage@yahoo.com or Joanne Schumacher at 415-999-1242, jkschumacher1@gmail.com

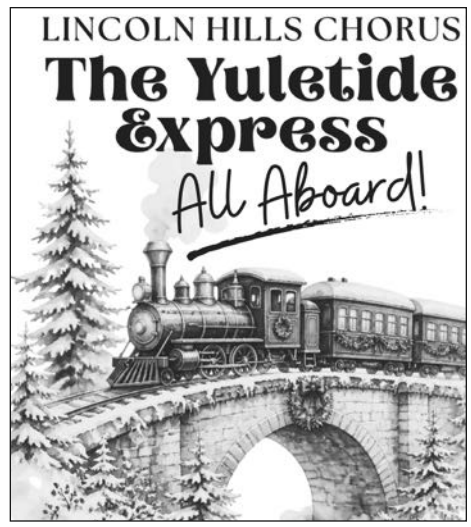
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Chorus

BY KARIE GEIGER

All Aboard The Yuletide Express: A Musical Journey Home!

Get ready to blow the whistle on holiday cheer! The Lincoln Hills Chorus proudly presents its winter concert, "The Yuletide Express: All Aboard!"—a themed musical event designed to transport you straight into the heart of the festive season. December 11, 12 & 13 in the Orchard Creek Ballroom.



This year's concert reimagines the venue as a classic passenger train traveling home for the holidays. As passengers on this magical expedition, audience members will take a relaxing seat while the chorus acts as the premier on-board entertainment, keeping everyone charmed from departure to arrival.

The concert program delivers a tapestry of beloved seasonal favorites. The journey kicks off with lively tunes to lift your spirits, including the joyful nostalgia of Amen! Tell It on the Mountain! and the cozy, wintery charm of In Winter. As the trip continues, the tone quickens into the mood lifting harmonies of the rhythmic medley Swing into Christmas. And the audience sing-along is always a crowd-pleaser! The evening reaches its breathtaking climax as the chorus delivers a powerful, soul-stirring performance of Handel's majestic Hallelujah Chorus.

It's more than just a concert—it's a festive voyage that captures the true essence of togetherness, memory-making, and seasonal joy.

How to Get Your Tickets

Boarding passes sell fast, so be sure to reserve your seat early on this seasonal train ride.

• In-Person Purchases: Visit the front desks at either Orchard Creek Lodge or Kilaga Springs Lodge.

• Online Purchases: Order directly through the SCLH Resident website.

• Ticket Prices: $21/$24

Gather your family and friends, grab your ticket, and prepare for a magical musical adventure. The Lincoln Hills Chorus is ready to welcome you on board—don't let the train leave without you!

• • •

Vaudeville Troupe

BY RICHARD HALSEY

When the turkey at Thanksgiving was asked if he would like more to eat, he said: "I'll pass." Guess he wasn't stuffed enough!

As Thanksgiving approaches, the Vaudeville Troupe and Director Yvonne Halsey would like to extend our warmest wishes to you and your family for a wonderful holiday filled with love, laughter, happiness, and gratitude. We are truly thankful for your support, encouragement, and for being part of our journey. May your Thanksgiving be blessed with cherished memories, delicious food, and special moments shared with those you love. From the Vaudeville Troupe to you and yours, we wish you a very Happy Thanksgiving!

• • •

Music Group

BY BRIAN JEWELL

"Music is the universal language of mankind."

The Music Group meets on the first Monday of every month in the Fine Arts Room (OC) at 2:00.

The first part of the gathering is for the group sing-and-play. This is a popular event, as it provides people of different proficiency levels a chance to play along with other people in a casual environment. Participants play various instruments, including guitars, piano, accordion, flute, percussion, etc. All instruments are welcome. The list of sing-and-play songs is posted before every meeting on the Music Group website. To view the lead sheets (chords and lyrics) for the sing-and-play songs, visit the Music Group website and select on the meeting date.

The second half of each meeting is dedicated to open mic performances. Anyone can perform in a non-judgmental environment, where the goal is simply to have fun and allow people to display their talents. Performing in front of other people is often difficult, but the Music Group provides a friendly environment for anyone wanting to step out of their comfort zone to sing and/or play. A signup sheet is available at every meeting. Spectators are always welcome.

The Music Group website is https://lincolnhillsmusicg.wixsite.com/musicgroup. The password for this website is "musicgroup". For further information, contact Dan Marcus at 201-741-0920.

There are guitar classes, the Guitar Ensemble for anyone interested in reading music, and a seasonal vocal training workshop for people who like to sing. Also, there are monthly drum circle and Ukulele group meetings.

Consult the Compass for class information. Contact Sal Caruso at 916-343-5810 for the Guitar Ensemble. Contact Ron Peck at 925-788-5869 for the Ukulele Ohana. The drum circle meets the third Wednesday of the month at 6:30 in the Fine Arts room (OC).

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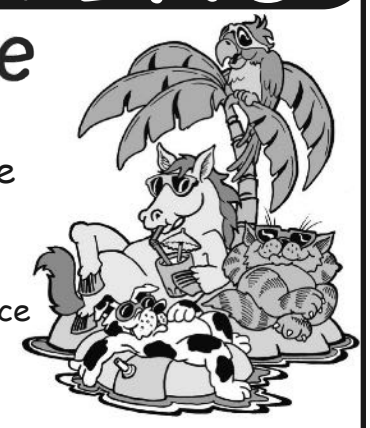
(more Club News cont' on page 11)



A recent Music Group meeting with open mic performances.

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Neighborhood Watch —

Emergency Preparedness and Connecting Residents with our Protectors

BY JUDIE PANNETON

Emergency Preparedness will be the main focus by Neighborhood Watch for 2027, which was decided by the Board. Highlights will include emergency information regarding: evacuations, sheltering in place, finding exits, sharing personal emergency contacts, filling a "go bag," etc. More information will be shared in upcoming articles and at safety events as well as at – sclhwatch.org.





Valuable tips were shared by first responders at the October 6th communitywide Neighborhood Watch National Night Out event.More than 135 residents came together on October 6th to meet with police, fire, probation, code enforcement, and other government professionals who brought information, handouts and answered questions.

Safety advice included: Lock your house doors and their screens and don't open doors to strangers. Bikes are not allowed on sidewalks in Lincoln. Call police with information about offenders and provide a detailed description of the riders and do not put yourself in harm's way. (This advice is also applied to seeing someone you notice is suspicious or suspect that person is committing a crime.)

To prevent financial fraud, always check your statements. Do not leave passwords or sensitive information on computers in case of theft. Do not leave items in your car that could tempt thieves.

Lincoln Police Sergeant Jesse MaCauley also shared tips at a recent safety forum in KSPH that included: Put dowels/pvc pipe in sliding doors and window jams. Gates should be locked. Don't give financial information to strangers via the phone or in emails or on links you receive. Register your security cameras and lockboxes with the city of Lincoln so that police can use the cameras as possible tools to help solve crimes. (They will always ask for permission and will not have automatic access to the content.) Sign up for alerts at www.placer-alert.org.

Did you know that the same rules apply to cars and golf carts regarding young passengers? If they are supposed to be in cars seats in your car, the same requirement is for your golf cart or NEV.

There is much more valuable information like what to do considering community trespassing, stop sign violations, how medications may affect your ability to safely drive (and insightful questions and answers) in the September 23rd safety event video at sclhwatch.org.

Also, check out the informative October presentation video by Lincoln Fire Chief and Anthony Mejia and his team with topics like: wildfire awareness, defensible space, fire hazard maps and their paramedic implementation plan.

NEIGHBORS InDeed
Sun City Lincoln Hills

Attn: Retired Law Enforcement Officers

You are invited to join us for our quarterly meetings for some camaraderie, coffee and terrific guest speakers. We were formed in 2002 and have approximately 120 members.

Please contact Chuck Schmidt, the RLEO Group coordinator at: 530cms@gmail.com

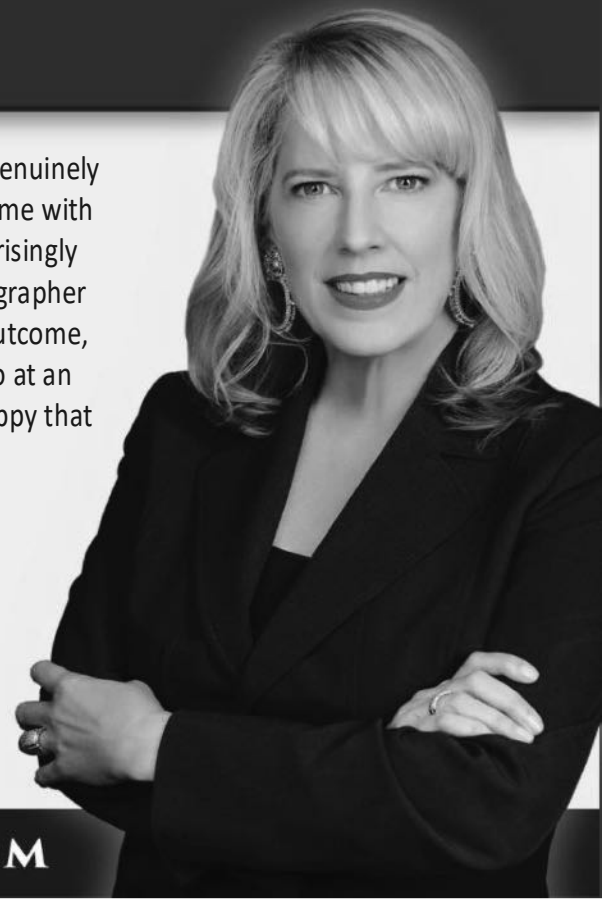


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SCLH Resident Takes the Court on the World Stage

BY ROSEMARY TANFANI


Andrea Mayorga (center) with Australian referees.

Andrea Mayorga brings international experience, sportsmanship and a little pickleball joy home from Vietnam

Andrea Mayorga, a Sun City Lincoln Hills (SCLH) resident, certified pickleball referee and Lincoln Hills Pickleball Club player, recently returned from Da Nang, Vietnam, where she officiated the Heineken World Pickleball Cup from August 30 through September 6. Accompanied by her pickleball-playing husband, Armando, Mayorga refereed an impressive 50 matches during her stay.

The international tournament brought together approximately 5,000 players representing 80 nations, competing in five categories: Kids (under 14), Juniors (under 18), Open (no age limit), Seniors (over 50) and Masters (over 60). The United States captured gold medals in every division except Seniors.

One match, in particular, left a lasting impression on Mayorga. The Open division matchup between Iran and the United States ended in a U.S. victory, but the real highlight was the spirit in which the game was played.

"The match was a wonderful display of sportsmanship and respect," Mayorga recalled. "Why can't more problems be solved on the pickleball court?"

Her favorite match, however, had less to do with competition and more to do with the joy of playing. In the Ladies Singles 50+ division, two competitors from the Cook Islands, both relatively new to pickleball, brought their own special energy to the court.

"They brought incredible joy and enthusiasm to the court, with their singing, dancing and laughter," Mayorga said. "It was a wonderful reminder that pickleball is much more than competition; it's about connection, community and joy."

Refereeing an international tournament presented its share of challenges, particularly when it came to communication. With players representing dozens of countries, language differences sometimes made it difficult to convey instructions and resolve questions on the court.

"The language barrier was a challenge, but I used Google Translate and recruited others to help translate," Mayorga explained. Some younger players spoke English well, thanks in part to their schooling, and she quickly became adept at using hand signals to communicate with players.

Planning is already underway for the 2027 Heineken World Pickleball Cup, although the host country has yet to be announced. Would Mayorga consider returning to referee another international tournament?

"Yes, I would do it in a heartbeat," she said.

For Mayorga, the experience was about much more than officiating 50 matches or traveling halfway around the world. It was an opportunity to meet people from different cultures, witness extraordinary sportsmanship and share in a sport that continues to bring people together across borders.



USA team during Parade of Nations.

"The experience was far more than simply going to Vietnam to referee a tournament," Mayorga reflected. "It was about the people I met, the cultures I experienced, and being part of something truly international. The memories and friendships I brought home will stay with me for a very long time."

For this SCLH resident, pickleball provided a passport to the world—and a powerful reminder that, no matter where we come from, a love of the game can bring us together.

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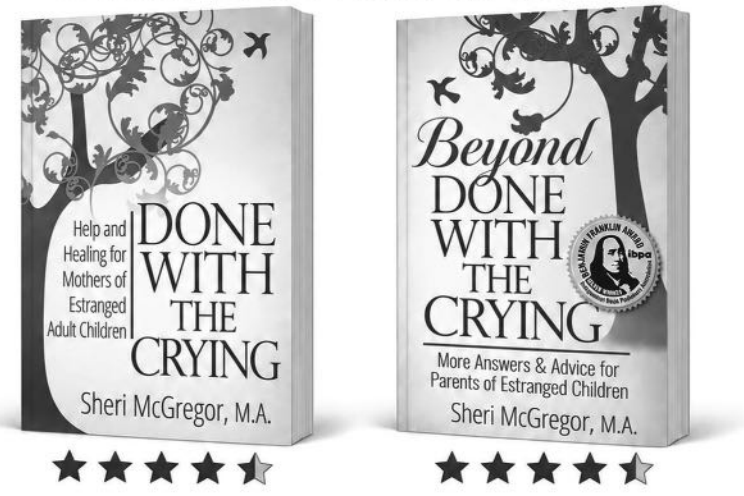
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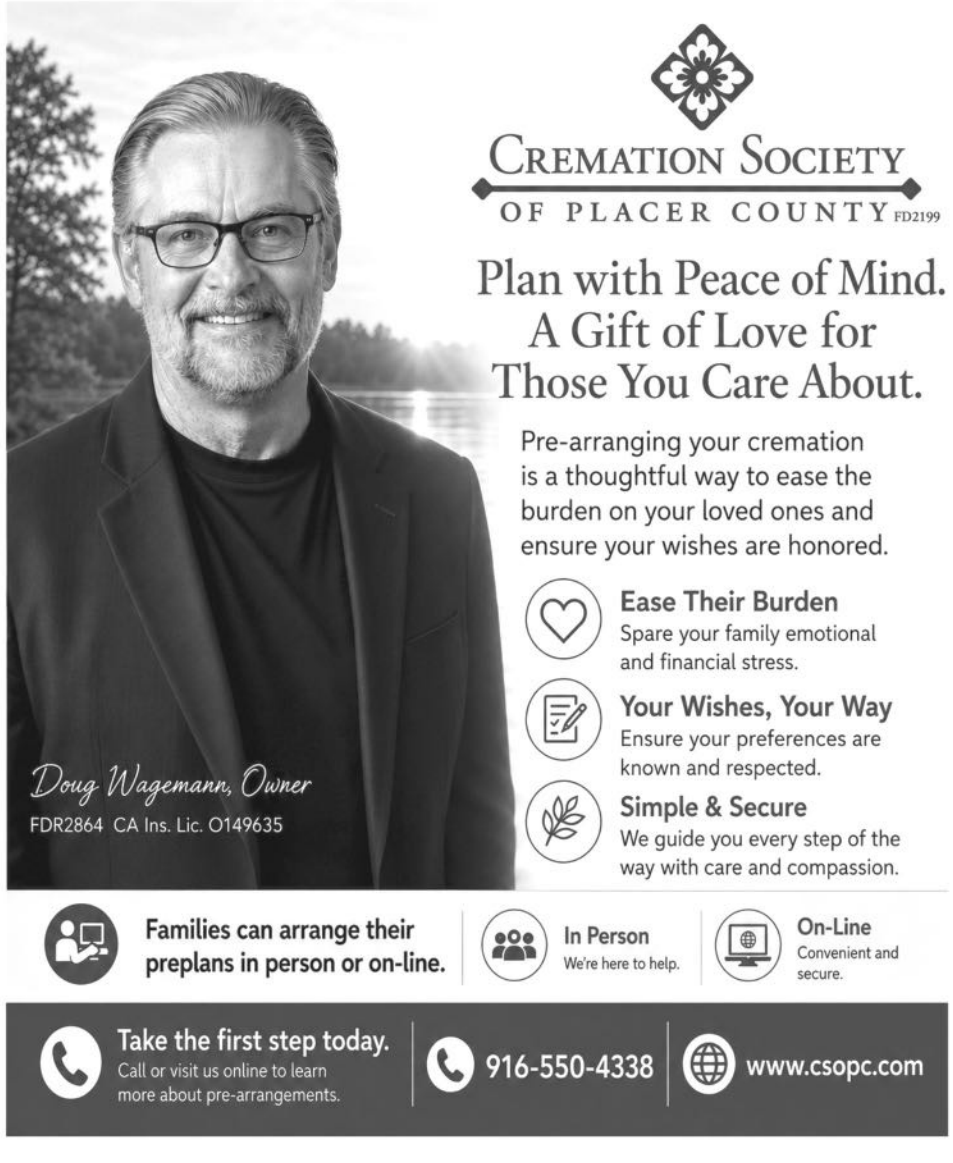
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November Community Forum — Falls Prevention Overview

BY LINDA FRANKLIN

— Falls Prevention Overview —

Thursday, November 12th • 2pm

Presentation Hall, Kilaga Springs

Our November Community Forum will focus on preventing dangerous falls. Public health is outside my expertise, so while I'll share research on frequency, risks, and dangers, most of what I know comes from painful experience.

Years ago, an orthopedic insert specialist measured my very flat feet and said I was already halfway to falling just by standing. That helped explain my lifelong tendency to trip and fall.

Maybe being left-handed also contributed. Is navigating a right-handed world awkward? My left-handed sister has fallen even more than I have. Or perhaps our father's constant rushing taught us to hurry and miss cues like uneven steps and tripping hazards.

