SUNSENIOR NEWS

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Lenora Harrison—Enjoying the Family Connection

BY JENNIFER (JEN) MARTIN

How many of us can claim that one of our parents, spouses, siblings, in-laws and children all lived at Sun City Roseville at some point in our lives? Lenora Harrison, longtime resident of SCR, can claim just that. Her mother, Mozelle, lived here, as did Lenora's husband, Bud, two brothers, Limbo and Glenn and their wives, and one of her sons, Larry.

Lenora was born in Clayton, Oklahoma, in 1939. The eldest of five children, she moved to southern California with her family when she was five years old. She grew up in a family deeply rooted in a family-owned antiques and import business. From an early age, she was surrounded by beautiful, storied objects and learned to appreciate their history and meaning.

After attending high school, Lenora got married and had three sons, Jimmy who lives in Citrus Heights, Lenny, now deceased, and Larry who lives here and is her real estate



partner. A single mother at age 20, Lenora began working in sales for Pioneer Aluminum. She went on to work as a financial advisor at the corporate offices of Foster Freeze International. In 1971 at a dance club in southern California, she met the love of her life, Bud Harrison. She had walked into the club with a date, but when Bud first saw her, he turned to a friend and said, "See that lady? I'm going to marry her." And one year later they did just that.

The couple moved to Sacramento in 1977, inspired by a shared dream to build something of their own. They opened Harrison's Antiques, a thriving import and retail business that reflected their passion and dedication to the trade. A few years later, they sold the business to a retired doctor from the San Francisco 49ers football team, closing that chapter in their lives with pride and gratitude for all it had given them.

Bud's early career years were spent in law enforcement. In 1984, after the sale of Harrison's Antiques, he delved into a career (cont' on page 23)

SCR Foundation 2025

BY ELIZABETH JARRETT — SCR Foundation Board Member

The Department of Aging estimates the following: 40 percent of seniors feel lonely or isolated; 43 percent of seniors feel some depression; and almost 50 percent of seniors are dealing with recent loss and grief. If we apply these numbers to SCR, it becomes clear that many of our neighbors are dealing with hidden needs. SCR Foundation has pilot programs to provide help and support for some of these needs.

For 2025, the Foundation has made a \$40,000 grant available to eligible homeowners for Respite Care through Del Oro Caregiver Resource Center. Each homeowner has a maximum allocation annually.

Del Oro is a private nonprofit agency dedicated to improving the wellbeing of family caregivers. They offer services to family caregivers of adults with chronic and disabling conditions or diseases. To be eligible for services, a client must be caring for an adult with a cognitive impairing condition that occurred after the age of 18, (such as dementia, Alzheimer's disease, stroke, traumatic brain injury, Parkinson's disease.), or be a caregiver for someone 60 years and over regardless of diagnosis who requires assistance with two or more activities of daily living. Visit their website deloro.org or call 916-728-9333.

(cont' on page 30)

Harmonicoots

BY LINDA B. AUG

Like many graduates this June, the Sun City Harmonicoots can toss their tassels to the side as well! During the past "school year" the Harmonicoots have learned many new methods to play stronger as a group.

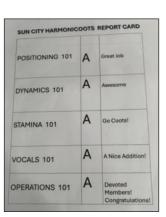
Positioning – The formation we sit in is vital

when playing together. Weekly practices find our chairs in a half-moon which allows us to see the director. Our guitarist and percussion players are at the center of the arc. We leave no empty seats between players, as hearing our fellow harmonica player keeps us all playing together.

Dynamics – We have strengthened our ability to begin songs together and with more feeling. Playing a harmonica is not a problem for a Harmonicoot. But playing TOGETHER, at the same time, with the same tone incorporates many other skills.

Stamina – We have learned we can manage many gigs in a short period of time. Our record is 4 gigs in 6 days, and we did it!

Vocals – We have learned we like to sing! The Sun City Harmonicoots enjoy incorporating vocals in many of our songs. This encourages audiences to sing and benefits us too. Singing a few lyrics allows us to stay in the song's rhythm.



Operations – We have learned we operate like a well-oiled machine. We have all plates spinning at once due to the group's involvement. We have a director and members who are growing in their skills as substitutes. We have a gig coordinator who arranges all our shows and interfaces with our community. In the past year we have developed a Music Selection Committee to

create playlists for our performances. We have a website monitor for the webpage, a Courier and Sun Senior News writer, and a full council with all offices filled. We are a village. And there's room for more.

Harps Up!

Singers

BY JACKIE PROETT

It's June and time for Father's Day, Graduations and Weddings. We'll call it: DADS, GRADS and "IDO-DADS". But, first of all, We hope you have tickets in your hot little hands for our June 2, Concert, because, "ON WITH THE SHOW", will be a sell out! It starts at 7:00pm in our favorite Timber Creek Ballroom. See you there!

After a rousing success, Singers, don't forget to come to our Wrap Party on Monday June 9th at 3:00pm. There will be cookies and *(cont' on page 5)*

Dementia FREE In-home care through the Medicare GUIDE Program.

G.U.I.DE. (Guiding an Improved Dementia Experience) is a new eight-year program providing anyone with a dementia diagnosis (or suspected) up to 120 hours yearly of free in-home care with a licensed professional caregiver. This program includes nursing visits, a

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SUBMISSIONS: The Sun Senior News -

Lincoln Hills welcomes announcements from social clubs, schools, charitable organizations, non-profit organizations, local government and community events. Also, editorial contributions as well as articles, cartoons and photographs are welcomed and considered for publication. Deadline for submissions is the 15th of each month. Please submit via email to: SunSeniorNews@

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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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT & RON MASCIOVECCHIO - Program Coordinators

As summer starts to roll in and we begin to think about and go traveling, whether it be close to home or abroad, here are some tips from your Roseville Police Department:

Away from home safety tips:

- Share your travel plans with a trusted friend or family members, including hotel and flight information in case of an emergency.
- Double lock your hotel door by using the extra bolt or safety latch.
- Be friendly when you are out sightseeing; but remember not to give your personal $information, your \, hotel \, room \, number, or \, travel$ plans to strangers.
- · Keep your valuables close to you or securely locked in a hotel safe. Purses should be zipped up and worn close to the body. Try not to put loose dollars, credit cards, or your ID in your back pocket, those can easily be pickpocketed. Use your front pockets if necessary.
- When dining out, bags, purses, or backpacks are most safe on your lap or on the floor between your legs. Do not hang the bags on the back of your chair.

Many of these safety tips are common

sense simple steps that can be followed year-round. If you see suspicious behavior in your neighborhood, contact Roseville Police Department or file an online crime report. Safe travels, and we hope you enjoy a crime free vacation.

Plan ahead for your parking (if you park your vehicle at the airport) and make sure you take all your personal information out of your vehicle. You take a chance if someone were to break into your vehicle, they now have personal information, i.e., where you live, registration to your vehicle, etc. Easy pickins to rob your home while you are gone on vacation.

And speaking of flying out of town? Be prepared, there is lots of changes happening at the SMF airport. Our July 14th Neighborhood Watch Meeting will bring the Director of the SMF airport to share the exciting new changes that will be taking place at the SMF airport.

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 Roseville. 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 15th of the month for the following issue.