Research points to many risks: reduced lower-body strength, balance or walking problems, medicines that cause dizziness, poor vision, painful feet or bad footwear, low vitamin D, and home hazards such as uneven surfaces, throw rugs, and clutter.

Several have affected me, and aging bones haven't helped. I fractured my left shoulder on a TV-room rug, broke my hip after missing a theatre's bottom step, and got a nasty head bump after tripping over a vacuum cord.

Yikes! I need this Forum—and I'm not alone. More than one in four of us falls each year. Falls send 4.5 million people to emergency rooms and nearly 1.5 million to hospitals. Even worse, falls cause 83% of hip-fracture deaths.

I'm eager to learn from Sutter Injury Prevention Specialist Monica Martin and Health Education Coordinator Erica Williamson, and I'm also signing up for a balance and strengthening class. Meanwhile, my husband will have to match my slower pace as I watch for tripping hazards.

……..

EDITORS' NOTE: The Sun Senior News has always been politically neutral. Our content should be focused on the activities of the clubs, groups, individuals and issues related to being a resident of Sun City Lincoln Hills. Our publication will not publish article content or "Letters to the Editors" regarding Federal, or State election issues or advocacy.

We ask that Sun City clubs/groups that are, or could be perceived as political, to limit submission content to basic meeting/event/link info, and avoid advocacy.

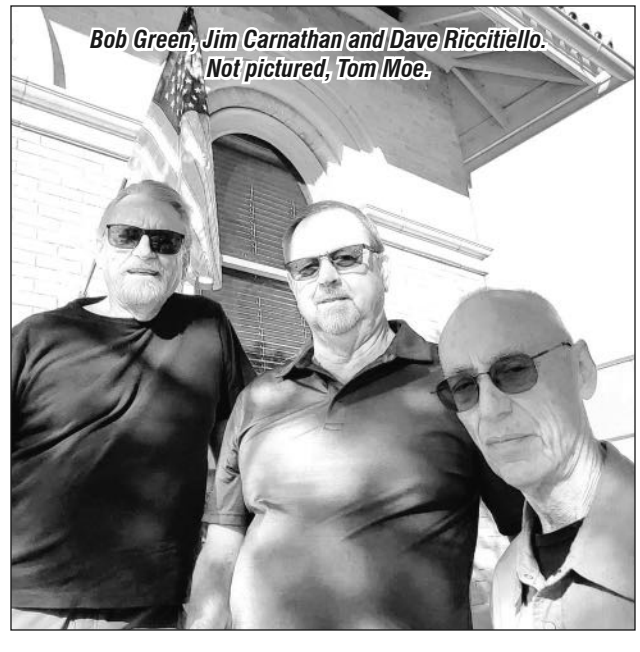
All club/group submissions should focus on that organization only.

Submissions should be 300 words or less and due by the 15 month (unless the 15th falls on a weekend or holiday) then the submission should be submitted before then for the following month's issue. Email to: SunSeniorNews@gmail.com



SCLH Retirees Help Give Lincoln's Carnegie Library a New Life

BY DAVID RICCITIELLO


Bob Green, Jim Carnathan and Dave Riccitiello. Not pictured, Tom Moe.

Retirement has given four Sun City Lincoln Hills (SCLH) residents the opportunity to take on a project they hope will benefit the entire Lincoln community: transforming the city's historic Carnegie Library into a new home for the clay arts.

The SCLH team behind the project—Dave Riccitiello, Jim Carnathan, Bob Green, and Tom Moe—has brought the Lincoln Clay Arts Center (LCAC) from concept to reality. Their goal is to preserve an important piece of local history while returning the building—vacant since 2011—to productive use.

The team brings a wealth of relevant experience to the challenge. Tom is a member of the SCLH Properties Committee with a distinguished career at the Parsons Corporation. Bob is president of the SCLH Painters Club and a former member of Lincoln's Economic Development Committee (EDC). Jim is an SCLH ceramics instructor and member of the SCLH Ceramic Arts Club. Dave serves on the SCLH Properties Committee and chairs the EDC. Local clay arts legend Ray Gonzales rounds out the team.

Built in 1909 with a grant from Andrew Carnegie, the downtown library served Lincoln for over a century before closing. The landmark is a fitting home for a clay arts center, as Lincoln's heritage is deeply tied to clay and architectural terra cotta. In fact, the building itself showcases building materials—glazed brick, terra cotta window trim and ceramic roof tiles—from Gladding, McBean, Lincoln's historic clay manufacturer founded and in continuous operation since 1875.

A 2025 feasibility study by AMS Planning & Research confirmed strong community support and outlined a sustainable operating model for the center. The City of Lincoln has committed $275,000 for building upgrades and equipment, supplemented by $30,000 from private donors. Renovations will include ADA accessibility improvements, new flooring, updated lighting, and electrical upgrades for ceramic kilns. With permits now issued, construction is set to begin soon, with a planned opening in early 2027.

The proposed art center will offer affordable, fully equipped studio spaces, along with hands-on classes and workshops for artists of all skill levels. Main-level exhibit spaces and open studio nights will give the public additional ways to engage with the arts. Future plans include an artist-in-residence program and clay art therapy classes.

With construction fully funded, LCAC is now raising startup capital for its first three years of operations as core program revenues grow.

For the team, this project is about more than just reactivating a local landmark—it is about creating a vibrant place where residents can learn, teach, exhibit, and connect. They believe the Carnegie Library can once again become a central gathering spot: no longer around books and newspapers, but around art and the shared experience of creating something by hand.

To learn more or support the project, visit www.lincolnclayartscenter.org

Lincoln Police Department Volunteer Program

The program is open to Lincoln Residents, who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer for our Patrol Division (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work.

For more information, contact Roy Osborne at 916-645-4081.

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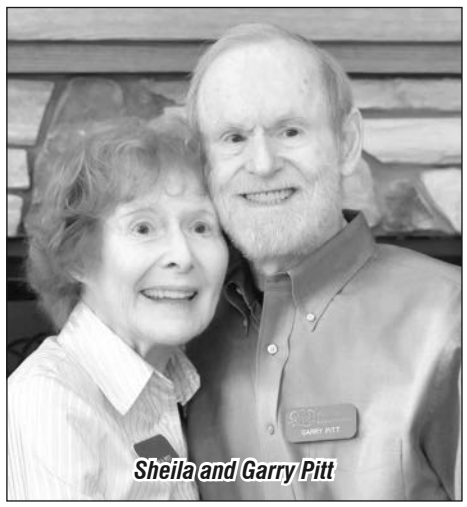
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Ballroom Dance Club

BY SAL ALGERI & ERNIE MICHELI

The Ballroom Dance Club is wrapping up their 2026 season with their annual Christmas Potluck on Tuesday, December 8. Just recently, the club had a Halloween Dance Party with costumes, food and lots of dancing!



Sheila and Garry Pitt

Even though the 2026 season is almost over, it's a great moment to look back on how it all started so many years ago in SCLH.

Leif and Darlene Andreasen were enthusiastic dancers who started the Ballroom Dance Club in January of 2001. At first, things were very informal. It was a small group of people who got together every week and danced. Those who knew some steps would help other members with new steps. Before long, Leif was giving a lesson every week for the common ballroom dances. As time went on, the format for the afternoon became more structured with a lesson, followed by an hour of dancing and then another lesson.

Leif introduced Tea Dances in the winter of 2002-2003 on Sunday afternoons. At first, these were very simple affairs. People brought CDs, and everyone danced. In September of 2003, they started charging admission and hiring a band each month. This continued for several years until 2010 when the Club decided to have parties monthly and have members act as DJs due to the increasing costs of hiring bands.

In 2003, Leif decided that it was time to give up running the Club and doing the instruction. Graciously, Gary Pitt decided to take on these responsibilities to keep the Club going. Later in 2005, Sal and Ruth Algeri became Sun City Lincoln residents, and they together with Clyde and Kay McMasters began to assist Gary and Sheila Pitt with the weekly dance instruction.

If you have any questions, feel free to visit our website at sclhbdc.com or email sr64danz@sbcglobal.net

• • •

Country Couples

BY DTIM TATUM

How time flies! Suddenly or rather eventually we've found ourselves in the month of November, the ninth month of the year, with lovely colors of chrysanthemums everywhere as well as the sparkling bright colors of topaz and citrine gemstones! Most of all, November always brings us closer to celebrating the holidays and significant observations on the Veterans Day/Remembrance Day (on November 11th). Then comes our Thanksgiving Day on the fourth Thursday of the month (November 26th) and followed by Black Friday and Native American Heritage Day!

So, it's no surprise at all that our Country Couples Club has always celebrated the month of November! It's those feelings of having fun and camaraderie amongst the club members who have been with the club for years or even decades! Just take a look at the smiling faces of longtime members Deborah and Jim Christie alongside other longtime members Larry and Olivia Eckert at our recent dance and social event!



Country Couples — Our longtime members Deborah and Jim Christie, Larry and Olivia Eckert.

Additionally and traditionally and on behalf of the club committee under the chairmanship of Saundra Moulton, we are specifically grateful to our club members who have been participating in the club dances and social activities throughout the year! Thanks also to the supporting team led by Rich and Donna Pick for organizing the social events as well as setting up and decorating beautifully for our dance events. Last but not least, we thank the team of volunteer dance leaders for helping us for all our dance practices on Monday evenings!

For more information about our membership and dance events including our social activities, please contact:

Dtim Tatum 279-966-8551. Or visit our website: www.sclhcc.com

• • •

SC Squares

BY KRIS KNUTSON

Ready to square dance?

At Sun City Squares we offer dance levels from beginning dancers called Social Square Dancing (SSD) through Mainstream, Plus, and A2. We have an active round dancing group for those of you want to take ballroom moves to the next level.

We believe Square and Round dancing is for everyone, no matter your experience level. Our members are from all walks of life, united by a shared love for dancing and socializing.

Whether you're looking to dust off you dancing shoes or you're just getting started, you'll find a welcoming place with us!

Why Join Us?

No Partner Needed - Come Solo or bring a friend!

The Sun City Square Dance Club is open to all dancers.

Casual Attire - We keep things relaxed, so come as you are and have fun. However, if you love the excitement of western dance wear, we have dance wear day the first Monday of the month.

Affordable - Non-members can join the fun for $8 per session and members enjoy a discounted rate with a quarterly fee of $60.

Beginner Sessions - We love starting new friends on the first promenade around the floor, come join us and see how easy it is to start.

No driving In The dark needed.

Where We Dance: We dance in the Kilaga Spring Lodge located at

1167 Sun City Blvd, Lincoln CA 95648

SSD thru Plus- Mondays at 1:00-3:00 PM in the California Room

A2- Tuesdays at 3:15-5:00 PM in the Terra Cota Room.

Round Dancing - Thursdays at 1:00 - 3:00 PM in the California Room.

For more information contact Tom Bolton 818-321-7708.

• • •

Round Dancing Group

BY CATHY RAZUMICH

What is "round dancing"? Round dancing is social ballroom dancing made easy. Unlike freestyle ballroom dancing, round dancing is not improvised. Dances have been choreographed to specific music. A leader (cuer) announces the upcoming steps as the music plays which makes leading and following very easy. All dancers perform the same steps at the same time. They move in a counter-clockwise direction around the room, which is why it is called a "round" dance.

Our group round dances on Thursday afternoons. There is an important time and location change. Sessions on 11/5 & 11/12 will be from 11:30-1:30 PM in the Fine Arts Room at Orchard Creek Lodge (965 Orchard Creek Lane in Lincoln). After 11/12, Thursday Round Dancing sessions will be on a holidays

(cont' on page 15)

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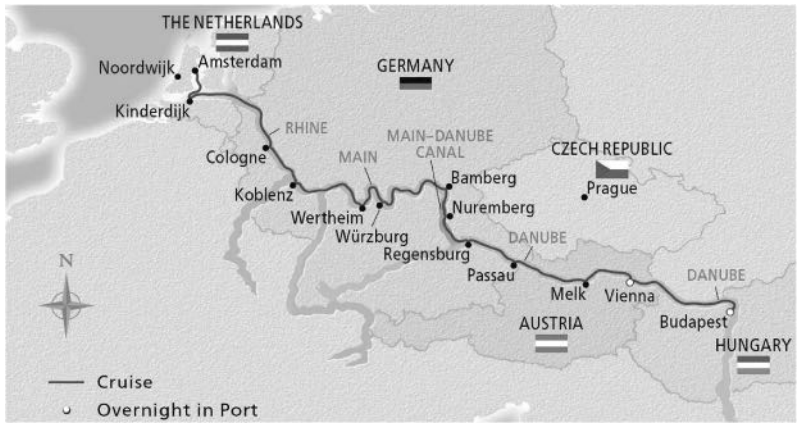
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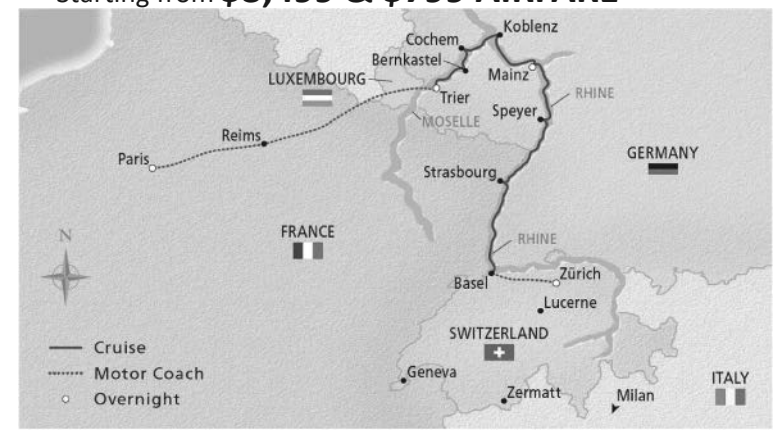
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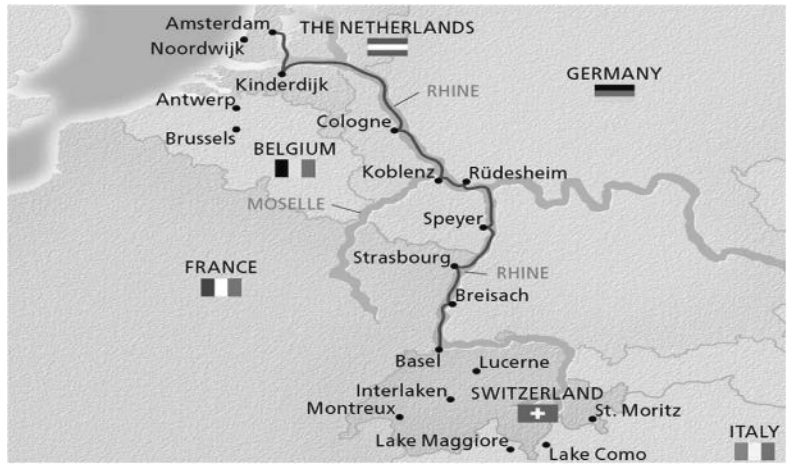
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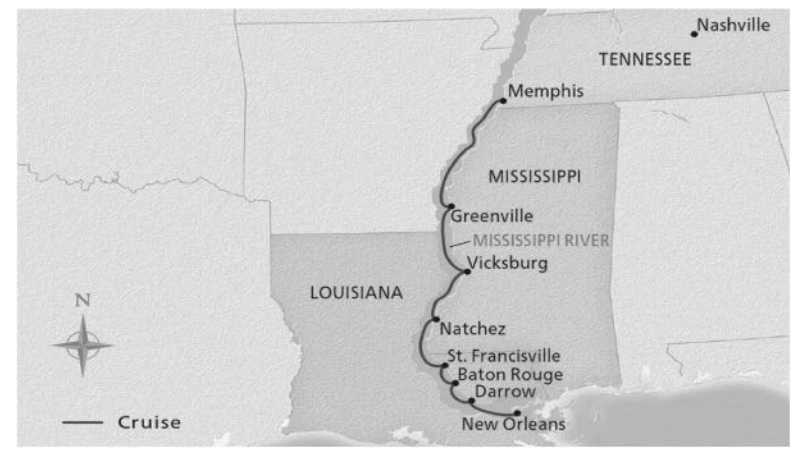
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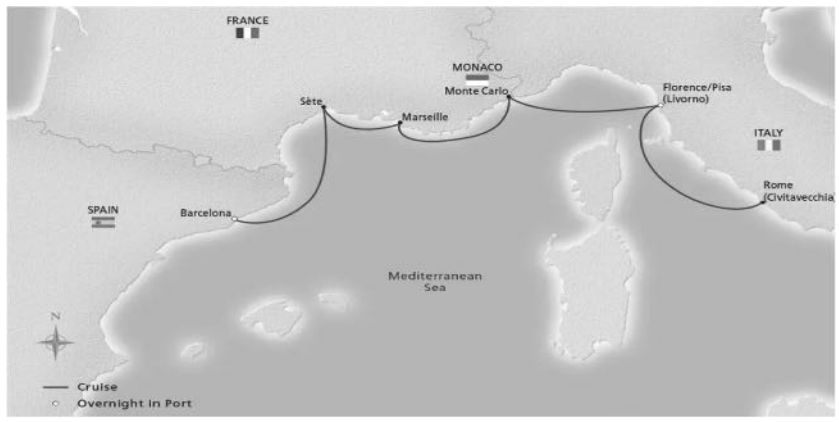
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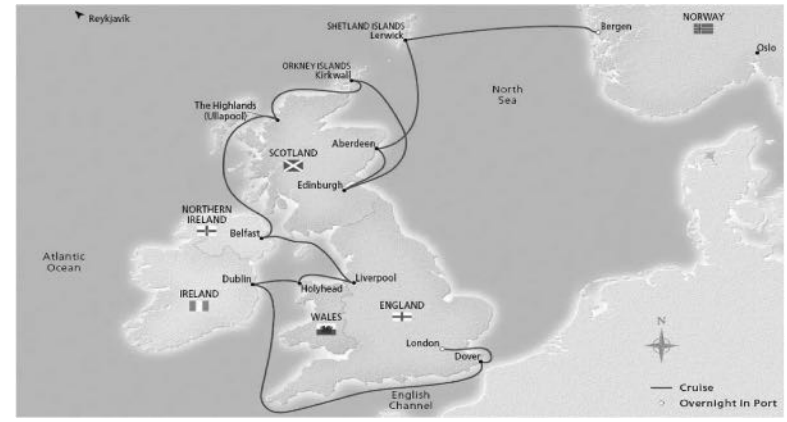
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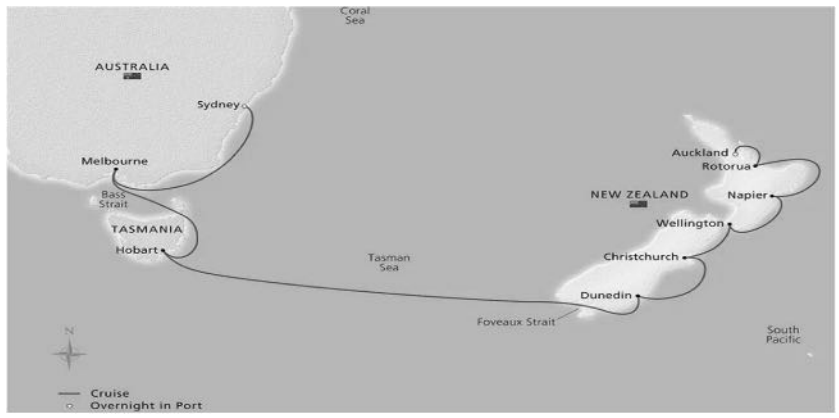
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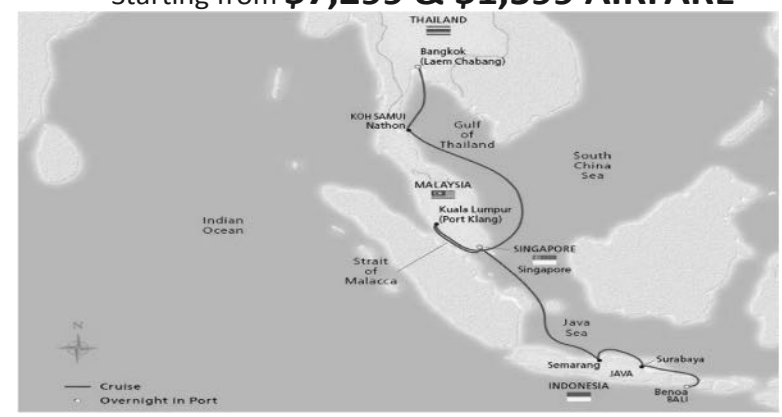
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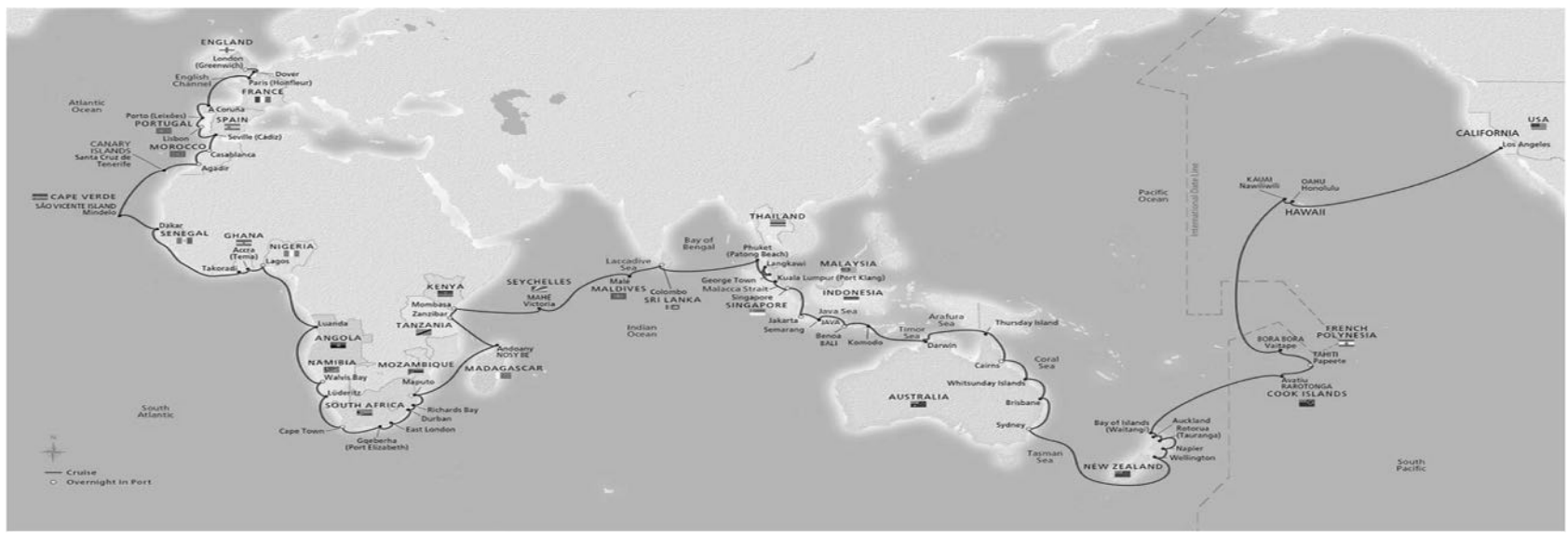
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Round Dancing Group