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Singers

(cont' from page 1)

lemonade or tea to enjoy while we discuss our Concert, what audience had to say about it and what we learn from the good and bad comments. Don't forget to turn in your music, unless you did so, after the concert.

May was a very busy month for us. Besides booming rehearsals, we enjoyed Hospitality's Spring Fling Potluck and all the yummy pots. No singing, just eating and talking. We're good at that! At the end of May, we vote for new Officers. Unless there were nominations from the floor, our new Council consists of Co-Presidents, Elizabeth Gustafson and Paula Scarpelli, Vice President, Susan James, Secretary, Debbie Zan and Treasurer, Kathleen Snook. Thanks to all of you!

Now dear friends it's time for our summer vacation. You'll have a couple of months to do all those family things, trips, near and far and maybe just sitting under the sprinklers. We will start back around the second Monday in August. For those of you who saw our concert and want to join, We meet on Mondays at 2:30 Back of the Ballroom. Come join us and cool off Singing Christmas music. You'll get a package of music and a pile of new friends!

Music and Laughter

BY JANE BOHN

Well, we ran over about 15 minutes but that didn't bother the audience as they belted out a few songs that Bruce Barley had printed and had helpers circulate. A fun way to end the entertainment. Speaking of entertainment, the following talented neighbors of ours kept us wanting more: Singer guitarist Ken Roberts, jokester Jack McGurk, singer guitarist Bruce Barley, comics Ed Lick and Jan Montero, singer guitarist Alan Nichols, and a cappella singer/Peggy Wells.

Our jubilant prize winners included: Debbie Hetzer, Leonora Cranmer, Ken Roberts, Arlette Bennett, Rose Carrillo, and Margaret Babin.

A huge thank you to all our fan club, entertainers, and many helpers including Maria Hajgato, Arlette Bennett, Ken Roberts, Pam Moll, Dwight Rose and Doug Hull.

Hope to see you at our next gathering on



June 11, at our Sierra Pines Lodge located on the corner of Del Webb Blvd., and Whistlestop Way. Doors open at 6:30 and show starts promptly at 7. The cost is \$1 donation for prizes at the end of the show. Come have your Spirit lifted with more Music and Laughter in your life.

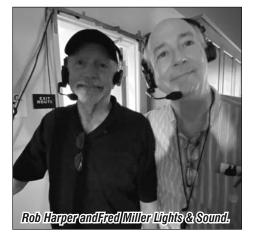
Drama Club

BY LENORA DAVIS

The Drama Club is once again rehearsing for our next performance, coming up in August. It will feature a lunch matinee on August 10 and an evening performance on August 11. We will be back in the Timber Creek ballroom for these performances. They will be consistent with our goal of short, light, humorous drama. However, no sketches will be script in hand – all dialog will be memorized for this show.

We have such a wonderful club-family of





actors that rehearse for months to refine their characters and work as a team to make each sketch come together. Many have been with our Club since its inception over 3 years ago, and many others have joined along the way, but we all work to contribute to the whole.

Our lighting, sound and stage crews have also improved dramatically over these 3 years – stepping up to accomplish more that we could have ever visualized in the beginning. For our recent Sierra Pines show, our Lighting Crew (Rob Harper and Donna Stephens) spent many hours designing, assembling and setting up our theater-style lighting. They both contribute so much time, energy and attention to detail that we cannot thank them enough.

Then we have our Sound Crew (Dave Tennies and Fred Miller). Dave has mastered our newly acquired sound board and related equipment, giving us a tremendous improvement over the standard Sierra Pines sound.

Our backstage coordinators (Joe Keefe and Marily Phelps) work diligently to ensure that actors, sound and lights work in a coordinated manner. They create a seamless operation and we are so thankful for their contribution.

And, of course, we have our Set Crew. which we will acknowledge next month.

For more information you may contact Susan Glover (530-388-6367).

Dance Club

BY VIKKI CLARK

The Dance Club has been stepping up the excitement this spring and summer with a series of fantastic events for dancers of all levels! April brought our much-anticipated Round Dance for Partners, featuring a lively and informative lesson by the talented Sandi, followed by an evening of dancing to her upbeat DJ set. Partners enjoyed the chance to refine their waltz and two-step moves as

the instructions were called out.

Looking ahead, mark your calendars for our June Election Dinner Dance! This year's theme is "Let's Dance," and we're bringing elegance and flavor together with a delicious Tuscan buffet. The evening promises more than just great food and fun voting—we'll be treated to exciting demonstrations from various dance classes, offering inspiration and a taste of the different styles our club has to offer. It's the perfect way to celebrate the end of the season (cont' on page 9)









Ambassador Committee

BY DAWN HASKIN

The Ambassador Committee hosted a breakfast meeting each year for realtors in our community on April 9. Twenty-five realtors attended and heard from Geoff Brown and Ryan O'Connell. This meeting with the realtors is a wonderful opportunity for realtors to interact with our staff and get updated information about what is going on in the community.

The weather at this time of the year is the perfect time to get out and walk or drive (car or golf cart) in the evenings and look at all the beautiful colors of residents' landscaped yards. Take advantage of the evenings as they cool down and just be observant of all that our community has to offer!

Start revving up your golf cart engines for celebrating the fourth of July! I know it's only June, but you need to get out and purchase decorations before the annual Golf Cart Parade on July 4th. The event begins with line up at 9:30AM at the Timbers Parking lot with the parade starting promptly at 10:00! If you are new to Sun City, and you own a golf cart, don't be shy! There are usually at least 80-100 carts that participate in this fun event! Just put on some red, white and blue decorations! If you don't have a cart or cannot participate, then grab a copy of the map from the lodge and see where you can sit to enjoy the festive group as they pass by!

Brian and Tracy Carr round up two parades each year! The next one will happen

the week before Christmas (at night). We hope you can join in the fun!

The next New Resident Orientation will be held on Saturday, June 28 and will be for residents who moved into the community during March, April or May of this year. Emails and phone calls will be made to residents who meet those criteria.

Volunteerism Group

An Invitation to Make a Difference!

BY KATHY CASTEN, CONNIE DEBLAQUIERE, & DEE FRANZ

Have you been thinking about getting more involved in our Community?

Now is the perfect time as our Required and Standing Committees are actively seeking new members for the 2025/26 term. Applications to serve on a committee are accepted in the Administration Office from May 1 through noon on June 13.

You might be wondering, why a Committee?

Here are just a few reasons. Serving on a Committee provides Association Members with many benefits such as an opportunity to utilize their talents, ideas, and life experiences toward the common goal of keeping SCR the premier active adult community in Northern California. Members gain a sense of "community" because they are a part of its success while at the same time it is a great learning experience and an opportunity to meet

and work with new people. As a committee member, you will be learning about Sun City policies, why they are in place, and why they make SCR the quality community that it is.

Would you like more information?

Committee information is available on the SCR website. On the Homepage, select the "colorful" Volunteer tab on the lower left side. Here you will find a wealth of volunteer information including a direct link to each of the committees where you can learn about their purpose and responsibilities. You will also find a printable Application form, or you can pick one up in front of the Administration Office. The specific timeline of the application process is printed at the bottom of the form. In addition, volunteers will be available June 1 at Courier Days to answer your questions.

What do our volunteers contribute?