(cont' from page 11)

break until January.

We would love to have you join us! Singles and couples are welcome. No dancing experience is needed. If you're not able to stop by before our holiday break, seriously consider adding Round Dancing to your New Year's resolutions. It's a great way to enjoy a Thursday afternoon and meet a fun group of friendly dancers.

Here's more about round dancing. It includes many common ballroom rhythms such as Waltz, Rumba, Cha-Cha, Foxtrot, Jive (East Coast Swing), Two-Step, and Tango. These are the rhythms our group practices on Thursday afternoons with our Cuer, Marie Hathaway. For each rhythm, skill levels are categorized by difficulty. Beginners start with simple steps and advance to more complex routines. The skill levels called "Phases" range from Phase I (beginner) to Phase VI (expert). In our sessions, Marie works with us so we can dance more rhythms and progress through the phases.

Contact Cathy Razumich at 408-218-2144. Round Dancing is sponsored by the Sun City Squares. More club information can be found on our website sclhsquares.weebly.com

• • •

Mixed Media

BY JILL SHORT

Can you believe we're already in November? Time really does fly when you're having fun! This month, we'll be getting creative with a Fall Fox Mixed Media project, that will be led by Jill. The Club meeting will be November 18 in the Fine Arts Room (OC) at 12:15- 3:15. It's our final meeting of 2026. We'll take a break for December.

The Mixed Media Club will return in January 2027, meeting on the third Wednesday of each month in the Fine Arts Room at Orchard Creek Lodge. We're also returning to our original meeting time of 1:00–4:00 PM, which was our longtime schedule.

Annual dues are $20, for new people who join after December the dues will be prorated.

So, what exactly is mixed media? It's simply art that combines different materials and techniques—acrylic paint, paper, glue, fabric, found objects, and just about anything else you can imagine. We're all about experimenting, trying new things, enjoying the creative process, and leaving perfection at the door!

Interested in seeing what we're all about? Any Sun City resident is welcome to visit us. Just contact us ahead of time so we can make sure there's a place for you and know to expect you! For more information or to arrange a visit, contact Club President Jill Short at Jillann322@gmail.com

• • •

Ceramic Arts Group

BY MICHAEL BRADY

Well, the holidays are upon us! There is still time to get all your gifts into the kiln. Handmade ceramics make great gifts. Check



out the Compass for class schedules on Tuesday's and Thursdays. Anyone can drop in on any Friday for free time. It's very easy to get started in ceramics. We have small packs of clay and loaner tools. Come on down!

• • •

Painters' Club

BY TAMSEN ARMSTRONG

The "Plumage" Painting Challenge will be on November 17th in the OC Art Room starting at 1:30. Come early to enter your painting and have a bit of social time. We will also be voting to retain our current President and Co-President as well as electing a new Secretary and Treasurer.

Mark your calendars for our Holiday Luncheon at the Turkey Creek Bar & Grill on December 15th at 11:30. We dine and chat and share what's on our easel, so y'all come and join us! The show at



Painters' Club — Artist Lisa Calouette

the Simple Pleasures Café continues to delight and amaze. It runs from October 5th through February 1st. Come for the French Toast, stay for the delightful collection of original paintings created by our resident artists.

We welcome all residents. Some of us have been painting for a long time but many are beginning or emerging painters who are steadily working on skills and have made great progress. We paint in watercolors, acrylics, oils, pastels, and pen & ink. The club

(cont' on page 17)

Needle Arts

BY JAN HESS



Needle Arts fabric sale.

No tricks, only treats. Creative makers outdid themselves with unique handmade items which were sold at both October's "Artisans at the Lodge" and November's "SCLH Holiday Market." Thank you to all the talented members as well as the volunteers who staffed the booths to make the events successful. A special thank you goes out to Pam Gile who also sold items for Needle Arts during the community wide garage sale.

Do you feel lucky? Tickets are still available for wonderful items: a beautiful quilt, a Feather Weight Singer sewing machine, a basket filled with crochet goodies and a basket of knitting supplies. Members will be able to purchase tickets at our next regular meeting and at our Holiday Luncheon where the drawings will take place.

Our next meeting is on November 10 at 12:30 PM in P-Hall (KS). Additionally, be sure to mark your calendar for the Needle Arts Holiday Luncheon on Monday, December 7 at 11:30 AM in the OC Ballroom.

Contact: Cindy Nelson, 916-903-9095
sclhneedleartspres@gmail.com

• • •

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Painters' Club

(cont' from page 15)

is dedicated to the idea that we are each on our own personal artistic pathway, hoping for comradery, inspiration, and exposure to new styles and techniques. Meetings are held in the OC Lodge Art Room every 3rd Tuesday of the month starting at 1:30 PM. The Board meets every 2nd Tuesday at 11:00 AM, welcoming all members to attend and participate. Dues are $20 a year, $35 for a family.

• • •

Creative Glass Club

BY SUSAN HAAS

The Creative Glass Club is a community of glass enthusiasts who enjoy learning, sharing, and creating together.

We are inviting You to try new Art endeavors! Members work on a variety of projects, including stained glass, fused glass, and mosaics. We offer Tips and Tricks at each open studio. We offer workshops for both beginners and advanced artists and special member only projects. We meet the 1st and 3rd Tuesday evenings 6:00-8:30 and 4th Thursday 9:00-noon. We meet at the Kilaga Lodge. Do drop in and see what we are creating! Maybe Join and create a Christmas item or gift! Yearly membership fees $20.

November Open Session Tuesday 17, only.

Please contact Corene for membership questions-925-813-8385.

• • •

Paper Arts Club

BY LINDA LUCCHETTI

Susie Smelser led our October project using stamps – not the kind we're used to —but, cancelled postage stamps. We decoupaged a paper leaf covered with stamps to create a magnet, in addition to making a dimensional pumpkin and a greeting card. Thank you, Susie, for demonstrating ways to utilize various materials like postage stamps in a fun project.

Reminder — meeting date change: We will meet on November 12th (the 2nd Thursday of the month) for our general meeting. The project will be making lighted paper bag stars.

Mark your calendars for our annual Holiday Luncheon on December 3. Look for more information as we plan to get together and celebrate another year of crafting, creating, and connecting.



New member Judy Simpton with Dottie.

We typically meet, unless otherwise noted, on the first and third Thursday of the month in the Terra Cotta Room at Kilaga Springs Lodge at 9:00 AM for general meetings and Open Lab. Check the monthly newsletters (email) for updates. For further information, contact: Pam Abad, pamabad@att.net

• • •

Photography Club

BY DIANE MARGETTS

Laurie Friedman shared her photographic adventures of her trip to Patagonia. This region comprises the southern section of the Andes mountains featuring lakes, fjords, temperate rainforests, glaciers in the west and deserts, tablelands, and steppes to the east. Her photos were as stunning as they were captivating. Thank you Laurie!

Our December meeting will be replaced by a Club favorite, our annual holiday breakfast. This event featuring delicious food and a fun is coming up on Dec 14!

Our educational committee has been cranking on all gears. We recently featured a photography 'boot camp' to introduce or reintroduce participants to their camera's basics as well as some more advanced capabilities. We also satisfied members on the post photography processes of Lightroom. We had a wonderful class on Dreamy Blooms which demonstrated how covering the lens with cellophane smeared with lipstick can produce the softest color, glow, and focus for our beautiful flowers. It was playful, a little messy, and a great way to see our cameras differently.

Check out our exhibits at Simple Pleasures, Buonarroti Ristorante and our own Kilaga Springs Spa to appreciate our wonderful photographer's

creative skills. We thank all of our photographers for sharing their wonderful work!

Thinking about joining the Photography Club? We always welcome new members. You can sign up at any of our monthly General or Photography Special Interest Group Meeting. For information of meeting times and schedules, please check out our website.

Contact: Diane Margetts; 916-955-1809

Website: http://www.lhphotoclub.com

• • •

Woodcarvers

BY LIONEL RAINMAN

As in every craft, there are some woodcarvers that can raise it to an art form. The reality is that most all our members are hobbyist wood carvers. That is not to say they can't turn a piece of wood into something artistic and unique. Many carvers find working on a piece of wood with a carving knife quite peaceful and relaxing. They carve when they have free time on their hands and they may give finished carvings to family or friends as gifts. .

The Woodcarvers Club is here to help get you started. We have tools, books and friendly members to help you along the way.

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

Contact: Lionel Rainman, 916-253-9534

• • •

Stamp Club

BY TIM MILES

Things are starting to get tight due to the holidays. We have a meeting November 10th and that is all for the month due to Thanksgiving. Our meetings are on Tuesday nights at the Sun City Roseville Lodge (7050 Del Webb Blvd) at 6:30 pm and we get everything finished by 8:30 pm or so.

December meetings are canceled due to the need for the space for Christmas Parties at the Lodge.

Recent gatherings were held at Lincoln Hills in the snack bar area thanks to Susie Smelser and Pat Matthews.

Check the email and be sure that our Secretary, Lee Coen (leejcoen@gmail.com), has your email address and all these events are handled by his emails in a timely fashion.

Our meetings are full of timely guests, topics, speakers and all the things associated with philately. We have door prizes and giveaways plus the answers to just about anything in the hobby. We display the complete current postal catalog collection also. If anybody has an album and wants it appraised, bring it to a meeting (no charge) and find out the surprising value.

Al Capparelli (916-771-8288) can be contacted for answers to anything we offer. We have garage days from time to time, and you can get special attention to a need in the hobby.

The Sacapex Stamp Show is set for Nov 7 and 8 and you can look on the computer for directions. The club is setting up a table to sell material on the 6th. Contact Al Cap if you want to help. There is a lot on sale, and it is worthwhile to attend.

• • •

Singles

BY KATHY SHADDOX

Let the holiday season begin! Days, to come, will be filled with holiday cheer for our families, friends and our Singles Club members.

When is Election Day? It always falls on the first Tuesday after the first Monday in November. Remember to hang your flag and vote by November 3rd.

Singles kick off the month with their monthly Birthday Celebration on Sunday, November 8th at 4:00 pm in the Terra Cotta Room at Kilaga Springs. If you are a member and have a birthday in November, be sure to come and have a free drink on your club. Be sure to check in with Lucy Martin. And, yes, we will have a no-host bar for the enjoyment of all members. Dennis Doane will lead us in singing to those having November birthday. How much fun is that!

Be sure to attend our November Business Meeting on Thursday, November 12th in the OC Ballroom. Following our meeting, we will play "Turkey Bingo". There will be lots of prizes (no turkeys) to be won! Don't forget to bring your canned goods for our club's holiday donation for the needy.

On Saturday, November 14th at 9:00 am is our 2nd Saturday Breakfast in the OC Sports Bar. Come and enjoy ordering anything you want off the menu and spending time with other members. Dennis Reid, our host, will be there to greet you.