Approximately 350 volunteers bring their diversity, viewpoints, ideas, and talents and provide services vital to our community. They are critical to the success of SCR and provide just over one million dollars in services annually. Our volunteers are one of the reasons we are considered "The Premier Active Adult Community in Northern California."

Be a part of it! Step Up and Make a Difference!

Sunshine Services

BY LINDA CILENTI

The Circle of Life serves as a powerful symbol of birth, survival, and death. Life is depicted as a circle to illustrate its continuous nature; each day brings new lives into the world while others depart. When we experience a loss, it's natural to reflect on the cherished memories we hold and to deeply feel the absence of our loved ones.

Navigating loss and grief can be challenging, and it may often feel difficult for family and friends to fully grasp what you're going through. Please remember, you are not alone in this journey. There is a welcoming opportunity for those in our community who are experiencing loss to join a drop-in Adult Bereavement Support Group.

The Adult Bereavement Support Group offered by Sutter Care at Home Hospice may assist individuals who are experiencing change, transition, and loss in their lives. Sharing your grief with a compassionate professional and with others provides a way to confront challenges and take care of yourself. Support can significantly impact our healing, well-being, and health. Join others who are seeking care and support during significant life losses and the grief that can prevent many from finding peace and joy.

The Adult Bereavement Support Group convenes on the first Tuesday of every month from 10:00am to 11:30am at the Timber Creek

(cont' on page 7)





Sunshine Services

(cont' from page 6)

Lodge, Card Room. Attendance is free of charge. Additionally, there is a Grief and Loss Support Group available via Zoom on the second and fourth Tuesdays of each month from 10:00am to 11:30am. There is no fee for this group either.

If you have questions or would like more information, please contact Kate Craig, LCSW, at Sutter Care at Home Hospice at 916-918-3025.

As you navigate the grieving process, be gentle and patient with yourself, and remember that everyone's journey is unique.

SCR Library News

BY ELIZABETH GUSTAFSON

We are happy to welcome our two newest library monitors, Louise Gresham and Valerie Lake! Please be sure to check out the hard cover, large print and soft cover books you take from the library and note that we ask that you return them in three weeks. We sometimes have waiting lists, especially for the new books, so don't pass them around to all your friends to read instead of returning them.

In this article we list the newly purchased books for the month. In the SCR Courier article, there is a brief description of the new

Senior discounts

Financing Available

books. A copy of that article is also available at the library monitor's station.

If you have books you would like to donate to the library, please see our donations policy on the library web site or pick up a copy in the library before bringing in the books.

New Books – Fiction: Baldacci, David - Strangers in Time; Henry, Emily - Great Big Beautiful Life; Kenney, John - I See You've Called in Dead; Landau, A.J. - Cold Burn; Parker, Robert B. - Buried Secrets; Patterson, James - 25 Alive; Prose, Nita - The Maid's Secret; Rose, Jeneva - The Perfect Divorce; Steel, Danielle - A Mind of Her Own; Taylor, Brad - Into the Gray Zone.

Non-Fiction: Atkinson, Rick - The Fate of the Day: The War for America, Fort Ticonderoga to Charleston, 1777-1780 (History).

Large Print: Baldacci, David-Strangers in Time; Bohjalian, Chris-The Jackal's Mistress; Everett, Emily – All That Life Can Afford; Henry, Emily - Great Big Beautiful Life; Patterson, James - 25 Alive; Prose, Nita-The Maid's Secret; Steel, Danielle - A Mind of Her Own; Taylor, Brad-Into the Gray Zone.

Executive Director Comments

BY GEOFFREY BROWN

More Updates! I'm sure everyone knows we are well onto our Board of Directors Election Season. This year you have two positions on the Board to elect in July. At the final April 17 nomination deadline, we ended up with 4 candidates and the campaign officially started on May 28, 2025.

Candidate are statements and flyers have been prepared and the Association and the Election Committee will host a Candidate Forum, where you can meet the candidates and ask questions, on Wednesday June 11th at 6:00pm in the Ballroom at the Timbers Lodge. Balloting materials are scheduled to be mailed out to all members on June 13th and your signed ballot must be received by 10:00am on the deadline of July 15th, 2024. Have a say in who leads Sun City Roseville forward – make sure to cast your ballot correctly.

In other news, the Board of Directors passed the 2024-25 Budget at the April Board Meeting, setting the assessment at \$225 per month, an increase of 5.6%. Staff undertook a comprehensive review of all departments to identify areas where we could control or reduce expenses in an effort to keep the increase as low as possible. This year's budget was particularly challenging due to uncertainty in the economic outlook for 2025 and 2026.

We continue to explore various improvement projects at the Committee

level, including solar, shade, and other capital projects for our "continuous improvement" objectives. Generally, none of these projects are directly funded by your assessments, so timing is still unclear while we look for funding sources to support these plans.

I hope many of you were able to take advantage of the tremendous spring and summer kick-off events that were planned for May, and are looking forward to the slate of activities we have planned for you in June. Come take in a day of baseball in the City when the SF Giants host their SoCal rivals, the San Diego Padres (June 5) or cheer your favorite on in a Battle of the Bands at Naggiar Vineyards in Grass Valley as Rolling Stones and The Beatles cover bands go head-to-head (June 14).

Here's to a fun-filled and busy summer at Sun City Roseville, the premier active-adult community in Northern California, where there's always something new and exciting to do with your friends!



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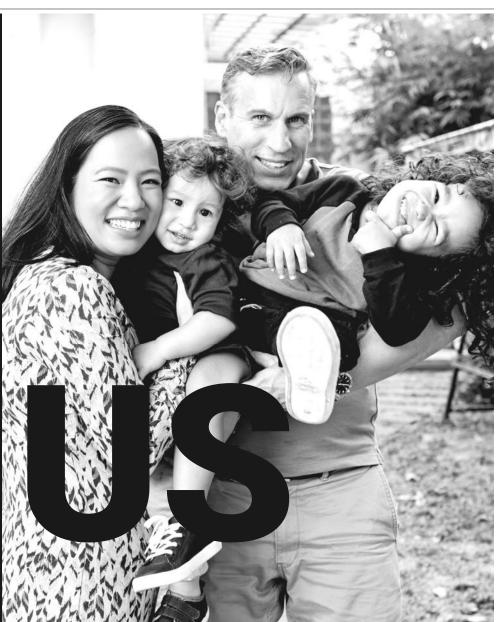
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Dance Club

(cont' from page 5)

and set the tone for what's next.

Then, don't miss our grand Performance Showcase on July 28! This annual event is a highlight of the summer, spotlighting all 11 of our dance classes. From Tap & Jazz to Hulu, clogging to line dance, each class will hit the stage with a special performance that reflects their hard work and passion. It's a great opportunity to cheer on your fellow dancers, discover new styles, and celebrate the diversity and talent within our club community.

Whether you're dancing, dining, or simply enjoying the show, there's something for everyone. We can't wait to see you on the dance floor!

SC Squares

BY KRIS KNUTSON

Sun City Square's new beginner sessions is almost a month old as I write this update. The session is going well thanks to our "caller" Tom Bolton who makes sure everyone understands and is comfortable doing the beginning calls. Surprisingly, it doesn't take long before all 4 couples are moving as a group. It's a fantastic mental workout that requires listening, quick thinking, and teamwork. It's also deeply social; you interact with almost everyone in vour square.

New members have the option to dress as square dancers on the 1st Monday of the month just like regular club members. I did notice 1 new member rather excited about buying his 1st pair of cowboy boots. He did seem to have more confidence and enthusiasm in the 1st time he wore them.

Our club dances on Monday afternoon 1:00-3:00 PM Mainstream and Plus levels. Tuesdays 3:00-5:00 PM Advanced Squares and



Round Dancing Thursdays 1:00-3:00 PM. All dancing is at Kilaga Springs - 1167 Sun City Blvd, Lincoln. All square dancers are welcome. For more information about Lincoln Hills Squares visit our web site at https://sclhsquares. weebly.com

SCR Needle Arts Club

Here we are at the end of another Needle Arts year and what a year it has been! Our membership continues to grow, Marion Jones is keeping us busy with several classes each month, and our regular events are back in fullswing. Our Craft Faire was bigger than ever and the committee, led by Carolyn DeSantis and Barbara Aaberg, will begin working on 2025 this month. We were once again treated to our Holiday Home Tour, beautifully organized by Barbara Aaberg, this past December.

So many wonderful things going on in our club - including awe-inspiring numbers of donated afghans from our Knit/Crochet group, quilts and pillowcases from Donation Ouilts, octopuses from the Preemie Octopus group, and dresses for Dress-a-Girl.

May 2 was our Annual Fashion Show. The room was beautifully decorated and the sound effects, including the bugle fanfare, were such fun! Thank you to our member models who stepped out of their comfort zones and onto the runway - Cindy Stoorza, Rhonda Slusser, Dee Smith, Kathy Casten, Bonnie Luster, Vicki $Murphy, Betty\,Manning, and\,Gail\,Miler.\,I\,hope$ you enjoyed getting to know them as much as I did! Kudos, of course, to our VP Sharon Lawin and her entire committee.

Our June meeting will entertain nominations from the floor for our Board and voting on next year's slate of officers. June is also a Show & Tell month. I love seeing all the wonderful things our members have created, so please do participate!

Our next General Meeting is Wednesday, June 4, 1:30 pm, in the Ballroom. We are dark in July and I will look forward to seeing you all in August! New members are always welcome – come join in the fun!

Fine Arts Club

BY NANCY VAVUL

Summer is just around the corner, and we're excited to kick off the month with our much-anticipated installation brunch, "Up, Up, and Away," on June 12 in the enchanting Rose Garden at Timbercreek. This is a wonderful opportunity to meet and greet our new club president, Eileen Wagner, and our new vice president, Paula Robinson, our secretary Delia Price, treasurer Sarah Sinclair, and our new council members Pat Abraham, Curtis Neelev. Abundio Montez, David Schwartz, and Carol Vickerman. You have time to still sign up for this brunch until June 5, so stop by the art room soon, sign up, pay by check, and prepare for a day filled with balloons, fun activities, and creative inspiration. You won't want to miss this high-flying event!

As we dive into June, there are a few changes of note to our class schedule. Donna Self's acrylics will take place on Monday afternoons, specifically June 9, 16, 23, and 30. Maria Winkler's colored pencil classes will be on June 9 and 12, while Renee Hawkyard's watercolors will meet on Tuesday afternoons June 3 and 10. We're also thrilled to announce that Maria's "Drawing on the Right Side of the Brain" will resume this month on Wednesdays.

Ed Mallory's oils will continue on Thursday mornings in June, although it's important to note that the class originally scheduled for June 12 will be rescheduled to June 13 to accommodate the installation brunch. Lastly, Sherry Blyweiss's alcohol ink class will convene on June 26.

As always, please check the Fine Arts room for specific times, requirements, and to sign up and pay for classes and special events. We look forward to seeing you at the brunch and in our upcoming classes. Let's make this June a month of creativity and connection!

Creative Arts Club

BY CAROL KOVACH & BRIDGET WHITAKER

The ceramics group of the Creative Arts Club for several years has been having trouble finding a supplier of ceramic pieces ready for painting. The final blow came last year when Alpha Fired Arts, our supplier of most of the clay and glazes for Creative Arts, changed their policy of selling ready-to-paint pieces to our

members. So, imagine our amazement when the Club was approached by the daughter of a long-time local ceramics artist who had died a few years ago. She had left a very large collection of ready-to-glaze ceramic pieces left by her and her husband. He had done the pouring of clay into molds; she had finished them with exquisite painting. This was their

Their children had no interest in them and when it came time to clear the house for sale, how to dispose of their parents' large inventory of ceramic pieces became a problem. They reached out to schools and ceramics related places but couldn't find anywhere to donate them. Most of the several siblings were ready to just dump them, but the daughter, Jo Denning, didn't want to do this and approached Alpha, who then put them in contact with CAC president Bridget Whitaker. She then tasked the lead member of the ceramics group Carol Berger to explore this opportunity. It was a large donation of many totes of carefully packed pieces; all in good condition and completely "cleaned" ready to paint. Carol travelled to the house and loaded up some boxes, leaving the rest to be delivered by one of the siblings. They were stored in two members' garages, and roughly inventoried. The ceramics group is now the grateful owner of their own supply of new pieces! CAC is working on a selling display event.

Roseville Stamp Club

BY TIM MILES

Our meetings are held at the Sun City Roseville Lodge meeting rooms (7050 Del Webb Blvd) on Tues at 6:30 pm. Being one of the oldest stamp clubs in Northen California, we have a varied and interesting agenda consisting of door prizes, "mystery" giveaways, guest speakers, drawings and access to anything needed in the hobby at huge discounts. Anybody who needs albums, pages, stamps, protectors, etc can usually be taken care of at the meeting.

Our Club Secretary, Lee Coen (leejcoen@ gmail.com) will notify all of us as to anything upcoming or important to the membership, but he needs your email address.

We always point out that anybody who

(cont' on page 10)



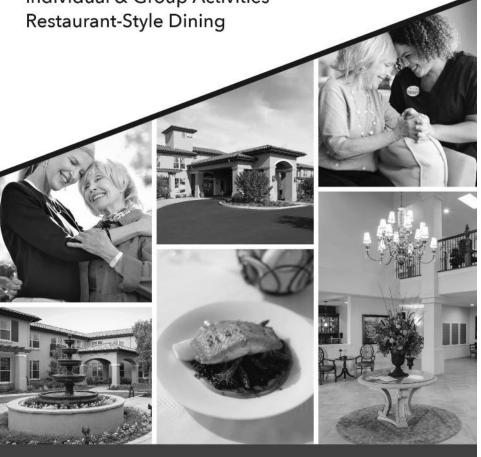


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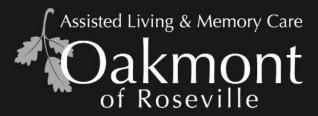
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Roseville Stamp Club

(cont' from page 9)

has an "old" album stashed away can get an updated estimate of value by dropping in at any meeting and the membership will be glad to help you out. We have a complete set of up-to-date stamp catalogs to establish value of identification, which can be daunting.

From time to time, Al Capparelli (916-771-8288) has "open garage" meetings, where you can really fill the gaps as far as collection needs. The only thing needed is an appointment.