Remember, Bocce is always played on

(cont' on page 19)

Amazing Grace
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Saturday Mornings - Bible Study 11:15 am
(English)
– • –
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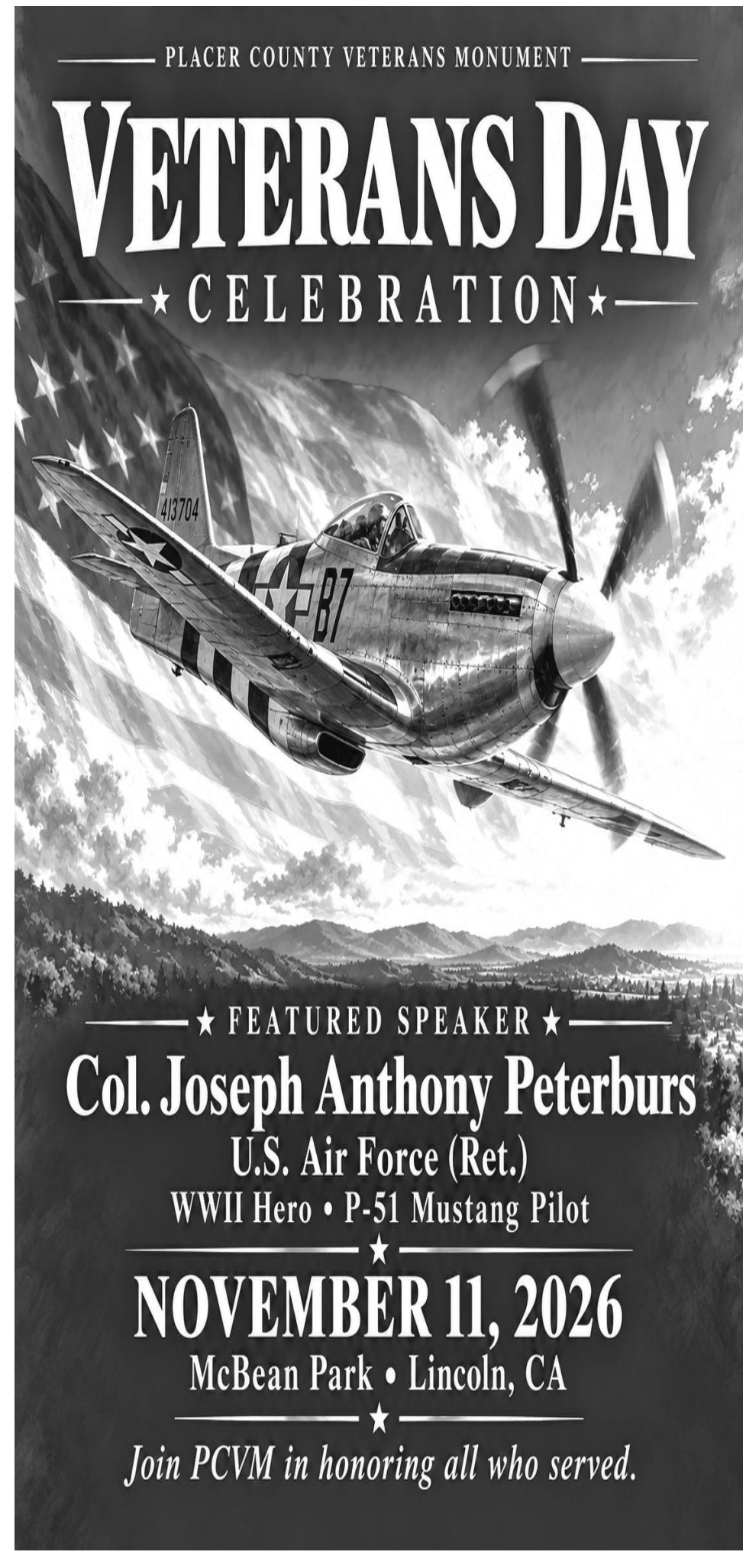
BY DON WITT

Panel #9 will be unveiled on November 11, 2026 • Veterans Day at 11:11am at the Veterans Day Ceremony located in McBean Park, 65 McBean Parkway in Lincoln, CA. Lincoln Mayor Richard Pearl will welcome invited Guests. Special speaker: Col. Joe Peterburs, a 101-year-old Roseville resident. He was a WWII P-51 fighter pilot who flew 49 missions and shot down a jet during one of them. There is more to the story. He also served in Korea and Vietnam.

The program also includes Patriotic music, a 21-gun salute, bagpiper Sean Cummings, vocalist Lynsey Bostick, fire trucks, and a fly over.

Please arrive 30 to 45 minutes early. Normally 700 or more attend these events.

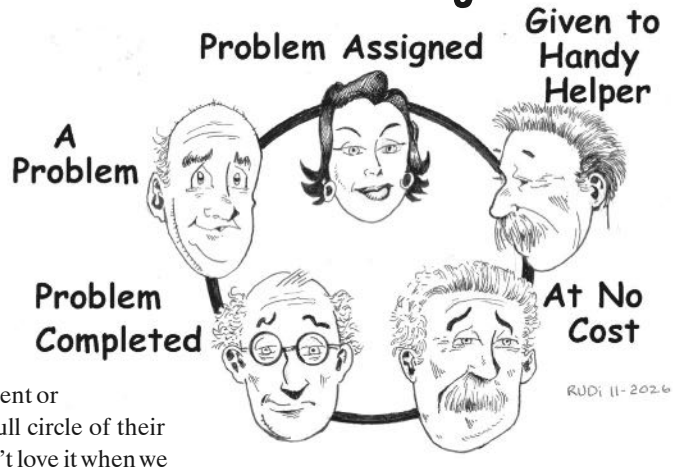
Seating for 400 will be provided, so you may want to bring a chair.



Neighbors InDeeded —

A Circle is a Beautiful Thing

BY JAN LEE



Think about it. We encounter numerous circles in our daily lives, and "completing the circle" fills us with a surge of endorphins!

For example, we experience pleasure as we finish the "circle" of our gym routine. Or we rejoice when a friend receives an engagement or wedding ring, defining the full circle of their relationship. And who doesn't love it when we see our favorite batter circle the bases when he hits a homer? Conversely, when our TV loses its network connection and that blasted circle goes round and round, we crave its completion until the network returns.

When I volunteer with Neighbors Indeed (NID), I experience endorphins, as a circle is completed. This circle starts when a resident calls our telephone line to relate an issue and request help.

Our Information and Referral Volunteers return each call, affirming that a Handy Helper will be assigned or, if the request is not something we do, they provide names of a few recommended vendors.

As a Dispatcher, I join the circle when I receive the vetted caller's name and request, which I then hand off to a qualified Handy Helper. These Helpers can "fix something" or deliver requested medical items, such as walkers, wheelchairs and other medical "loaners."

The circle ends with our Lincoln Hills residents' exclamation of joy that his/her problem is solved. And one of the best parts is this service is provided at no cost!

Please join our circle! You too can feel that endorphin rush as you play a part in helping your Lincoln Hills Neighbors.

Call 916-223-2763 to request service or to speak with a volunteer about where you might fit into our circle.

Singles

(cont' from page 17)

Wednesdays at 10:00 am. Watch for the blast to let you know when we switch to 2:00 pm on Wednesdays.

That's is all for the Singles Club this month since we all are making plans, cooking, baking and traveling in order to spend Thanksgiving with family and friends.

Wishing the best festive Thanksgiving holiday to all!

• • •

Italian Club

BY ANNE (CORSARO) FINN

Thank you to those members who joined us for our annual General Meeting in early October. We appreciate your questions and input as we continue to grow and strive to be the best club that we can be. We recently kicked off the Holiday season with one of our most popular events, Turkey Bingo on November 1. Guests were treated to a traditional Thanksgiving dinner, followed by several fun games of Bingo. If you weren't lucky enough to shout out "Bingo", maybe you walked away with one of the many wonderful raffle prizes. It was a great evening! Now it's time to mark your calendars for our Christmas dinner and dance on December 8 at Catta Verdera. Hope to see everyone there! Please check out our website at ww.lhitalianclub.org for details on these and future events. For membership information, contact Sandi Graham at 916-826-5711.

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Shalom Social Group

BY JUDY GANULIN

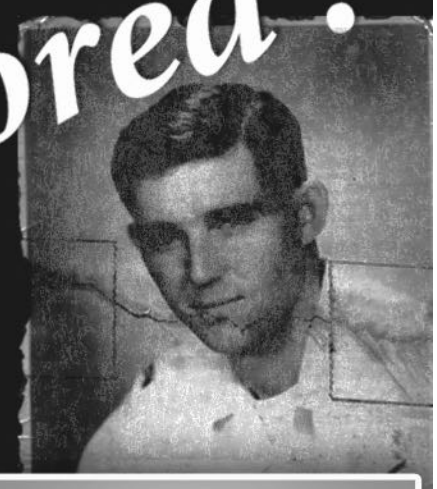
As 2026 draws to a close, Shalom Social Group members look back on a year of both accomplishments and new traditions. Our

(cont' on page 20)



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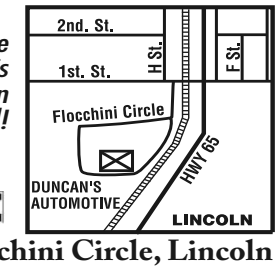
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Lincoln Hills September Sales Snapshot

Address	Street	Approx SqFt	Orig. Price	Selling Price	Model
1740	Crocker Lane	1120	$620,000	$505,000	Millpond
869	Greenridge Ct.	1138	$525,000	$495,000	Millpond
1636	Andover Ln.	1138	$519,999	$512,000	Millpond
580	Stockman Lane	1144	$515,000	$487,250	Millpond
1239	Freschi Lane	1190	$499,000	$497,710	Calaveras
1530	Topanga Lane	1194	$319,900	$310,000	Condo
2059	Stonecrest Lane	1449	$560,000	$550,000	Almanor
1140	Sun Flare Lane	1449	$560,000	$565,000	Almanor
1772	Farmgate Lane	1515	$560,000	$560,000	Pine Hill
1684	Andover Lane	1515	$525,000	$535,000	Pine Hill
1490	Ivy Arbor Lane	1515	$589,000	$575,000	Pine Hill
1855	Mary Rose Lane	1515	$580,000	$575,000	Pine Hill
310	Phoebe Court	1531	$699,000	$695,600	Alpine
1836	Gingersnap Lane	1539	$725,000	$685,000	Pine Hill
1040	Castleberry Lane	1539	$639,000	$630,000	Pine Hill
274	Lariat Looop	1595	$549,000	$529,000	Quail Cove
1469	Topanga	1741	$615,000	$530,000	Coronado (2 story)
398	Marigold	1777	$559,000	$510,000	Tahama
1851	Winding	1791	$615,000	$615,000	Tahoe
1882	Cliff Swallow	1836	$619,000	$611,000	Plumas
2262	Walden View	1836	$675,000	$675,000	Plumas
2683	Kingfisher	1854	$650,000	$615,000	Plumas
2048	Fallen Leaf	1873	$775,000	$715,860	Orchard Crest
1289	Magnolia	1910	$675,000	$595,000	Fremont
1052	Magnolia	1919	$639,000	$603,000	Fremont
902	Coachman	1949	$685,000	$685,000	El Dorado
1029	Truchard	2079	$725,000	$743,000	Plumas**
1305	Perdita	2151	$815,000	$815,000	Sausalito
2351	Stepping Stone	2176	$799,000	$825,000	Sausalito*
1624	Avian Hill	2262	$815,000	$815,000	Shasta*
384	Daylily	2262	$749,000	$775,000	San Mateo
1230	Overland	2263	$869,000	$869,000	Shasta*
1227	Overland	2380	$744,000	$735,000	San Mateo
1890	Homewood	2465	$949,000	$865,000	Monterey

*Open Space / Golf Course **Casita

Total Homes sold in Sun City per MLS 9/1/26 - 9/30/26

Shalom Social Group

(cont' from page 19)

board of directors for 2027will be installed soon — possibly at our Hanukkah dinner at Orchard Creek on December 6. We will celebrate Havdalah (a service to mark the end of the weekly Sabbath) in the Kilaga Kitchen on November 7. Our next Men's Group brunch will be at Joel Rayden's home on January 31; Lincoln Chamber of Commerce president Mark Luster will speak there. Our Women Together group is planning another event, possibly this month. For more information on our activities and membership, please contact Margie Gulko at 916-543-5303, or visit our website, shalomsocialgroup.godaddysites.com. Meanwhile, we wish you all a very happy Thanksgiving.

• • •

Lavender Friends

BY JOAN LACKTIS

Happy Friendsgiving! This month we are looking forward to feasting on stuffing and pumpkin pie as much as the next person, but many of us don't have family close by. So, we are planning to celebrate, albeit a little early, with our chosen Lavender Friends family. We Wii potluck all the great food and fun without having to travel.

In December, we will have our annual Holiday Dinner Dance, which brings friends from far and near to eat, dance, and catch up with each other. This tradition goes back almost 20 years and gets everyone in the spirit of the season.

We also have our annual November visit to the Thundering Herd mandarin ranch in Penryn, which is becoming part of our holiday traditions. The rancher, Rich Colwell, has deep roots in the community, a terrific story to tell and always welcomes us like family.


Thundering Herd mandarin ranch

Whether your Thanksgiving traditions include a charity run, the Macy's Parade, football or hanging out with friends and family, Lavender Friends wishes you a gratitude-filled Thanksgiving. Lavender Friends is a club for LGBTQ residents and their allies; check out our website at lavenderfriends.com

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Apple User Group

BY NINA MAZZO

November holds a few very interesting and timely programs.

Thursday, November 5th, "Pages Made Easy: Create Your Own Holiday Newsletter" In the first of a series on the many ways to use Pages, Helen Rains will show you how to use its word-processing and page-layout tools to create a personalized holiday newsletter. Whether you are using a Mac, iPad or iPhone, Pages gives you simple tools to add your own words, photos and personal touch. Come see what Pages can do and leave with ideas for creating your own holiday newsletter!

Ask the Tech 6:45PM; program 7:00PM; KS Presentation Hall

General Meeting Tuesday, November 10th, "Explore the Latest and Greatest in iOS27". Ken Spencer will introduce the new operating system

(iOS27) for iPhones and iPads. (Note: This is available to you if you are running iOS26). Ken will dig into the new features including a new Siri AI - an even more capable AI assistant with expanded intelligence to be more helpful every day (available on iPhone 15Pro and newer).

Ask the Tech 6:30PM; program 7:00PM; KS Presentation Hall

Monday, November 23rd, "History of Storage and Today's Options on How to Free Up More Space on Your Devices". Ken Silverman will take a lighthearted look at early storage and then provide you with tips and tools on ways to clear, clean and free up more space on your devices.

Ask the Tech 10:15AM; program 10:30AM; KS Presentation Hall

Please remember things can happen and programs might change so check the calendar or look for your member weekly email communication.

Our club website is a great place to discover the many services and programs available to members.

Club website: www.LHAUG.org. You can call and leave a voice message (no texts) at 916-913-6833.

As we enter the season of gratitude, thank you to all the volunteers behind the scenes who help our club thrive!

• • •

SCLH Writers' Group

BY RAY BIRGE

November brings crisp air and those early fireplace, cozy moments. Early frosts and lingering leaves predict the coming of the holiday season and family events. The month is known for Veterans Day when we honor military Veterans and those who died in service, and Thanksgiving, which features the family feast when we give thanks for all the good things in our lives.

Fun Facts and Smiles About November And Life

• The November full moon is known as the Beaver Moon. Allegedly, early colonial beaver trappers used the extra light to 3set their traps in the swamps before they froze over.

• Though brewing beer began about 3,000 years ago, the tin can wasn't invented until 1810. To make matters worse, the can opener wasn't invented for another 48-years. That must have frustrated a lot of beer drinkers!

• In November 1992, Neil Young released his album featuring the song Harvest Moon, a gentle folk tune about lasting love and marriage. It's a modern classic.

Why do bakers love November? … Because it means Dough-vember.

Why do mechanics love November? … Because it's Tow-vember.

Why do people love November? … Because they FALL for it.

(cont' on page 20)

SCLH Elections Committee

BY JUDY MARTIN, *ELECTIONS COMMITTEE MEMBER*

Moving to Sun City Lincoln Hills (SCLH) is about more than finding a home—it's about becoming part of a vibrant, welcoming community. Many residents discover the joy of joining clubs, volunteering, and making lifelong connections.

Each year, dedicated members of our SCLH Board of Directors complete their terms, leaving room for fresh ideas and new voices. In 2027, four positions will be open on the seven-member board. Serving on the Board is your chance to:

• Shape the future of our community

• Work side-by-side with other owners who care deeply about SCLH

• Put your skills, ideas, and passion into action

Since 1999, our community has thrived because owners like you stepped up to lead. For years, the Board's decisions have ensured that SCLH isn't just a place to live—it's a place to belong.

First Step - Pick up a Candidate Information Packet at the Membership Desk (OC)

Questions? Reach out to the Elections Committee at elections.committee@sclhca.com

2027 Election Schedule —

Friday, January 15: Candidate Information Session, Ballroom (OC) 1:00 PM-3:00 PM

Tuesday, February 16: Candidate Nomination Form with Autobiography, Due 4:00 PM

Friday, February 19: Candidate Briefing Session, Solarium (OC) 10:00 AM – Noon

Monday, March 1: Campaign Materials Display begins OC and KS Lobbies

Candidate Forum Question Box OC and KS Lobbies

Friday, March 12: Candidate Town Hall, KSPH 10:00 AM – Noon

Candidate Meet & Greet, (refreshments served) Placer Room (KS) Noon – 2 :00 PM

Saturday, April 3: Candidate Forum, KSPH 10:00 AM – Noon

Candidate Meet & Greet, (refreshments served) Placer Room (KS) Noon – 2 :00 PM

(Mon-Fri), April 5-9: Ballots mailed to members

Wednesday, May 12: Deadline to Return Ballots 3:00 PM

Thursday, May 13: Election Day: Ballot Counting, Ballroom (OC) 9:00 AM

Election and Annual Meeting of Owners

Election Results announced

SCLH Writers' Group

(cont' from page 20)

What type of writing pays the best? … Ransom Notes.

We're proud to be the SCLH Writers' Group dedicated to encouraging the growth and development of members in meeting their individual writing objectives. We want to be the most creative organization possible by providing feedback and constructive suggestions to our members on their under 1,400 word or less "masterpieces" and have fun doing it. We author short stories, novels, plays, poetry and even memoirs.

We meet on the 2nd and 4th Monday of each month from 5 to 7 pm in Room A (OC). Hopefully, we'll see you there.