The June meeting dates are June 10 and 24 and July dates are the July 8 and 22 and the August dates are August 12 and 26, so mark the dates on the calendar!!

The American Philatelic Society has a special going of 18 months membership for \$25.50, but I would check their website and make sure it is viable. They furnish a monthly magazine about the hobby that is very factual and informative.

As to local stamp shows, the next show available is the Reno Stamp and Cover Show at the National Bowling Stadium on July 26-27. Contact (renostamp.org).

Socrates Cafe

BY STEVEN GUSTAFSON

Suppose that you're in charge of a facility that maintains fertilized human eggs for IVF in cold storage. Due to a maintenance error, the refrigeration is turned off, and hundreds of human embryos die. Could you be guilty of mass murder (or at least manslaughter)? In some states, the answer is yes!

The discussion at Socrates Cafe last month focused on "when does a fertilized egg become a human person? "At the moment of fertilization? After the embryo's cells have differentiated into distinct tissues (brain, muscle, etc.)? After the fetus generates a detectable heartbeat (a criterion adopted by some states)? As soon as the fetus is able to live outside the womb (medical advances have greatly reduced this time)? At the moment the fetus exits the womb?

We discussed the fact that in California, human embryos are not persons, and contract law governs their disposition (so if a couple has embryos at an IVF clinic and gets divorced, the embryos are property that is distributed between them). Also, we discussed the metaphysical requirements to be considered a person, such consciousness and rationality. Finally, we discussed the role citizens who are beyond chid-bearing age (like almost all of us) should have in deciding the legal status of human embryos.

If you think that discussing such issues with other Sun City residents is interesting, you are welcome to join us. A different volunteer resident facilitator proposes different questions for discussion each month. We (usually about 20 of us) meet on the first Monday of every month at 10:00 in the Timbers lodge.

Healthcare Professionals Group

BY LINDA GORDON

At the May 7 Healthcare meeting we had a very interesting presentation by Erica Caldwell, the Outreach Specialist for InnovAge. InnovAge PACE is an innovative senior healthcare program that helps aging adults remain independent in their own homes. As the largest provider of the Program of Allinclusive Care for the Elderly (PACE) provides a proactive healthcare model that includes personal home care, medical transport, adult day program and so much more, utilizing Medicare and Medi-cal benefits with no out of pocket cost. We all learned a great deal about this new care approach.

The Healthcare Professionals Group is a social group of SCR residents who have worked in any capacity in the Healthcare Field. We meet the first Wednesday every other month at 11:00am in the

Spruce Room in Sierra Pines. The speaker will start at 11:30 and lunch and social time will be at 12:00. Cost is \$10 for lunch. Our next meeting will be Wednesday July 2. stay tuned for our Speaker topic.

Nurses from our group hold a Blood Pressure Clinic for Residents on the second Wednesday of the month from 9:30-11:00am in the Fitness Center. This is open to all residents to have their Blood Pressure checked and to discuss any issues they may have. Our next clinic will be June 11,

For more information, to get yourself on the mailing list & to RSVP for the meetings contact Linda Gordon at garlind77@gmail. com or 510-813-7815 (call or text).

Meditation Group

BY ED CERVANTES

The Heart of Gold Meditation Group of Sun City Roseville invites you to come learn a simple method of meditation that uses soothing mantras and music to ease the stress and emotional situations of daily life.

With mantra meditation, our mind and heart are gradually freed from all kinds of worry and deep-seated fears. It is a time-honored meditation practice that illuminates our lives, allowing us to experience an inner peace, increasing insights and happiness.

The program is donation based, and the meditations will be practiced seated in chairs.

Here are the dates and locations for our upcoming meetings.

Wednesday, June 25th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Wednesday, July 9th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Wednesday, July 23rd 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Bring a friend, come make new ones and enjoy a peaceful hour of meditation, light refreshments, and good company.

We look forward to meeting you. Ed Cervantes and The Heart of Gold Meditation Group

mantramed club@gmail.com

Solo Friends

BY NIKKI COMBS

Elizabeth Gustafson spoke at the May General meeting on "How to Get the Most Out of Your SC Library." For anyone yet to discover this wonderful facility, pop into the Lodge. The library is next to the Activity Desk.

Elizabeth explained that the HOA supports the library with \$8,000 per year. Those funds purchase about twenty new books monthly and the link on the Sun City Residence site. The library holds audiobooks, large print, hard and soft cover fiction and non-fiction, paperbacks, puzzles, and magazines.

Everything except puzzles and paperbacks must be checked out. Most items borrowed are

expected back within three weeks. The library creates a wait list for popular books.

The library also accepts donations, just not more than one bag per person. Items not accepted include self-help, travel, cookbooks, political, or text books. The only hard cover books accepted are current best sellers or large print. There is just not enough room for everything.

An easy way to see if the library holds a certain book is the SC Residence webpage link under Amenities. You can search by title, author, or format. Unfortunately, the site cannot state if the book is available or checked out. You can call the library for that information and to be placed on a wait list.

In a testament to the growth of Solo

Friends (224 strong currently), Cal Conley is creating a Men's Group. This much needed special group will give the guys a place to gather, discuss, eat, play, and who knows what else! If interested, please contact Cal listed in the directory.

There is no General meeting in June. Our July meeting will be in the Timbers ballroom at 6:00 pm on Monday, July 7. Cael Kuhlman will share uses for our iPhones besides making calls.

Jewish Fellowship Circle

BY LOIS ARLEN & KAREN LEVINE

A special thank you with appreciation to Karen Levine and Linda Kosut Lyon for conducting the Shabbat (Sabbath Friday night) service and to Nancy Schubach for hosting the Oneg (a sweet table) in April.

Our first and new event of the summer will be Comedy Night with hearty appetizers for dinner on June 22 at 6:00 pm. JFC members can bring their favorite hearty appetizers that would serve eight people. Dessert will be provided. There is no charge for this entertaining event.

A fun and exciting evening of Bingo and pasta will be on July 20 at 6:00 pm at Sierra Pines. There will be prizes to win!"

If any JFC members are unable to drive and need a ride to any of our events, please contact our JFC member, Irwin Perry, our Transportation Committee coordinator, at 609-915-9746. He will arrange to have one of our JFC members provide transportation to

the JFC event.

What is Shavout? It is a two-day Jewish Holiday after Passover that commemorates the giving of the Torah to the Jewish People at Mount Sinai over 3,000 years ago. Shavout (which is also pronounced Shavous) means "weeks," and it refers to the giving of the Torah. It celebrates the completion of the counting period between the second day of Passover and Shavout. This holiday is the celebration of the wheat harvest and the ripening of the first fruits. Shavout is celebrated by Jews around the world through lighting candles and stay up "late" to learn Torah. Foods that are eaten are dairy such as cheesecake and blintzes.

Democrats of SCR

BY MARISA BERNETTI

The SCR Democrats have been quite active the past month. We have attended and assisted with protests, town hall meetings, and at Folsom's Bernie Sanders rally. The third Town Hall for US House CA03 district was held on May 10, at West Park High School, Roseville. Attendance was overwhelming with great constituent questions and answers by knowledgeable Dems House Representatives. Rep. Kevin Kiley (R-CA03) was again invited; again, he was "Missing". Where is Kevin? His constituents are eager to hear his positions on so many issues facing our District. Our invitation is always open.