Any questions call George O'Conner, Secretary 818-585-5261 or e-mail george7282yahoo.com

• • •

Genealogy Club

BY NANCY SWITZER

Scanning through my copy of the Sierra College Community Education Catalogue, the Kaleidoscope, one topic caught my eye. Titled "family" it featured eight classes on Genealogy. These classes run for four weeks and have costs from $45 -$70. For a mere $20 a year, each month our Genealogy Club has the same topics covered, and if that is not enough time to help you learn more, we have our November presenter, Kate McCarthy who has willingly volunteered her time and knowledge to anyone—including non-club members. If she doesn't know the answer, she will research it and find it for anyone.

The November20th 10:00 AM in (P-Hall) (KS) will feature Kate McCarthy. Kate is a teacher, researcher and is now writing two family history books for her family. Her topic is, "How to Pass Your Genealogy Work on to the Next Generation." She poses the questions, "Have you talked to your family about passing on your genealogy work? Are we worried the next generation will just toss all of our hard work? Kate is contacting commonly used companies and researching ways to pass on our information with companies commonly utilized.

December's meeting will be a social in the (OC) Solarium. More info next month. If you have a specific company or area researched, call Kate at 916-975-5052 and leave your name and a text on the issue.

Coffee, cookies and Chat afterwards in the Café.

Contact: Rita Perada 510-710-5704, ritaperada@gmail.com

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(more Club News cont' on page 22)

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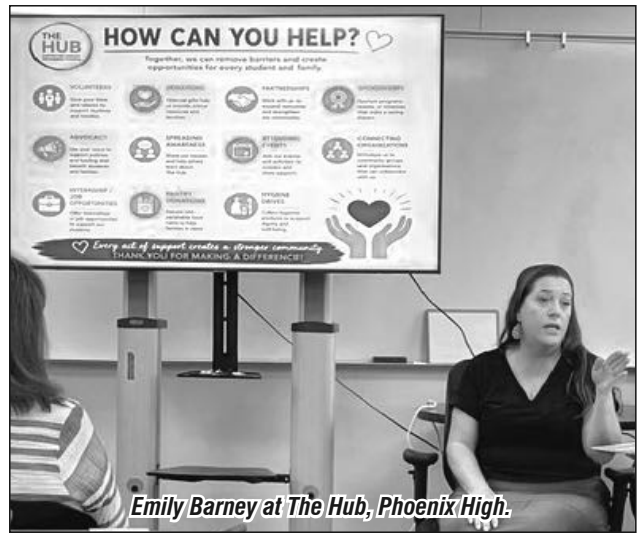
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SCHOOL

BY PATTI KINGSTON



Emily Barney at The Hub, Phoenix High.

The SCHOOLS annual meeting was held at Phoenix High at the "Hub" a Western Placer Unified School District (WPUSD) family resource center and is adjacent to the Phoenix/Atlas High School. They offer shelf-stable food, produce, backpacks and school supplies, clothing, hygiene kits, college and career support and referrals to County and local services. Anyone in the community needing the resource may come to the facility at 790 J Street, Monday-Friday, 8 AM to 4 PM during the school year. Chasity Raybuck-Bonilla, Director of Personnel Services for WPUSD, spoke to the group about the new requirements to become a volunteer in the schools. TB test, Live Scan (fingerprints), training on reporting disturbing incidents, all of which will be on-line.

The SCHOOLS organization is always looking for volunteers in K through 5 in our elementary schools. Now is a good time to express your interest in the Fall 2026 school year. Some volunteers help with paperwork, but most enjoy working directly with the children. Many volunteers are in the classroom 1 day a week for a few hours. They follow the teacher's guidance and collaborate with her. Most say they love being part of the community and "giving back" by volunteering. Teachers rely on extra help and appreciate every hour the volunteers spend in the classroom.

The Phoenix/Atlas High School has changed over the past few years. The opportunities offered attract High School students who want to work at their own pace with individual instruction to graduate from High School. The classes have become so popular that there is a waiting list for new students. Some classes offered by Sierra College are also available to students.

For more information on volunteering in a Lincoln Elementary School, contact Cyndi at ccolloton@yahoo.com. If you are interested in tutoring Math, History or English at Phoenix High School contact Irma at jmeidm@aol.com

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Astronomy

BY BARBARA SWERDLOW

Space the final frontier! Interested in learning about our solar system, deep space discoveries, and current space projects? These topics and more are presented at our monthly meetings. Meetings are held the first Wed. of every month at P-Hall (KS) at 6:45pm. The October presentation was on the launching of the Vera Rubin Deep Space Telescope. In November, we will see photos and hear about the GSSP Star Party held in July 2026.

We also invite people to view space objects at our monthly star parties, which are held, weather permitting, at the upper tennis courts. Check website for updates and times.

Our Cosmology interest group explores the history and development of the universe. Meetings are held monthly at Orchard Creek. Check the website for details.

Website: lhag.org

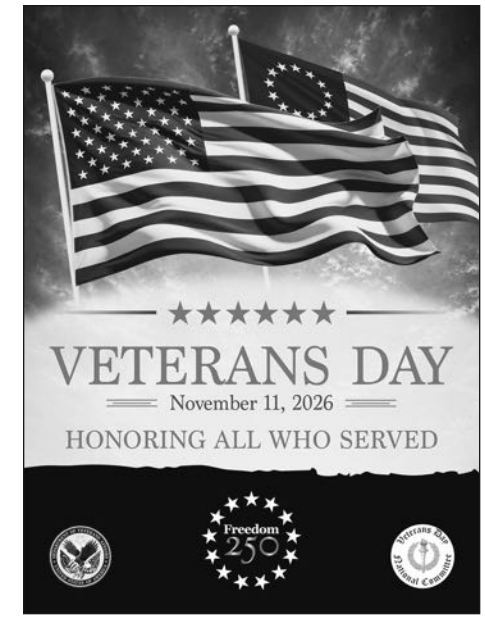
Contact: Cindy Van Buren, rvbcvb@att.net

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Veterans Group

BY STEVE WITMER

Be sure to save the morning of November 11 for our annual Veterans Day program. A flyover by T-38 aircraft from Beale AFB will kick off the day at 9:00 a.m., followed by a wreath-laying ceremony at the main entrance to Orchard Creek Lodge. Patriotic music by the Roseville Community Concert Band will begin in the Ballroom at 9:30, followed by



the formal Veterans Day ceremony at 10:00. The Whitney High School Air Force Junior ROTC will provide the color guard and Lincoln City Manager Sean Scully will be the keynote speaker.

The Veterans Group's popular holiday luncheon is coming up on Wednesday, December 16 in the Orchard Creek Ballroom. Save the date. A cash bar will open at 11:00 a.m. Lunch will be served at 12:00 noon. Watch for details in the next Veterans Group Bulletin. Flyers with menu and price specifics as well as a reservation form will be emailed to all members well in advance of the event.

(cont' on page 23)

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Veterans Group

(cont' from page 22)

If your American flag is looking shabby after the summer's sun and wind, you can pick up a bright new flag on the 15th of every month in the Orchard Creek Lobby between 8:00 a.m. and 4:00 p.m. The cost per flag is $20. To purchase a flag at any time, contact Van Oosbree at 559-307-5577, leave a message with your name, address and phone number and the best time to call back.

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Republican Club

BY SUE DUMAS

Fall, a time of reflection and thanksgiving; final days of November Election, and more. October "Hot Dogs and Ballots" event, with Assemblyman Joe Patterson - discussing candidates, propositions, bills, etc. was a great success. Included a meet and mingle time with candidates Michelle Kubo (School Board), and Holly Andreatta (Lincoln City Council).

Beale AFB Annual October Picnic, under supervision of Bill Schuman, with several volunteers. It is always an enjoyable opportunity to honor and serve our enlisted men, women, and their families.

Friday, November 6th (KS) P-Hall – 6:00 PM, starts 6:30 PM – Election Status, followed by Guest Speaker, Henny Abraham, Chair, California Republican Party's Persian/Iranian Engagement Subcommittee also President of Iranian American Republican Council; championing conservative values. – Henny will speak on "My life under the Iranian Regime." She left Iran at age 14 with her family, and came to America.

Tuesday, December 15th – Christmas Luncheon in OC Ballroom. 12:00 PM – 3:00 PM. More info to follow.

Don't miss our Club Display in OC hallway opposite Sewing Room. November 2nd thru November 30th.

Book Club – We now have morning and afternoon groups. The afternoon group selected their next read; Ted Cruz's book, "Going Further, the Incomparable Clarence Thomas"! To join, contact Alice at alicebcrawford@gmail.com or sign-up at one of the meetings.

FaceBook - Visit the Lincoln CA Republicans FB page – Follow and make comments.

Volunteers are the lifeblood of our organization. Thank you to those of you who "show up", and for those who do not show up, consider how you may be able to offer your talents/gifts to make our Club even better!

Visit Club website for photos, articles, calendar, commentary, etc. The tab entitled '2026 Election' will have lots of election-related information.

www.RepublicanClubSCLH.org

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Multiple Sclerosis

BY JERI DI FIORE

Rad Beauton, Director Community Events No Ca Walk MS, will celebrate the Lincoln Trail Mixers Trifecta. Rad is our featured Speaker at the Multiple Sclerosis Meeting: November 17, 1 PM, Kilaga Springs Sierra Room.

Captain Joni Deutsch plans also to express gratitude to our very generous donors, who helped accomplish this number 1 fundraiser title three-years-in-a-row!!

A Special Shout-Out to our Corporate Sponsors:

Devin Arp, Sun Run Solar, Cindy Lynn's Rubs, Rubs and More!

Donna Judah, Coldwell Banker Real Estate

Star Dental, Roseville, Roberts Retirement Financial Service

Newly diagnosed, have a friend or relative with MS, have questions about MS, you are invited to join us at the November 17 Meeting. Jeri Di Fiore 530-401-2135 Facilitator, Lincoln MS Group

• • •

Alzheimer's Dementia Caregivers Support Group

BY MARILYN MILLER

This group provides an opportunity to meet with others caring for someone with dementia. We share experiences and resources. The Women's Group meets on the first Wednesday of each month (Nov 4) at 1:00 pm in the Fine Arts Room (OC). The Men's Group meets on the third Thursday of the month (Nov 19) at 10:00 am in the Multipurpose Room (OC).

We had a great event in the Sports Pavillion last month. It was very well attended, and everyone seemed to enjoy the activities.

There will be no general meeting in November or December.

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Low Vision Support Group

BY STU SINGER

One of the most important perks for residents of Sun City, Lincoln Hills are the many internal resources the community offers to improve the lives of the people who live here. The November 3 meeting of the Low Vision Support Group will introduce a number of these individuals and groups. In a program entitled "What Can Sun City Do for You", we will hear presentations by Neighbors in Need, the Dial-a-Ride reduced ticket program, Well Fit class option as well as several residents who offer personalized ride services throughout the community. In the second half of the program, the Tesla Club will explain the self-driving capabilities of their cars and then will offer rides to demonstrate these programs. The meeting will begin at 2:00 in the Fine Arts Room at Orchard Creek Lodge and will conclude at 4:00. All residents of Sun City are welcome to attend.

Save the Date: Our Third Annual Winter Social will be held on December 1 in the Placer Room at Kilaga Springs Lodge from 2:00 – 4:00. This event will feature free food, free beverages, free-wheeling conversations and free activities offering prizes. This is a great opportunity to learn more about your

(cont' on page 25)



Lincoln Hills FOUNDATION
Serving the Lincoln Senior Community

The Lincoln Hills Foundation Presents "Wise Aging" Series

Spot the changes. Make the plan. Keep your choices open.

Will You Outlive Your Money?
Marcia VanWagner
Friday, November 6, 2026 10:00 AM-12 Noon
Kilaga Springs Presentation Hall

Will You Outlive Your Money?
Many Wise Agers share a real concern: Will I outlive my money? As we live longer, our financial needs change. Most retirement planning only covers the active "Go-Go" years. But what happens when you hit the "Slo-Go" and "No-Go" phases of life? This presentation will give you tools to consider as you build a secure financial plan for your entire lifespan.

What you will learn:

- **The 3 Phases of Retirement:** How budgets shift from our active to passive to final stages of aging.
- **Net Worth & Budgeting:** Step-by-step strategies to calculate your assets and plan for a positive financial variance.
- **Leverage Options:** How to maximize personal, insurance, and government resources (like Medicare, MediCal, and Veterans Aid).
- **Organizing for Advocates:** How to structure your assets so your family, fiduciaries, or attorneys can easily step in when you need help.

Disclaimer: This educational presentation does not provide professional financial advice, and the presenter is not a financial expert. No changes to attendees' assets or existing plans will be recommended, only practical tools and questions to help you plan ahead.

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Low Vision Support Group

(cont' from page 23)

fellow members. "Plus-Ones" are strongly encouraged to attend. The first two of these were a tremendous success and we are planning on number three to be the best yet!

With an eye on 2027: Our first meeting of the new year will be on January 5 in the Fine Arts Room at Orchard Creek Lodge from 2:00-4:00. Kristy Blocker from Seniors First in Auburn will be the presenter speaking on the topic of the vast array of Assisted Living Facilities in the Lincoln area. She will discuss the different amenities offered at the various sites.

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Bosom Buddies

BY DOTTIE SUHRHOFF

Bosom Buddies is a support group for those who have survived or are experiencing breast cancer. We are there for each other in good times or when needed for support. Our phone tree and our monthly meetings are so important to determine who needs support at any given time. We meet on the second Thursday of each month at 1 PM in the Multipurpose Room at Orchard Creek. We have speakers who talk about things related to breast cancer or other items of interest.

We had lots of activities in October. We attended the Power of Pink Reception sponsored by Brighton and learned about lifestyle guidance, strength training and reconstructive surgery techniques from experts at the Sutter Oncology Clinic. Then we had a Celebration of Life hosted by Patty McCuen and Peggy Ryan which over 20 ladies attended. We had a delightful Appreciation



Brighton Power of Pink Reception



Cheryl Hanson and Patti Kingston

Luncheon organized by Cheryl Hanson and Patti Kingston. Over 30 ladies attended and talked about people who have impacted our lives. We also had fun playing bingo and were recognized by the Lincoln Hills Foundation in honor of Breast Cancer Awareness Month.

In November we will have a core meeting on Thursday, November 5, at Patty McCuen's house. All members are welcome to attend the meeting. Our regular meeting will be held on Thursday, November 12 at 1 pm. Our speaker will be Paula Chaffee talking about "Getting Through the Holidays with Mindfulness." Many of our ladies will have lunch at Meridians prior to the meeting if you are interested in attending. Also, mark your calendars for December 17 for the Holiday Party.

If you have any questions regarding Bosom Buddies, please contact Dottie Suhrhoff (815-236-0197) or Patty McCuen (530-575-2889).

"Together we are strong, together we make a difference, together we will survive!"

• • •

Democratic Club

BY PAT MACHT

Mark your calendar for Thursday, November 19 at 6:30 p.m. for a great post-mortem on the midterm elections. At our meeting in Kilaga Springs, noted political scientist Terry McAteer will put the results into perspective and predict how all this will affect the final two years of the Trump Administration. Events like this are just one of the many benefits of belonging to the Democratic Club of Lincoln.

Speaking of membership, it's time for our members to renew for the 2027 year. Or, if you want to join for the very first time and you sign up now, your membership will be good through 2027. To learn more, go to www.democraticclublincolnCA.org

We also want to thank the hundreds who attended a special evening fundraiser at Orchard Creek Lodge in early October celebrating public service. Keynote speaker Josh Fryday, Director of the Governor's Office of Service and Community Engagement, reminded everyone of the value of doing good for others, and of the good that comes to you. Proceeds from the fundraiser support high school scholarships, community service projects, voter education, and non-profit partnerships.

We closed out the month with an eye-opening showing of "Mom's Club", a moving documentary.

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Sports Car Club

BY ROB PHILLIPS

On September 25, a group of club members enjoyed temperatures in the mid-80s as we set out on a new local adventure. Led by Lauren Winkler and Wendy Gotchert, the group took a scenic short drive to Ciotti Cellars, a small-production winery in Placer County. Using the finest grapes grown in the Placer region, Ciotti Cellars has found a way to capture a little sunshine in every bottle!



Club ladies flock to Ernie!

At our October meeting, we held another Mini Car Show, a favorite club tradition. Before and after the regular monthly meeting, members gathered in the Kilaga Springs parking lot to admire one another's cars, catch up with fellow enthusiasts, and enjoy refreshments graciously provided by Susan and Bob Satterwhite.

Although fall has been unseasonably warm, the LHSCG continued its autumn tradition with a trip to one of our favorite local eateries, The Dancing Tomato in Yuba City, on October 9. Despite the lingering heat, we enjoyed a drive along scenic back roads through Placer and Sutter counties. The picturesque landscapes made the little over an hour's journey part of the fun, and soon we arrived ready to enjoy a great meal and good company.

As the temperatures began to cool, we celebrated another club tradition on October 21 with a Club Social at Kathrin's Biergarten in Roseville. Hosted by Katy and Bob Owens, the gathering featured a sampling of German foods and plenty of good cheer as members raised their glasses in a festive Oktoberfest toast. It was a wonderful opportunity to share laughs, enjoy delicious food, and celebrate the camaraderie that makes our club special.

Come join the fun! New members are always welcome. If you're interested in joining the LH Sports Car Club or learning more about our activities, visit lhsportscars.com or contact Carol Asnault at casnault@comcast.net.

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(more Club News cont' on page 27)





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Tesla Club

BY PAUL GARDNER

The next meeting of the Tesla Club will be on Saturday, November 28 in the Kilaga Springs Presentation Hall, with our doors opening at 1:30 to allow for lots of Q and A. Membership in the club is free and you are invited to attend and bring your friends and neighbors who might be interested in driving a Tesla. After the meeting, we will be happy to provide rides for those who would like to experience the incredible magic of Full Self Driving. Note: there will be no December meeting. Our next meeting will be Saturday, January 30, 2027. For further information log into lhteslaclub.com or email: lhteslaclub@gmail.com

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RV Group

BY CRAIG CARBREY

Waterfall enthusiasts loved our recent RV trip up to McCloud, CA. With beautiful Fall weather, we hiked the Burney Falls Trail as well as all 3 of the McCloud River Falls near our resort. Our golf day was very well-attended, and we enjoyed a magnificent dinner at the Butcher Block Grill. Activities also included some "serious" bingo games, fun lawn games by Ron, and lots and lots and lots of hot dogs! As always, a good time was had by all.

We have several more rallies scheduled for 2027: Palm Desert, El Mirage, AZ, Napa, Tuolumne, Bodega Bay, Graeagle, and Pismo Beach.

To learn more, see our website at www.lhrvg.com and join us on the second Thursday of each month at 4:30 PM in the Placer Room at KS. Contact our Club President, George Slaats at 916-257-3372 or, georgeslaats@gmail.com for more information.



"Dont drop the ball!" Sue V. playing lawn games with fellow RVers.

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Airport Co-op

BY GINNY SATO

Need a Ride to the Airport or Amtrak? Join the Lincoln Hills Airport Co-op! The Lincoln Hills Airport Co-op makes getting to the Sacramento Airport or the Amtrak station easier, more affordable, and more neighborly. This member-run service is perfect for residents who want a convenient way to coordinate airport or train station drop-offs and pick-ups, without the high cost of commercial ride services. Members provide rides to get rides. There is also a $15 yearly membership fee per household. For more information, contact Ginny Sato at gsato2002@yahoo.com

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Travel Group

BY LINDA & JOANNE & PAM & LISA

Wishing everyone a Happy Thanksgiving from the Lincoln Hills Travel Group! As your family and friends raise a glass - toast to sharing new travel adventures with each other!

Thank you to all who attended the Travel Group's special event on October 8. Fall is a colorful time to share a hot dog with friends amidst a backdrop of red and gold leaves.

Did you know that you can also book any Collette tour that interests you with any one of the Travel Group Leaders - whether or not it is one of the Travel Group's highlighted tours? Call one of us today for details. Recently we had some members of our group request a tour to FINLAND! While this is not one of our website-featured tours, it is a Collette tour found online or in a Collette catalog. So please allow the Lincoln Hills Travel Group to be your local Collette contact and assist you in making all the arrangements.

Please be sure to check our website lincolnhillstravelgroup.com often for new tours and events. All trips on the Lincoln Hills Travel Group website include airfare and a ride to/from the airport. You can sign up for any of these trips on our website with a secure link directly to Collette.

The website also contains membership information as well as our latest Newsletter.

The next Travel Show will be on Monday, November 9, 2026, at 1:30 pm in the Willow Room of the Lincoln Public Library. The show is free but please make a reservation by emailing your name and the number of people in your group to travelgrouplh@gmail.com.

LH Travel Group Leaders: Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com,

Lisa Viviano 916-798-7462 lisav4747@gmail.com, Pam Speck 916-925-389-6302 joepamspeck@gmail.com, Linda Bevins 916-752-0311 djbevins17@gmail.com

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Amateur Radio Group

BY DAN LEHRER, KN6DRN

We participated in the CQ World Wide RTTY DX Contest. This contest uses a digital mode that allows us to use our computer keyboard to type in messages to other Ham operators and transmit them over the air. Over 50 contacts were made worldwide. Italy, Spain, Canada, Columbia and Mexico were just a few of our contacts.

Our Hams & Coffee get together generated many interesting conversations and yummy pastries. Hams & Coffee allows us to have face to face chats with members who can't always attend our meetings.

The Annual California QSO Party yielded us over two dozen stations. These stations called into California exclusively from across the US and Canada. It's fun and allows us to test our equipment to see just how far our signals can achieve and with what degree of quality.

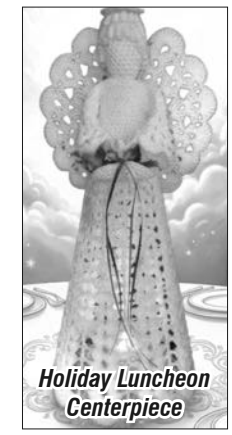
Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. We can help with programming handheld radios. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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Garden Group

BY LORRAINE IMMEL

Thanksgiving is a wonderful time to reflect on the beauty of nature, the abundance of the harvest, and the joy of gardening. Many of you give your gardens a season of rest, but there are others who have started their winter gardens, or are making plans for next year!



Holiday Luncheon Centerpiece

There are no more General Meetings this year, but the Garden Group will have a Holiday Luncheon

(cont' on page 29)



Hams & Coffee

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Garden Group

(cont' from page 27)

"It's A Wonderful Life" in the Ballroom, December 2. Each member has received an email invitation for it already and a form attached to make menu selections. Guests are welcome, too, as mentioned in the Email. Be sure to send the registration form to Social Chair Debbie Schryver by November 22. All the information is in the Email. Also, at this luncheon, Membership for 2027 will be available at a table with Membership Chair Marjie Anderson. Be sure to make the $25 dues check made out to LHGardenGroup. You do not have to fill any forms out unless you have made recent changes.

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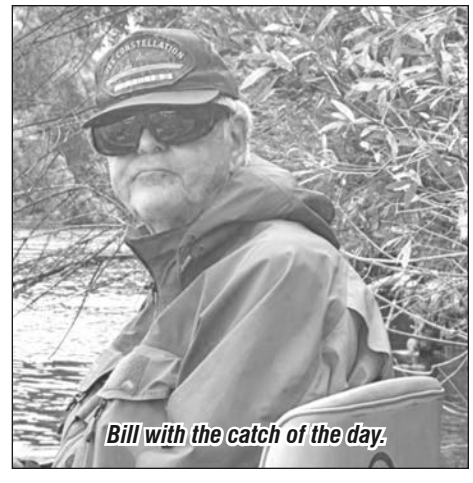
Fly Fishing Club

BY JOE BYRNE

How long has it been since you were sitting on a beautiful river watching bright-colored trout chase small insects off the top of the water while you get your fly rod ready in your hand? Or perhaps you have never fished but have seen Brad Pitt in "A River Runs Through It" and thought - How tough could that be. It doesn't matter if you want to reconnect with your past fishing glory or satisfy that dream that you have long had to learn the sport - Tight Lines Fly Fishing Club is now Sun City Official

Members enjoy trips to local rivers (Yuba/ Feather/ Lower Sac/American) and far-away streams (Montana/Alaska).

We have a weekly breakfast meeting



Bill with the catch of the day.

where we remind each other of all the huge fish that have gotten away. Monthly, we meet for an educational session to learn a new fly or fishing technique from another member. Sound like fun? Well, it is.

For further information, Contact Henry at hsandigo@icloud.com or text him at 415-716-0666. We look forward to meeting you.

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Bird Group

BY SHERRY SINGER

Interesting Feather Facts:

Feathers are one of the defining characteristics of birds. They provide light weight insulation, aerodynamics, color for camouflage and beauty for attracting a mate. But beautiful feathers are not just alluring to female birds. Unfortunately, they are also attractive to humans. In fact, people have been using feathers as symbols of wealth and power for 100s of years. During the 19th and early 20th centuries, feathers (and sometimes entire birds!) became fashionable on women's hats. By the early 20th century, historians estimate that 300 million birds were killed for fashion. Plumes from mating Egrets were collected at such a rate that 95% of North American Great Egrets were killed and faced extinction.



Photo by Stu Singer – Wacodahatchee Nature Preserve Florida

Fortunately in 1896, two Boston women, Minna Hall and Harriett Hemenway organized a boycott against the use of plumes for women's hats and founded the Massachusetts Audubon Society. Then other states began to advocate for the protection of birds by forming their own Audubon Societies.

Upcoming Meetings, Walks and Other Events

Meeting on November 12 at 1:30PM in Presentation Hall – Ed Pandolfino will present "Identifying Raptors of the Central Valley"

Walk on November 6 at Staten Island and Cosumnes – meet at the OC gym parking lot @ 8AM

Walk on November 20 at Coyote Pond (local)

Other Events:

Sandhill Crane Festival – Nov 6-8 in Lodi

California Swann Festival – Nov 13-15 in Marysville

Central Valley Birding Symposium – Nov 19-22

Contact Information:

Visit us at our website www.sclhbirders.org

Or contact Don Fallon, our chairperson at donfallon102@gmail.com

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(more Club News cont' on page 31)

Floradale Villa

A Place to Call Home

Floradale Villa is a private residential care facility for elderly licensed for 6 residents by the State of California, located in peaceful Lincoln, CA. We provide 24-hour live-in, high-quality care and loving support in a warm, home-like environment.

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Hikers and Walkers

BY LISA MARIOTTI



Happy Hikers

November ushers in Thanksgiving and, with it, comes the start of the holiday season. Of course, for some of us, the holidays begin with Halloween candy! To help balance all those yummy treats, let's make November a month for hiking and walking. I'd like to challenge all our newcomers to get outside, join us for a walk, or try a new hike. We have a wonderful variety of activities to choose from, and you can find all the details on our website LHhikersandwalkers.org.

Great news – November hikes bring us down in elevation and generally a little closer to home! The Auburn State Recreation Area is always a fabulous place to go hiking and we will be there on November 2nd hiking the Stagecoach, Manzanita and Western States Trail. This lovely loop is about 7 miles – but at a moderate/fast pace for all of you speedsters.

November 9th takes us to Jenkinson Lake in Pollock Pines for an easy/moderate hike of about 7.5 miles. The drive is a little longer, but the hiking along the lake is lovely. It is always fun to catch up in carpool!

November 19th we will be hiking a new version of the Tribute Trail Hike in Nevada City. This is a moderate hike of about 6 miles with a fantastic bonus afterwards – lunch at the excellent Three Forks Bakery and Brewing Company in Nevada City. The hike is beautiful and would be a great hike for newcomers to meet and socialize!

Our Walkers enjoy weekly opportunities to walk together within our community, with routes and paces suited to a wide range of abilities—from relaxed strolls to brisk walks. Please check our website LHhikersandwalkers.org for the latest schedule and starting locations.

Call President Tom Denzler, 530-368-2564 for more information or visit LHhikersandwalkers.org

• • •

LH Cyclists

BY GREG SANDUSKY

Some 60 of us cyclists gathered last month for our annual potluck, highlighting the clubs' 25th anniversary into a lively celebration of shared bike stories, food, and showing off our anniversary jerseys.


Showing Off Our 25th Anniversary Jerseys at the Potuck.

And the food! Dishes ranging from fresh salads, marinated chicken, hearty casseroles and homemade desserts, filled the tables with a colorful spread that reflected the club's new standard in cuisine.

Conversations flowed as easily as the shared recipes, with riders swapping stories of recent routes, upcoming events, grandkids, vacations, grandkids, kids, and grandkids. The potluck also gave newer members a chance to meet and engage with longtime cyclists in a relaxed setting. Beyond the meal itself, the event highlighted what the club does best: bringing people together through a shared love of cycling, outdoor activity, and friendship. By night's end, everyone left well fed and already looking forward to the next ride.

So, if you love cycling the hills and distance, or easy going group bike riding, or somewhere in between, we have a group for you. Visit www.lincolnhillscyclists.com or contact Greg Sandusky at hunkyhusk@gmail.com for more information.

• • •

(more Club News cont' on page 32)

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Lincsters

BY LORA FINNEGAN

A sea of pink shirts worn by 108 players washed over the Hills Course last month in the 23rd annual LHLGCXVIII and Lincsters Breast Cancer Golf Tournament.

A record-breaking amount was raised for the Placer Breast Cancer Foundation—over $61,500. The Foundation supports a UC Davis Research Chair and Placer County services, including a free Mammogram Van.

"We had fabulous support from the Men's Club, local sponsors, and many who also attended our luncheon," said co-chair Jane Hall. "It takes a village to run an event like this, and everyone stepped up."

Come join Lincsters and make new friends: https://Lincolnhillslincsters.memberplanet.com

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Ladies Golf - 18 Hole Club

BY KAREN ESCOBAR

The competition was fierce, and the camaraderie was strong at our annual two-day Club Championship Tournament, held September 17 and 24! Golfers took on both the Orchard and Hills Courses in a spirited battle for club bragging rights. Congratulations to our 2026 Club Champion, Patti Tilton, who captured the title with low gross scores of 89 and 92! Kathy Woodward claimed 2nd place with scores of 90 and 96, and our Low Net Over the Field Champion was Edda Ashe, with net scores of 68 and 72!



Lincsters — Co-chairs Kim Hall and Jane Hall presented a check to representatives from PBCF.



Low Net Champion - Edda Ashe and Club Champion - Patti Tilton

Congratulations also to our gross flight leaders Georgia Richie-Lynch, Cathy Jaicks, and Lissi Bedford. Taking 1st and 2nd place in the low net flights were Kelley Royball, Nancy Sartor, Yeong Hur, Maggie Tse, Terry Meyer, and Karen Escobar.

Closest to the Pin honors went to Karen Escobar, Donna Sanderson, Wendy Seagraves, Nancy Sartor, Kathy Woodward, and Vivian Lim. The celebration continued with a festive luncheon in the Secret Garden, where we honored our winners and enjoyed time together off the course. A huge shout-out to our amazing tournament committee—Gwen Hare, Eileen Boore, Judy Dong, and Barbara Grant! Their hard work and dedication helped make this championship match a huge success!!


Net Chix Sylvia Feldman and Donna Sanderson

October brought another fun-filled round of Net Chix competition, with great golf and plenty of friendly rivalry. Congratulations to Donna Sanderson and Sylvia Feldman, our October net Chix winners. They've earned their spot alongside the other monthly winners and will tee it up on November 5 to battle for the coveted title of 2026 Net Chix Champion!! Donna also made her mark by capturing Closest to the Pin honors. Kudos to our flight winners, Betty Blaney, Sharon Knoll, and Kathy Lee.

For club information, please contact Kathy Lee, at kathy.lee2@att.net or 925-998-3538.

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(more Club News cont' on page 33)

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Men's Golf Club

BY WALTER MILGROOM

This month's golf tournament was the always popular, Two-man Better Ball event. There were five flights and the following won their flight.

1st flight gross winners: Jaicks and Leonard

1st flight net: Lively and Reed

2nd flight: Marshall and Trigger

3rd flight: Ostertag and Shoop

4th flight: Warner and (blind draw)

5th flight: Luyet and Woods

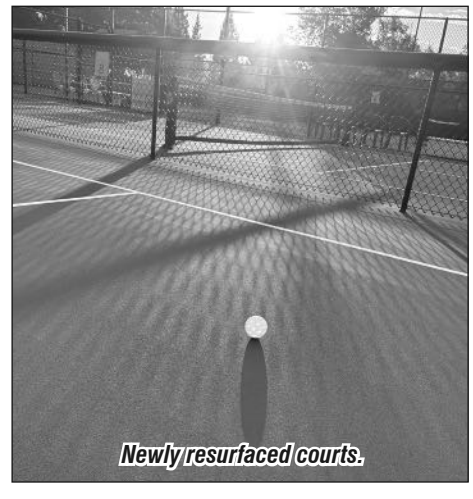
The Men's Golf Club is open to all residents of Sun City Lincoln Hills. Each month has a tournament with a different format and is always flighted to make players of every skill level not only welcome but competitive in their flight. It's a great way to meet some new friends and enjoy some friendly competition and win some prizes. First names were not included in this month's article, since the only ones who really care, know their names.

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Pickleball Club

BY DIANE FERRARI

Boy have we been busy! What a month of fun, friendship, and pickleball! We celebrated our beautiful new Shade the Future sunshade with a special dedication ceremony, followed by our Celebrate, Play & Pizza event. We enjoyed an action-packed end-of-season tournament and wrapped things up with our annual Oktoberfest complete with beer,



Newly resurfaced courts.

brats, and music. What's not to love? Now it's time to look ahead! Save the date: Tuesday, December 1, for our winter party featuring dinner, dancing, and the annual challenge of recognizing our pickleball buddies when they're not wearing court clothes! Who knew we cleaned up so nicely? The Lincoln Hills Pickleball Club is incredibly grateful for the continued support of our wonderful community partners and members who help make our tournaments and Shade the Future activities possible. A special thank-you to Well Aging Med at Bogard Health in Roseville and Dr. Denise Bogard for their generous, ongoing partnership. Their focus on Anti-Aging, Integrative & Functional Medicine—and helping us all "Slow the Aging" is a perfect match for our active pickleball community! We also extend our heartfelt thanks to two of our own members and supporters: Katie Pexa of Farmers Insurance and Terrie MacDonald of Intero Real Estate Services. Your generosity helps our club continue to grow, connect, and enjoy the game we love. We're lucky to have such a supportive community. Thanks for being part of what makes our club so special! Happy Fall, y'all and we'll see you on the courts (or the dance floor)!

• • •

Senior Softball

BY ERNIE MICHELI

Fun Ball is happening, and we're playing every Wednesday and Saturday morning! We've got two games lined up each day, and we'd love for you to sign up through the Signup Genius link on our website at lhssl.net.

Fun Ball is a great way for our players to keep playing their favorite game during the off-season. It's all about having fun and being casual. Each game, players are assigned to a new team. No long-term commitment—just sign up if you're interested, and don't worry if you're not.

We don't have umpires in Fun Ball; we rely on the honor system and fair play. We don't keep any standings, and there are no uniforms. Instead of our electric scoreboard, we use a manual cardboard tally to keep track of runs scored. The games are about an hour and a half long.

You'll get a chance to practice your hitting with live pitching. Someone will be assigned to coach and set up the batting order and defensive positions. The atmosphere is so relaxed that you can even ask to play different



Susan Zywiciel

positions to work on your defense. It can be a bit whimsical sometimes.