(cont' on page 12)





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Democrats of SCR

(cont' from page 11)

Again, Marty Boyer has scheduled inspiring speakers for the May and June general meetings. The May speaker was Steve Maviglio, a Democratic Party strategist, who shared his insights as to the best fights for the upcoming 2026 Midterms. If you missed this one, you missed a spectacular political strategy event. Do not miss the next one!

This summer marks the 90th anniversary of the signing of the Social Security Act by Franklin D. Roosevelt. How/why was Social Security established? On June 25, we are ecstatic to offer a special program honoring this very special anniversary. Ellen Sander, of Sierra College's Osher Lifelong Learning Institute (OLLI), will share the story of Frances Perkins, the first woman ever appointed to a Presidential Cabinet and who was influential in the President's signing of the Social Security Act in August, 1935. Ellen will share a wonderful story of political history, which takes on even more significance as this most vital program now faces peril.

Join us at our June 25, evening meeting at Sierra Pines. Our refreshments-social starts at 6:00pm, and the presentation at 6:30pm. For more information, see our website at https://www.facebook.com/ DemocratsOfSunCityRoseville, at the Admin's kiosk, and for membership contact Dave Wyatt at dwyatt.scrca@gmail.com. Everyone is welcome!

Computer Club

BY BARBARA EICHTEN

Enjoyyour summer! The Computer Club general meeting with be in September. The Genealogy group will resume in September.

PHOTO SIG: Please join our enthusiastic photographers and be challenged to share knowledge and improve skills. PHOTO SIG (photo club) will meet on Friday, June 20 at 10:00 in the Club Room. Only Photo Sig members may submit photos for the monthly contest. Submit a maximum of 3 photos, send to scrphotosig@gmail.com by Monday, June 16. The photos are juried at the regular monthly meeting. June's theme is "Animal, non-Pet." Photos have no time frame. Contact Carmela Kube for additional information.

Open Sessions will be Friday June 6 from 1:00-3:00 IN THE Club Room. Other dates will be available in July. These sessions are to assist individual residents with their iPhone. iPad, or a computer. For further information, call/text Barbara Eichten (901-626-9821) or email barbaraeichten@gmail.com.

Travel Club

BY PAM SCHEEL-HEMINGWAY

As of this writing, Travel Club members are cruising the "Great Lakes" region with a visit to The Grand Hotel on Mackinac Island. If you missed this trip, we'll have another trip featuring Mackinac Island in 2026. On our



bucket list!

May featured the Travel Club Spring Social with a "Come Fly Away" theme. Look for pictures in the July publications!

Trips now available for $booking \, for \, Travel \, Club \, members \,$ include two holiday trips in 2025 and some exciting new 2026 trips (with more to come soon):

Canadian Maritimes and Coastal Wonders: July 19-30 (Collette)

Croatia Yacht trip with Venice, Italy: August 18-30 (Colette)

Islands of New England: October 2-9

Canada and New England Cruise: October 14-25 (Crystal through Alamo)

Branson Holiday Spectacular: November 4-10 (Collette)

European Christmas Markets: December 4-11 (Collette)

Southern Italy, including Sicily: February 27-March 11, 2026 (Collette)

Northern Spain and Portugal: March

17-April 1, 2026 (small group trip--Collette) Chicago and Mackinac Island: May 4-12, 2026 (Collette)

Celebration of America's 250th Anniversary: October 19-27, 2026 (Collette)

See the Travel Club web page on the SCR web site for details on all trips. Click on the



"Trips" button for links to the flyers for all available trips.

The Travel Club meets the 4th Monday of most months at 3:00 pm in the Ballroom. Join us for our next scheduled meeting on Monday June 23. Remember to bring any unwanted travel-related items (in excellent condition) for the "back table" at all of our Ballroom meetings. Donated items are available to all members on a first-come basis, so check the table when you get to the meeting.

(more Club News cont' on page 13)



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Conservative Action Group

BY SHERRI SCOTT

Howmany of us have read the Constitution of the Unites States or the Constitution of California? Many of us could not affirmatively answer this question, especially

are protected from the government that is established for and by the people.

Our next meeting on Monday June 2 will be a social event along with the introduction of Jack Thompson, Kevin Kiley's District 3 Senior Office Representative. He will give us updates on Kevin's activities in serving his constituents



June Continho and Amy Cho

when it came to California. Thanks to Debbie Woolley representing We The People speaking at our May 5 meeting, we learned that the God-given rights of the people as enumerated in the Bill of Rights are also included in the 50 constitutions of each state. In our republic "we the people" are sovereign

because of these natural law rights and

within the district. No information will be shared for the 2026 campaign as Jack is not involved in that aspect of Kevin's responsibilities. You will have an opportunity to talk with Jack during the dinner catered by El Pollo Loco. As usual we will begin at 6:30pm at Sierra Pines.

Veterans & Patriots Club

BY SUZETTE AUSTIN

Jaime Lim, a Naval Vietnam Veteran 1967-1969, was the speaker at our May meeting. Jaime is the son of a WWII Combat Veteran and joined the Naval Reserve out of High School. In 1967 he was activated with the Task Force 77 onboard the USS Coral Sea. He served three tours in Vietnam.

On May 26 our Club sponsored a Memorial Day Flag Raising as well as a bagpiper in front of the Timbers Lodge. Joe Patterson was one of the speakers for this occasion.

The speaker for our June 4 General Meeting will be a representative from the Veteran Services Office of Health and Human Services. Their office always has good information and helpful staff when they come to our meetings and they're able to help many of our Veterans.

On June 7 our Club will have a catered Chuck Wagon Barbecue on the Sierra Pines patio at 2 pm. The cost is \$15 and you can reserve until June 3 by contacting Bob Wagner at 925-550-3033.

Flag Day is June 14. Consider replacing your flag if it is worn or frayed. Our Group can provide you a new flag for a \$30 donation. Bring your old flag into front lobby area of the Lodge where we have a bin and we'll have it properly destroyed.

Club meetings are the first Wednesday of each month in the Timber Creek Ballroom at 10 am. We encourage all members to attend



and invite all residents of the community as well as guests to enjoy the presentation, coffee, and doughnuts; and don't forget the great free raffle prizes from our sponsors. We also encourage you to patronize our sponsors: Roseville Auto Spa, Raley's (Pleasant Grove & Woodcreek), Waffle Barn (on Pleasant Grove) and Al's Restaurant and Pizzeria.

Rods & Relics

BY ELNA RAGAN

May provided many Car Show events from Sheridan to Loomis which were held despite scattered rain drops!

On May 13, 26 Club members and guests

(cont' on page 15)





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Rods & Relics

(cont' from page 13)

had a fabulous "Late Brunch" at Old Town Pizza! Ralph Colunga, Car Show Chair, gave an update on the progress being made on the Car Show ... one of Lincoln's largest events that brings many thousands of people to Downtown Lincoln. We are very excited about the big Car Show event being held on Saturday, June 7.