Fun Ball will continue through the fall, weather permitting! Sign up and join the fun.

Have you noticed the orange cones placed

(cont' on page 35)

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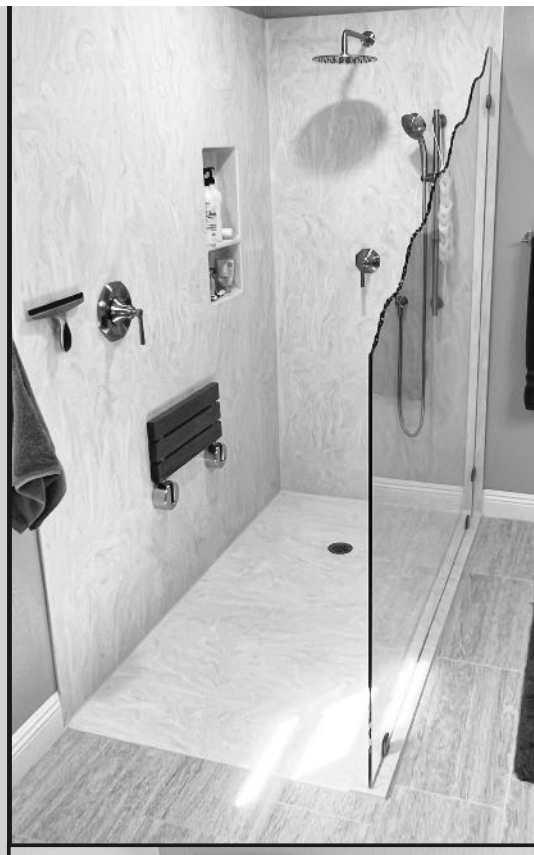
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★★★★★ I got several estimates for my bathroom remodel - LISAC was somewhere in the middle. I picked them because of the product; no grout lines with the appearance that the entire bathroom was one piece. It turned out AMAZING. Even better than I had anticipated. They do great work, always on time, and didn't drag the job out. J.G. from Sacramento

★★★★★ Wonderful company. The product is beautiful. The crew arrived on time and were conscientious, professional and courteous. H.M. from Lincoln

★★★★★ We couldn't be happier with the beautiful walk in shower and vanity with integrated sinks that Stanko and his crew constructed for us using the fabulous Kerrock product! Everyone involved was very professional, efficient, and attentive to details. We are going to love the easy care and timeless beauty of our new seamless shower, vanity and sinks! Thank you so much!! J.W. from San Francisco

★★★★★ We have had almost our entire house re-modeled and have worked with numerous contractors. Some of them were great and some were a complete nightmare. LISAC far exceeded my expectations in both customer service and workmanship. Our project consisted of a full master and guest bathroom remodel. We love our seamless shower and vanities. We would highly recommend this company. S.W. from Sacramento







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Senior Softball

(cont' from page 33)

in the outfield? The cones are markers placed 175 feet from home plate. Outfielders are not permitted to enter the grassy area between the infield dirt and the cones, until a batted ball is put in play. This rule is designed to encourage more hitting success.

Our website has a lot of information including photos, playing rules and even biographies of our Hall of Fame inductees. If you have questions, contact President Bruce Briggs at 916-543-3401 or email him at bbriggssrsofball@sbcglobal.net

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Table Tennis Club

BY WES HILL

The Table Tennis Club has over 280 members. Many play to socialize and get some exercise. Some play to socialize, get some exercise, AND improve their game. To enhance the social aspect, we hold a number of popular events each year including a Chinese New Year luncheon, Ice Cream Social, Club Picnic, a dinner with a Halloween theme, and a holiday dinner.

We have two options designed to help players improve their table tennis skills. One option is to practice against a robot (machine)

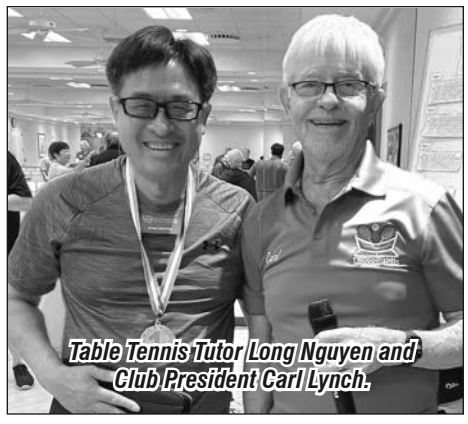


Table Tennis Tutor Long Nguyen and Club President Carl Lynch.

set up on Fridays. Playing against "the robot" gives players a chance to work on their technique against an "opponent" that doesn't tire. The second option for improving playing skills is to sign up for a 30-minute tutoring session with Long Nguyen. Long is a very knowledgeable and patient member of the club, who is motivated to help players improve their games. He is volunteering his time to provide instruction on a one-to-one basis Sundays from 12 PM to 3 PM, and Tuesdays from 6:00 PM to 8:30 PM. Similar to the robot, but with a better personality, Long doesn't tire either. To schedule a session with Long, please email him at nguyenchaulong@sbcglobal.net.

We play in the Multipurpose Room (KS) Tuesdays from 6 PM to 8:30 PM, Fridays from 8 AM to noon, and Sundays from 8 AM to 5 PM. There is no charge to play, and we provide loaner paddles and ping pong balls. Membership in the club is free. There will be a membership signup sheet by the main entry door to the Multipurpose Room during the hours we play. As a member you will receive an entertaining, monthly newsletter that includes a calendar of upcoming events. For more information, check out our club website: https://sites.google.com/view/LHTTC

• • •

Tennis Group

BY PAULA GRIFFIN

Our Oktoberfest Mix & Switch Doubles Tournament was a big success! Great fall weather, fun tennis, and of course brats, sauerkraut and all the fixins' were had!. Photo attached is the t-shirt design contest winner Denise Higgins wearing her design and Tournament Director Eric Garcia presenting her with her prize/award of a $100 Visa gift card. Thank you to tournament sponsor Schaack Physical Therapy!



Denise and Eric

Member Appreciation Day is Saturday, November 14th at the Sports Pavilion. Courts will be busy with Live Ball and fun matches between members, and lots of activities for members to socialize and connect. New members welcome! We are offering a membership special for anyone who joins in November, or December. Get the rest of 2026 for free, included with your 2027 membership dues payment! Membership applications are available from our website or by the chalkboard at the Sports Pavilion.

We will continue to offer a variety of activities to help shake off those winter blues during the upcoming months. Try Ball Machine practice on Thursday and Saturday mornings, Triples (3 players on each side of the court), on Saturday mornings, Drop in on Wednesday and Saturday mornings, or Live Ball on the first or second Sunday morning of every month. Check our website https://sclhtg.com for details on all activities.

See you on the courts!

• • •

Water Volleyball Club

BY MIKE CARLSON

We're the world's top-rated senior water volleyball club! Well, maybe not the entire world—or even the whole country. But we're certainly among California's best. Northern California, at least. Okay, we're probably near the top of all water volleyball clubs among Del Webb communities in the Lincoln area! If you are looking for a fun time and something you can do indoors when the weather changes to cool and rainy, we are a great option. We have a spot for you no matter what your skill level is. Come out any Saturday and play! First contact us at LHWatervolleyball.com or Elaine at sclhwatervolleyball+membership.com

See you in the Pool!



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Shuffleboard Club

BY JON KLINE

Morning Club play continues: Tuesdays and Saturdays from 9:00 to 10:30 A.M. New players are welcome; we will quickly show you how to play. Thursday Evening Socials continue from 6:30 to 8:00 PM. Bring a dessert to share. Court 10 is located at the back of the Softball parking lot in the Sports Plaza. October was a very busy month. Two "Intro. to Shuffleboard" clinics welcomed 15 residents. A basic strategy clinic gave players an appreciation for the subtle complexity of this sport.

The last club tournament on October 17th saw 20 players competing for medals-results and photos are posted on the club's website. Announcements for upcoming club events are posted there and at Court 10.

The shade canopies will be taken down

(cont' on page 39)

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SUN SENIOR PROFILES *Getting to know you...*

Mike Martin and Jamie Gutheil

(cont' from page 1)

Good Housekeeping, Sacramento Magazine, the Knot, and Roseville Sierra Style, where he won favorite photographer for three straight years.

Jamie was born in New York City in 1960, growing up with one brother and one sister. Her father worked in the decorating business, while her mother worked in the school system. The family moved to the Hudson River Valley in New York, where they lived in a colonial house, parts of which were considered historic because George Washington stayed in one of its rooms.



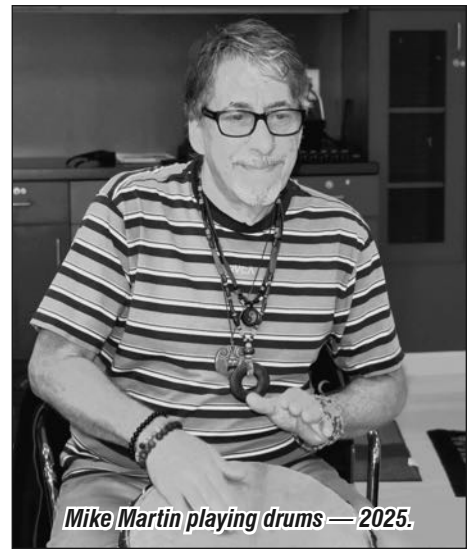
Jamie Gutheil (right) in the 2026 Tap Show.

Much of Jamie's childhood was spent reading, enjoying the outdoors, and attending musicals at her uncle's off-Broadway theater and Shakespeare outdoors in the summer at Woodstock. She graduated from Newburgh Free Academy in 1979 and worked as a physical therapy assistant, then went to the Swedish Institute of Massage, earning a 600-hour certificate in massage therapy. After moving to California, she enrolled in Palmer West Chiropractic, which, ironically (or fatefully), used to be Peterson High School, where Mike had gone to school. She graduated in 1995, the same year she met Mike.

On their first date, Mike asked if she wanted to listen to music as he drove her to dinner. When she mentioned a little jazz station he probably hadn't heard of, he pressed the button to 91.1, which was preset on his radio. Instant compatibility. Later, as they looked at Jamie's photo albums, they were amazed to discover Mike's daughter in the background of one of Jamie's photos. Another synchronicity.

The couple moved together to Roseville, where Jamie opened her own chiropractic practice. It was called Good Health because that's what her last name, Gutheil, means in German. She still works there part-time.

When Mike and Jamie decided to get married, they picked a date they'd remember,



Mike Martin playing drums — 2025.

02/22/2002. "We wanted a date with all the two's because we're a perfect pair," says Mike. Of course, being the practical one, Jamie claims they picked a date that they'd remember, which turns out they rarely do. Most years, one of their family members will call them to congratulate them on their wedding anniversary, and they'd have forgotten all about it.

One of the past times they share is ballroom dancing. When Mike opened his photography studio, they attended a fundraiser where Arthur Murray dancers took to the floor. Jamie, who always wanted to learn to dance, talked Mike into taking lessons with her. At first, it was a bit awkward, but soon they learned to love it. No wonder, when they moved to Sun City Lincoln Hills in 2024, one of the first things they joined was the Ballroom Club.

Jamie also got involved with billiards and line dancing, while Mike joined the Italian Club after his newspaper research proved his Italian heritage, a requirement for the club. He also spends time creating mixed-media art.

One day, they walked by a room where the drumming circle was doing their thing, and Jamie practically pushed him into it. He loved it and became a member. The group started in Sandra Speight's garage until the police shut them down for obvious reasons. Sandra found a room for them in the Fine Arts area, and the group now has 99 members. Mike's been leading it for two years now. The group meets once a month and plays for an hour, not just on drums, but with maracas, kazoos, and even Mac and Cheese boxes.

Last February, Jamie started a meditation group. An official club, at its first meeting, 47 people showed up. The group used a mixture of guided mediation along with learning how mediation works. Jamie then added variety by bringing in several additional teachers to help facilitate the group. Mike and Jamie attend each other's meditation and drumming sessions. They also ride on the bike trails and travel together to meditation retreats.

Speaking of travel, they've been on cruises to Alaska and the Caribbean. A few years back, Jamie worked for a clothing-optional cruise company that chartered nude cruises, Bare Necessities. She worked there for a few years, and Mike hesitantly joined her on its millennial cruise.

Their bucket lists don't include travel other than visiting family or attending retreats. In fact, Mike says he's currently starting a new Sun City bucket list, as is Jamie. For example, in past years, she always wanted to perform a dance before an audience. Well, she did just that this year by doing a salsa number in the Tap Show with Anna Wood's dancers.

They find living in SCLH is like living in a resort. Besides all the activities, they love how people share themselves, like when someone mentored Jamie in billiards. "People are so giving, and it makes you want to give back," she says. She also gets a kick out of finding new things, like walking near the open space and discovering crawdads. "It's always a surprise."

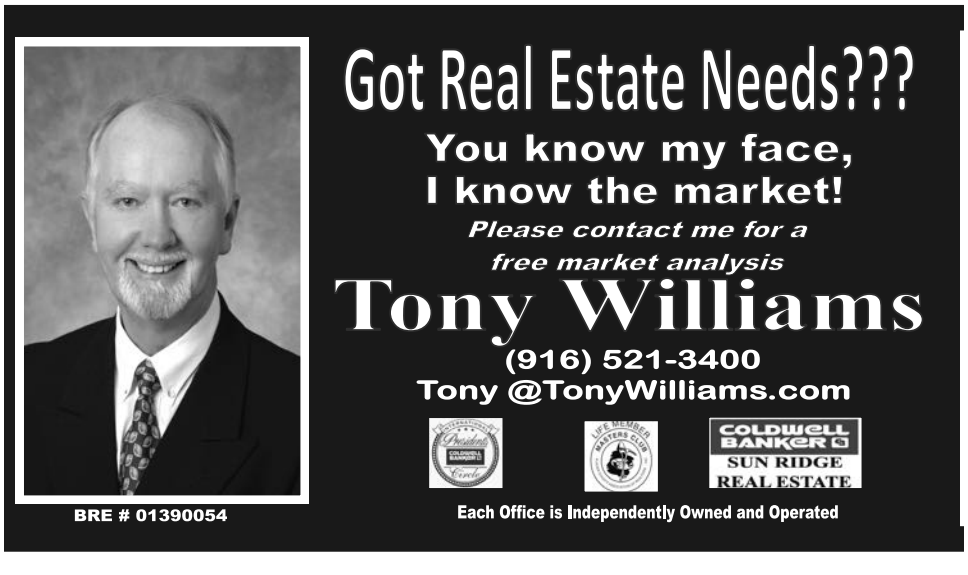
They're looking forward to many more fulfilling years at SCLH, living with their cat Rosie, a Ragamese—a cross between a Ragdoll and a Siamese—enjoying the beautiful works of art in their home, and performing in future Tap and Vaudeville Shows. It was all meant to be.

Want to share your story — let us know!
E-mail us at: SunSeniorNews@gmail.com

Special Collections at Your SCLH Library!

BY JANE LEONARD

Looking for something interesting to sink your eyes into...? Your Kilaga Springs Library has numerous special collections to consider! In the middle of the room, on the shelf along the sofas, you'll find fiction and non-fiction books that have been recommended by the library volunteers, SCLH residents, or are very recent publications newly in circulation. On the counter between the fiction paperbacks, you'll find the books featured in our Author Lecture Series by local authors who have made presentations over the past few years. On the counter between the large print books, you'll find our Page to Screen collection featuring books made into feature films or shows found on streaming platforms. On the counters along the window are the Classics. Did you know Robert Louis Stevenson wrote the Strange Case of Dr. Jekyll and Mr. Hyde?! We also have a number of "coffee table books" on sports, cars, travel, art and history (these stay in the library for your use). So come and explore – we know you'll find something new and different in our special collections!





A Fitness Legacy, a New Journey — *Kim Pearl Helps Older Adults Keep Moving*

BY BETH PATTEE


Kim Pearl, showing her signature "Ta-Dah!" celebration after a workout.

At 70, longtime fitness instructor Kim Pearl is finding new ways to help older adults stay active wherever life takes them.

For nearly 30 years, Kim has taught low-impact aerobics, strength training, step and chair fitness. A Roseville resident, she teaches in Lincoln Hills and for the City of Roseville, where students also know her professionally as Kim Lewis.

Her favorite advice is simple: "Don't cry, modify." Kim understands that travel, visiting grandchildren, caregiving and changes in everyday routines can interrupt healthy habits.

Her message is that movement doesn't have to stop when life gets busy. Now she's taking that philosophy beyond the classroom through Kim's Traveling Trainer, a project designed especially for actively aging adults.

At its heart is a new digital movement Passport Journal, inviting participants to complete approachable fitness challenges, record their experiences, celebrate progress and connect with others.

An initial Founders' Circle will help test the experience and shape its future. The project also includes exercise videos and a forthcoming fitness book featuring practical, adaptable movements for home and travel.

Kim is the daughter of legendary bodybuilder and multiple Mr. Universe champion Bill Pearl, who also received the U Thant Peace Award in 2007 for his dedication and leadership. Although she grew up surrounded by fitness history, Kim has spent nearly three decades developing her own teaching philosophy centered on accessibility, consistency and encouragement.

Whether it's stretching after a long drive, walking with a grandchild or fitting in ten minutes of exercise, Kim believes every effort matters.

Her goal is to help older adults remain active participants in their own lives rather than sideline observers. Kim's website is https://kimstravelingtrainer.com


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There aren't enough words to describe what a pleasure it was to work with Michelle. It was a four year process for our move, and she remained committed to us from the beginning. In the end she was no longer just our agent. She was our friend. I can't imagine having gone through this process with anyone else.
"Michael and Chris"

We really appreciate all your work, guidance, and responsiveness throughout the process. You made everything remarkably smooth, from preparing and listing the house through closing. Thank you again for helping us achieve such a successful sale.
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Shuffleboard Club

(cont' from page 35)

soon, stored for the winter, and reinstalled next Spring. For residents' open play, all equipment is in the onsite cabinet (contact club for padlock combination), with use and safety instructions posted there.