Car Show Chair Meetings are now being held weekly as the 19th Annual Downtown Lincoln Car Show date quickly approaches! The event is from 9:00 a.m. to 3:00 p.m. There will be about 500 beautiful, classic vehicles on display, a Pancake Breakfast provided by Boy Scout Troop #160, 50+ food and product Vendor Booths, a DJ and live music, a large Raffle Booth filled with fantastic items, a BBO lunch in Beermann's Plaza, and even free face painting! So, mark Saturday, June 7 on your calendar and come down to Lincoln's shady tree-lined streets to enjoy the beautiful classic vehicles and all that the event has to offer!

The Rods & Relics Car Club is always looking for new members. All owners of vehicles model 1979 or older or replicas of such vehicles, are eligible to be regular members. For more information, check out our Web Site listed below.

Contacts: Tom Indrieri, President 916-645-2035, Mike Fraga, Membership Director 916-812-2749. Web Site: www.rodsnrelics.net

Garden Club

BY SUZETTE AUSTIN

How fortunate we are to live in a community with such beautiful gardens and landscaping! Our May meeting was "Show and Tell." Ten of our members shared shared a part of their landscaping which they were particularly pleased with as well as some areas they see changes needed. We projected their photos on the screen and and then our neighbor described their pride and joy... or how they would do it differently next time.

Our June meeting will be a Root Beer and Ice Cream Float Party, along with our "Garden Swap". Gather your extra "stuff" that you would like to re-home, such as pots and planters, seeds and seedlings, tools and books to bring with you to our June meeting (no soil or chemicals, please). This is a free raffle where each Club member will be given tickets to "spend" on anything that strikes their fancy. During the June meeting, we are also asking members to give input on subjects they would like to hear more about and workshop ideas for our future meetings.

Garden Club meetings are on the first Tuesday evening of each month at Sierra Pines. Doors open at 6:15 pm, our meetings begin at 6:45 pm and end by 8:15 pm. We have a table at our meetings to "Share the Bounty." If you have a garden and have extra fruit, herbs or vegetables you are invited to share. Please join us and enjoy cookies prior to the meeting. Guests are always welcome. The Garden Club does not meet in July and August. We look forward to seeing you again on September 2.

SCR Hiking Group

BY SILVANA HUGHES

On our recent hikes in the Sierra foothills and nearby locations we observed a variety of wildflowers, mushrooms, butterflies and birds. Among the places we visited was Big Hill Preserve where we were led by docents on land that is not yet open to the public. Oak trees and wildflowers were abundant, and butterflies and bees flitted about seeking out the colorful wildflowers for nectar and pollinating them along the way.

In the summer we will again be heading to the higher (5700-6700 feet) and cooler elevations in the Tahoe National Forest. The drives will be a bit longer, but we will be rewarded with the magnificent vistas in the high Sierra Nevada. Anyone interested in trying us out may hike with us three times before becoming a member. For questions about hiking please contact our Trailmaster, Don Stoye, at 916-774-1685. For general info about our group please contact our President, Pete Grady, at 916-7499-7533. Our next meeting and social will be at Sierra Pines on June 9, at 5:30 pm.

Below is the June schedule, subject to change depending on weather and trail conditions. We meet at 7:45 am in the lodge parking lot near the tennis and pickleball courts for carpooling. Bring plenty of water, lunch, and sunscreen, and a change of shoes to keep the driver's car clean. Be aware that tick season is upon us! To ward them off, use permethrin tick repellent on shoes, socks, and bags. Also, wearing light colored clothing makes it easier to see them so you can remove them. All carpool rides this month will be \$12.

June 5: Government Meadow (Schneider Meadow - short option) - #4.5/5.5 (easy/ moderate), 4.5/8 miles, elevation gain 500/800

June 12: Prosser Creek - #5 (moderate), 7.5 miles, elevation gain 750 feet.

June 19: Carpenter Valley - #3.5 (easy), 5.5 miles, elevation gain 200 feet.

June 26: Lyons Creek - #5 (moderate), 7 miles, elevation gain 750 feet.

Softball

BY BOB MONTALVO

In case you didn't know, June 1 is officially "Say Something Nice day." If that's not enough of an incentive, don't forget that Father's Day is right around the corner on June 15. So be good to yourselves. June also marks the midpoint of the year, and it's my sincere hope that you are all doing well. As we enter week 10 of our softball season, Mahany fields are undergoing maintenance, thus there are no scheduled games. Competition resumes on Monday June 9 with games on both fields at 9:00 and 10:30 am.

As we play out the last three weeks before playoffs begin, it's a good time to recognize the generosity and hard work of the volunteers that help our club function. We have club members who take up the often-difficult task of umpiring our games, which can prove daunting when calls are questioned on the field and emotions run high. Our umpires deserve respect and appreciation for the work they do. Less visible, but very much needed, are the scorekeepers who keep track of game statistics and league standings. The names of umpires and scorekeepers will be shared in the July article.

As most of you may know, our club fielded four teams this season, down from the five teams we have had in the past. Over the next few months there will be an effort to increase the number of Sun City resident club members, in order to invigorate our club and once again field five teams. This effort will co-inside with the upcoming election process for club officers, and it is sincerely hoped that resident club members will volunteer for these important roles. So, if you enjoy the game of softball, want to keep active and avoid the "honey-do" list, come out and join us.



(more Club News cont' on page 19)

SUN CITY REAL ESTATE UPDATE

There is very little turnover in Sun City Roseville right now. There are, as of 5/12/25, 14 homes for sale and 8 homes have gone into contract over the last month. Both of which are seasonally low numbers, but because the number of homes available in less than a two month supply, by definition it is still somewhat a seller's market. But, that is also a bit misleading in that homes are taking longer to sell and there have been more price corrections. Yes, the market is healthy, but if you are a seller, don't fall prey to the idea that any price and condition will sell.

Buyer's are using more discretion right now.







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Starting Price/ Inside Ocean-View Balcony

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Ruby Princess ~ 3080 Passengers

Oct. 30, Dec. 01, Dec. 17-2025

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\$1.895 \$2.599

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Francisco, California.

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11 Day ALASKA From SFO! PRINCESS

Ruby Princess ~ 3080 Passengers

Jul. 20, Aug. 11, Sep. 13 -2025

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\$2,051 \$2,699

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11 Day MEXICO From SFO! PRINCESS

Ruby Princess ~ 3080 Passengers

Sep.24, Oct. 19, Nov. 15-2025

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\$1,080

\$1,349

Sail round trip from San Francisco, California to Manzanillo, Mexico; Puerto Vallarta, Mexico; Mazatlan, Mexico; Cabo San

Lucas, Mexico; San Francisco, California.

*LINCOLN SHUTTLE TO SHIP AVAILABLE!

16 Day PANAMA CANAL - PRINCESS

Coral Princess ~ 2000 Passengers

Nov.21, Dec.7-2025

\$1,499

\$1.609

\$2,159

Sail from San Francisco, California to Fort Lauderdale visiting Puerto Vallarta, Mexico; Puerto Quetzal, Mexico; Guatemala; Puntarenas, Costa Rica; Fuerte Amador, Panama; Full Transit of the Panama Canal; Cartagena, Columbia; Fort Lauderdale, Florida.

*INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN or VICE VERSA!