Court 10 gate is now locked from 7:00 PM to 7:00 AM. Call V-Force security to unlock for evening play: 279-239-9094.

You can reserve courts up to 7 days in advance online via the WellFit Resident website. For large group reservations, please contact WellFit to reserve courts 2-8 weeks in advance. Club volunteers are available to help your group get started and go over the basic game & safety rules.

Remember that no bending or lifting is required to play shuffleboard, and everything is free.

Contact Jon Kline at 650-279-0001 or at alsonjonny@gmail.com

Club Website: Facebook/SCLH Shuffleboard Club

• • •

Billiards Group

BY SUSAN VOIGHT

Have you played billiards before or always wanted to learn how to play? You know it's never too late to start a new hobby or refresh an old one. Especially if you are retired and are free to do as much or as little as you want each day. Think about spending some of that time with the Lincoln Hills Billiards Group!

Mentoring on Tuesday mornings can help kickstart your new adventure. We have six tables at Kilaga Springs with mentors for beginners to advanced players. There are 2 sessions: Session 1 at 9:15 to 10:15 and Session 2 at 10:30 to 11:30. You can go to both! Our mentoring sessions and all nine of our weekly tournaments are played at Kilaga Springs. And Sun City also has four tables at Orchard Creek.

Billiards is a wonderful indoor activity and with less daylight hours now and colder weather outside, you'll still be able to get out of the house and play some relaxed or competitive games.

And ladies, don't hesitate because you think there won't be any women playing billiards. There's even a women's only tournament on Tuesdays at 1 p.m. run by Tournament Leader Joan Wendell. "ChiX with StiX." Even our tournament names are fun!

You'll want to attend our annual Holiday Dinner and Dance on December 2, so be sure and become a member soon. It's a festive event to enjoy with all the new friends you've made.

Whether you're considering joining us or you've been a member for years, please make sure you check out our website: www.lhbilliards.com for all the information, which includes tournament times and other events. Come join the Lincoln Hills Billiards Group. You deserve some fun!

• • •

Cribbage

BY MEL SWITZER

Cribbage/Yesterday

Every day, I love to play cribbage more each day, but my luck has suddenly gone away.

But I'm still playing every day!

Frequently, I win half as much, it's plain to see. There's a shadow hanging over me! Only half the wins come frequently.

Why luck had to go, I don't know, she wouldn't say! I played something wrong, now I long for luck each day!

Every day, Cribbage was such an easy game to play.

Now I need a place to hide away.

But, I'm still playing every day.

Amazingly, John Ford won three out of four weeks last month. His streak started on 9/15, then continued on 9/29 and 10/6. To beat out all the Cribbage Sharks, three out of four weeks in just one month is a record. When I asked how he did it, he said "It must be an error". No John, it's true!. Lady Luck was shining on you very brightly during that time period.

Ken Von Deylen broke up the streak on 9/22 and John Griggs started a new streak on 10/13.

• • •

Pedro Group

BY BONNIE KING

Pedro is a slightly challenging bidding card game. If you have never played, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. We meet from 9:00 AM to Noon in the Card Room (OC) on the first and third Fridays. For more information, please call Denise or Bonnie King at 916-303-3525. We look forward to seeing you soon.

Contact: Denise Jones – 916-543-3317.

• • •



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SSNLH WRITERS...

Flyer Beware!

BY STU SINGER

The following story is true. It is offered to you as a cautionary tale. In July of 2025, my wife and I decided to again spend Thanksgiving with our Austin family. We love sharing this holiday with them and they relish creating an exceptional event with great food and lively conversation. Of course, we were aware of the nightmarish possibilities when traveling during this time period, but who can resist three kinds of stuffing?

You know how this is going to end.

The Gooder Flight— We were not totally naive. We cleverly booked early flights for the Monday before Thanksgiving and the Friday after to minimize crowds. The genius of this plan lasted approximately forty-five minutes. When we arrived at SMF our plane was already thirty minutes late. "No worries," our son's upbeat text assured us, "your connecting flight in Houston is running one hour late."

We'll call that "good news".

After landing in Houston, the situation turned dark—figuratively and literally. It was announced that the airport was shutting down due to tornadoes in the area. "Excuse me," my wife asked in a mildly panicked voice, "did they say 'tornadoes"? Just then multiple streaks of lightning flashed across the sky followed by the rumble of thunder. An airport television displayed a screen filled with a variety of ominous weather emojis. The weather did eventually clear and we found our way to Austin, arriving at 1:15 am, a mere four hours late.

Let's declare this portion a victory.

Thanks to another delightful Austin Thanksgiving, our return trip began in high spirits. An uneventful thirty-minute flight from Austin to Dallas/Fort Worth Airport imbued us with the sense that success was within our grasp.

Cue The Nightmare — Such joy departed quickly. After arriving at D/FW we went to our listed departure gate A20. There we were stunned to find that the area was brutally cold. Yes, it's late November, but in a sane world, being INSIDE a terminal should mitigate that. Adding insult to frostbite, we learned that our Sacramento flight was already two hours late. As our hands turned numb and gifted with an abundance of time, we walked half mile in a failed attempt to find a warmer spot. Meanwhile, a text informed us our gate had been changed to C26.

For the fortunate few who are unfamiliar with D/FW, it is a labyrinthian facility that was clearly designed by someone who enjoyed torturing passengers. Any change of location requires long walks, multiple escalators and frenetic trains. Thus, moving from A20 to C26 was byzantine—after a long winding walk and a "forever" escalator, we found ourselves at the trains. A sign declared without embarrassment, "This train goes to gates A-D-E-C-B". Inside the vehicle, a message stated we were heading to gates C1-25. We were seeking C26.

Welcome to travel purgatory.

After a bouncy 10-minute ride paired with a 15-minute walk, we were at our new gate, which was somehow equally cold. Another concern was the sign stating that the upcoming flight was to Charlotte. An attendant told us not to worry our Sacramento plane was next. Meanwhile, as my fingers were turning a disturbing shade of blue, a departure board upped the delay to three hours.

An hour before boarding, we returned to C26 and discovered the waiting area was empty. The desk clerk dismissively told us, "Your app informed you this flight has been moved to A14." My wife went on her app which said, "Sorry, not able to respond at this time."

We gathered our belongings, marched to the escalator, and pushed our way onto another train which said it was headed to B-A-D-E-C.

A14 was the coldest of all our gates. "I am not going to make it," my wife said through chattering teeth while pointing at a nearby gift shop, "I' m buying a blanket". Such stores routinely sell $5 bags of trail mix for at least $12.99 but at this point money was of scant importance.

As we huddled under our new blanket, the delay moved into hour five. I began to doze off then heard "Singer party of two report to A14." Upon our arrival an irritated employee scolded, "Where have you been? You're the last people to board, hurry up". When we got down to the gateway there were at least 20 people still waiting in line to board.

At 2:25 am we landed at SMF.

Our plans for this year? We hear Austin is delightful...in December.

• • •

What Can Artificial Intelligence Do for You?

BY PAUL GARDNER

Until fairly recently, I thought artificial intelligence (AI) was mostly for computer experts and young people. Then I started using it myself.

Specifically, I began using ChatGPT, one of the better-known AI applications. I was surprised by how easy it was to ask questions in ordinary English, get answers, request simpler explanations, and carry on a conversation. I soon discovered how useful AI could be in everyday life.

Could it be particularly useful to those of us in Sun City Lincoln Hills? I think so!

AI can help solve problems with your computer, iPad, television, printer or automobile. It can explain complicated subjects, research historical events, explore travel destinations, compare products, plan trips, summarize documents, and help write letters and emails. You can even use the microphone on your iPad or iPhone and simply talk rather than type.

But there's another benefit that may be especially meaningful to some of us: companionship.

Many people in our community live alone. Even those with active social lives experience quiet hours when they'd enjoy having someone to talk with. You can discuss a book, a movie, a memory, a current event, or an idea you've been considering. AI can be an engaging

(cont' on page 41)



What Can Artificial Intelligence Do for You?

(cont' from page 40)

conversational partner, available whenever you feel like talking.

Of course, AI isn't human and shouldn't replace family, friends, neighbors or the social opportunities available here in Lincoln Hills. It's an additional resource, not a substitute for personal relationships.

There are many AI applications available. My personal choice is ChatGPT, which inspired me to write this article. Whatever application you choose, remember that AI can make mistakes, sometimes confidently. For important medical, legal or financial matters, verify its information with an appropriate professional.

My advice? Give AI a try. Ask a question, explore an interest, solve a problem—or simply start a conversation.

You may discover, as I did, that AI can be a helpful assistant, a patient teacher and, during those quiet hours, a surprisingly engaging conversational companion.

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Do You Really Need Two Cars?

BY PAUL ROBERTS

Most of us who live in Sun City are fortunate. For many households, that includes two cars.

But do you really need two cars? I'm not suggesting that owning two cars is wrong. If you truly need two, by all means, keep them. But for many retired couples, two cars may be more of a habit than a necessity.

The cost of a car includes insurance, registration, maintenance, tires, oil changes, repairs and depreciation.

Living in Sun City gives us an advantage that many communities don't have. We have restaurants and a grocery store close enough that we can get there by golf cart.

For longer trips, one car can handle most of the family's transportation needs with just a little planning.

A neighbor could agree that, in a genuine emergency, they would be willing to help each other with transportation. I'll help you if you need a ride, and you help me if I need one.

For the occasional unexpected situation, having a transportation backup doesn't necessarily require owning a second car. There are also taxis, rideshare services and other transportation options available when necessary.

The question isn't whether you can afford two cars. Most Sun City residents probably can.

During our working years, having two cars may have been necessary because we both had jobs, commuted to work and had children to transport. Our schedules demanded it. Retirement is different. For many of us, the second car spends much of its time sitting in the garage

Try this.

Don't sell the second car immediately, simply park it and pretend you don't have it. After six months, ask yourself if you really need a second car.

Being financially responsible in retirement isn't about whether you can afford something. It's about deciding whether it's worth the cost.

• • •

We welcome your submissions such as humorous observations and poetry. Please see page 3 for submissions information.

EDITORS' NOTE: The Sun Senior News has always been politically neutral. Our content should be focused on the activities of the clubs, groups, individuals and issues related to being a resident of Sun City Lincoln Hills. Our publication will not publish article content or "Letters to the Editors" regarding Federal, or State election issues or advocacy.

We ask that Sun City clubs/groups that are, or could be perceived as political, to limit submission content to basic meeting/event/link info, and avoid advocacy.

All club/group submissions should focus on that organization only.

Submissions should be 300 words or less and due by the 15 month (unless the 15th falls on a weekend or holiday) then the submission should be submitted before then for the following month's issue. Email to: SunSeniorNews@gmail.com







"I Can Enjoy Walks With My Wife Again!"

Local acupuncture clinic is treating the untreatable peripheral neuropathy with incredible results!

Pain comes in many shapes and sizes. One of the most debilitating being the burning and tingling that comes with peripheral neuropathy. Neuropathy, a disease that was once classified as irreparable, is a disease that comes with years of shooting, stabbing pain that gradually ends in severe numbness, balance problems and in extreme cases, amputation.

David R. of Sun City was experiencing such a fate:

"I stopped golfing. I wasn't taking walks with my wife. I was living on Gabapentin and antidepressants and everywhere I went, my doctor, neurologist, the pain clinic, told me there was no cure. How are you supposed to live your life knowing that everyday brings pain and feeling unstable on my feet?"

Peripheral neuropathy is a result of damage to the nerves, commonly caused by a lack of blood flow to the nerves in the hands and feet. This causes the nerves to begin to degenerate due to lack of nutrient flow. Most peripheral neuropathy sufferers experience a heightened sensitivity to touch, making it almost impossible for those diagnosed to even wear socks or shoes, much less, enjoy life.

"It was like walking on sharp river rocks. I barely left my recliner," shares David, whose experience is not uncommon for those diagnosed with peripheral neuropathy.

Quality of life for David seemed uncertain. That is, until he found RaeAnn Salvador, LAc, DiplOM of Lincoln Acupuncture Clinic. Lincoln Acupuncture has pioneered a cutting edge, medical solution to treat neuropathy, eliminate, or greatly reduce the symptoms of neuropathy and give people their lives back. And they're doing it without the use of prescription medication or invasive surgeries.

"Acupuncture is incredible at restoring blood flow and stimulating damaged nerves, preventing them from dying off," tells Dr. Salvador. "We take our treatments a step further by integrating ATP Resonance BioTherapy," which targets specific nerves in the body using microcurrent. ATP BioTherapy is like watering a plant. This treatment will stimulate the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair.

Three months later, David is thrilled with his progress, "I can enjoy walking my dog around the neighborhood with my wife and I feel more stable on the golf course."

Success stories like David's are not atypical at Lincoln Acupuncture, "We have a 90% success rate. But only doctors care about the numbers. How people feel and what improves in their lives is what really matters," shares clinic manager, Ann.

The number of treatments needed to allow the nerves to fully recover will vary from person to person and can only be determined after a detailed neurological and vascular evaluation. Lincoln Acupuncture offers hope for neuropathy where there once was none.

While David's neuropathy was idiopathic, meaning the cause is not quite known, treatments at Lincoln Acupuncture can also help people whose neuropathy is caused by diabetes or chemotherapy.

"We have seen tremendous success in treating neuropathy of all types through very personalized treatments specifically tailored to treat each individual case."

Neuropathy discomfort should not be the trade off for enjoying your golden years!

To schedule a consultation and complete evaluation, call the office at **916-884-0398.**

Lincoln Acupuncture & Integrative Health

120 F St. Lincoln, CA 95648

LH Foundation —

(cont' from page 1)

caregivers and the families they serve.

Our next Bingo is Thursday, November 19. Doors open at 12:30 p.m., with play beginning at 1:00 p.m.

- 12 cards for $25 — exact change appreciated.
- $100 payout for each of the first 11 games.
- $250 payout for the final game.

Make an afternoon of it and enjoy lunch at Meridians beforehand!

Bringing a group? We're taking table reservations. Email your request to lincolnhillsfoundation@gmail.com.

If your table has open seats, invite others to join you. You might make a new friend—and enjoy a little good Bingo karma!

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ANNOUNCEMENTS

CRAFT FAIRE AND BAKE SALE on Friday and Saturday, November 6th and 7th, 9 AM to 3 PM, featuring 40+ crafters. Lincoln Community Church, 950 E Joiner Parkway, Lincoln. Lunch available for purchase from 11 AM to 2 PM both days.

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ESTATE SALE at 2608 Winding Way SCLH. Friday, Saturday, Sunday. November 20, 21, 22, 9a-3pm.

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SUN CITY REAL ESTATE UPDATE

In looking at the national market, pending sales in September were down to their lowest levels since 2020 during the pandemic as interest rate and economic worries have slowed purchases. A big reason for the slowdown is that buyers and sellers are not on the same page as far as values go. Buyers right now are looking for the best house at the best price and they are willing to skip homes they feel are overpriced, while sellers are looking at the values from the first few months of the year and there is a gap between the two. Using historical context is useful, however the most important aspect of selling today is what your competitors are asking for their homes. During times like these it is more important to look to the present and leave what happened several months ago to the past.



WRITTEN BY
GEORGE BROWN
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****FREE ADS—INCLUDE:**
- ✦ First 15 words are FREE (for SCLH residents only), additional words $1 each
- ✦ ONE AD PER HOUSEHOLD, PER MONTH
- ✦ ***Any Real Estate or Business Ads*** are not free. Please see "Business Ads"
- ✦ Lost and found items/pets.

BUSINESS ADS:
- ✦ **Anything of a commercial nature, including pet sitting, real estate, rentals, time-share/condos, etc.**
- ✦ 15 words for $35. Additional words $1 each.
- ✦ $90 for three months, same ad! (15 words only) additional words $1 each

Classified Ad Submissions — WHEN: By the 12th of the month. Please email the information below to: SunSeniorCA@gmail.com.
Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)
1. Contact name and phone number.
2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
3. Classified ad text - including the phone number you want readers to call.
SCLH residents get FREE non-business Classifed Ads; limited to 15 words; one per household per month.
Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/ condos, any service etc.
Business Ads are 15 words for $35 for one-month. Additional words $1 each. ($90 for three months for the same ad.)
If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.
*HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.

If you have any questions, please email us at: SunSeniorCA@gmail.com



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George Brown

RECENT SALES IN LINCOLN HILLS

1556 Sweet Juliet Lane	1910 Sq. Ft.	$650,000
265 Lariat Loop	2073 Sq. Ft.	$730,000
297 Sawmill Lane	2192 Sq. Ft.	$800,000
1755 Maple Grove Lane	2192 Sq. Ft.	$805,000
2306 Longspur Loop	2264 Sq. Ft.	$816,000
714 Canyon Oak Lane	2612 Sq. Ft.	$885,000
2209 Lamplight Lane	2801 Sq. Ft.	$899,000
504 Sawmill Court	2258 Sq. Ft.	$1,080,000
2462 Loon Lake Lane	2240 Sq. Ft.	$1,152,000
460 Lilypond Lane	2955 Sq. Ft.	$1,172,600
2456 Blue Heron Loop	2831 Sq. Ft.	$1,300,000

All measurements and all calculations of area are approximate. All sales from all MLS brokers. Display of MLS data is usually deemed reliable but is NOT guaranteed accurate by the MLS. Buyers are responsible for verifying the accuracy of all information

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