13 Day CIRCLE JAPAN FALL FOLIAGE- PRINCESS

Diamond Princess ~ 2670 Passengers

Nov. 12- 2025

\$1,950

\$2,127

\$2,619

Sail from Tokyo, Japan; Akita, Japan; Sakaiminato, Japan; Busan, South Korea; Nagasaki, Japan; Kagoshima, Japan; Kochi, Japan; Kobe, Japan; Wakayama, Japan; Omaezaki, Japan; to Tokyo, Japan.

11 Night ALASKA DENALI EXPLORER EXCLUSIVE CRUISETOUR - PRINCESS

Sapphire Princess ~ 2670 Passengers

Jul. 22, Aug. 19, Sep. 2-2025

\$3,195

\$4,495

Land and Sea Includes a 4-night land tour and a 7-day Voyage of the Glaciers Cruise. 1-night Anchorage, 1-night Mt. McKinley, 2 nights Denali. Cruise one way from Anchorage, Alaska; Glacier Bay Scenic Cruising; Hubbard Glacier Cruising; Skagway, AK; Juneau, AK; Ketchikan, AK; Vancouver, Canada. *Package includes 3 breakfasts, 2 Dinners, Upgraded Denali Tour, Husky Homestead Excursion and a Welcome Reception on the ship! Call for Availability!

32 Day SOUTH PACIFIC ISLANDS AND HAWAII From LAX! - PRINCESS

Sapphire Princess ~ 2670 Passengers

October 15-2025

\$3.489

\$3.939

\$6,389

Sail round trip from Los Angeles, California; to Kauai, Nawiliwili Hawaii; Pago Pago, American Samoa; Cross the International Date Line; Apia, Western Samoa; Suva, Fiji; Dravuni Island, Fiji; Cross the International Date Line; Tahiti, French Polynesia, Moorea, French Polynesia; to Los Angeles, California.

26 Day MEDITERRANEAN GRAND ADVENTURE- PRINCESS

Sun Princess ~ 4300 Passengers

October 21-2025

\$2.912

\$3.552

\$4,082

Sail from Rome, Italy; Naples, Italy; Santorini, Greece; Kusadasi, Turkey; Athens, Greece; Crete, Greece; Sicily, Italy; Mallorca, Spain; Barcelona, Spain; Malaga, Spain; Gibraltar; Seville, Spain; Santa Cruz De Tenerife, Spain; to Ft. Lauderdale, Florida.

14 Day CIRCLE CARIBBEAN HOLIDAY- PRINCESS

Coral Princess ~ 2000 Passengers

December 8-2025

\$1.159

\$1.299

\$1.389

Sail from round trip Ft. Lauderdale, Florida; St. Maarten, St. Kitts; Martinique; Dominica; Grenada; Trinidad and Tobago; Curacao; Aruba; to Ft. Lauderdale. Florida.

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Cruise Line ~ Sailing Date

Starting Price/ Inside Ocean-View Balcony

8 Day WONDERS OF COLUMBIA Cruise

June - December 2025

\$4.950

AmaMagdalena ~ 60 Passengers

*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

Package includes Airport Meet-And-Greet with transfers, WIFI, beverages, and an included excursion at each port. 7 day AmaWaterways River Cruise in French balcony accommodations. Ask about pre and post nights in Columbia or Panama! Sail from Cartagena, Columbia to Palenque, Columbia; Calamar, Columbia; Santa Barbara De Pinto, Columbia; Mompox, Columbia; El

Banco, Columbia; Magangue, Columbia; Neuva Venecia, Columbia; to Barranquilla, Columbia.

12 Day SECRETS OF EGYPT & THE NILE Cruise

June - December 2025

AmaWaterways Longship ~ 82 Passengers

*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

Package includes round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 3 nights hotel accommodations in Cairo, 7-day AmaWaterways River Cruise in standard window accommodations, 1 night in Cairo. Sail roundtrip Cairo, Egypt to Luxor, Egypt; Edfu, Egypt; Aswan, Egypt; Kom Ombo, Egypt, Luxor, Egypt; Qena, Egypt; to Cairo, Egypt. Ask about upgraded stateroom and airfare!

10 Day PORTUGAL'S RIVER OF GOLD

Tune - December 2025

\$5.798

Viking Longship ~ 106 Passengers

*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

Package includes your home to the Sacramento Airport, Round trip Sacramento Airfare, Airport Meet-And-Greet with transfers, WIFI, an Included Excursion at each port. 10-day Viking River Cruise in standard accommodations. Sail from Lisbon, Portugal; Porto, Portugal; Regua, Portugal; Pinhao, Portugal; Sail the Douro River; Barca d'Alva, Portugal; Salamanca, Spain; Pinhao, Portugal; Regua, Portugal; to Porto, Portugal.

8 Day MISSISSIPPI Cruise

November- December 2025

\$4.399

Viking Mississippi- 386 Passengers

*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

Package includes your home to the Sacramento Airport, Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 8-day Viking River Cruise in standard accommodations with a window. Sail from New Orleans to Memphis visiting Darrow, St. Francisville, Louisiana; Natchez, Vicksburg, Greenville, Rosedale, Mississippi; Memphis, Tennessee.

16 Days NATIONAL PARK & LEGENDARY RIVERS Cruise

American River Boat~ 180 Passengers

June - September 2025

\$14,410

*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!!

Package includes 1 night hotel in Portland Oregon, 7-day Columbia & Snake Cruise with American Cruise Lines and 8 days National Parks land tour, shore excursion at each port, WIFI, and beverage package. Sail from Portland, Oregon; Cruise Columbia River; Astoria, Oregon; Kalama, Washington; The Dalles, Oregon; Cruise the Columbia River Gorge; Richland, Washington; Snake River; Clarkston, Washington; Glacier National Park; Yellowstone National Park; Grand Teton National Park; to Jackson, Wyoming.

7 Day DREAMS OF TAHITI Cruise

June- December 2025

Windstar Yacht ~ Star Breeze ~ 312 Passengers

*INCLUDES ROUND TRIP SAN FRANCISCO AIRFARE!!

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11 Day Vatican & Croatian Coastlines Cruise

August - October 2025

\$7,299

Windstar Yacht ~ Wind Surf ~ 342 Passengers

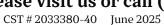
*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!! Board your Windstar Yacht and sail from Rome, Italy; Sorrento, Italy; Giardini Naxos; Sicily; Kotor, Montenegro; Dubrovnik, Croatia; Split,

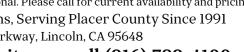
Croatia; Rovinj, Croatia; to Venice, Italy in an Ocean View cabin. Ask about the all-inclusive package and pre and post hotel extensions!

> *Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Please call for current availability and pricing. **CLUB CRUISE** Reservations, Serving Placer County Since 1991

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Tennis Club

BY WENDY LEIMBACH

Greetings from the Sun City Tennis Club. As we segway into the warm months of summer our tennis club is looking to branch out and coordinate with other tennis clubs to bring new opportunities for tennis.

Our President has been working with Eric Garcia at Lincoln Sun City to help support enhancing our membership experience. Eric is a 22-year RSPA/USPTA Certified Tennis Professional and organizer of tennis related programming. He is available to teach clinics, provide both group and individual lessons at our Roseville courts and offers racquet restringing and regripping. Whether you are just starting out, dusting off the rust or wanting to improve certain skills he can help you out.

The following is the contact information if you are interested in contacting Eric for tennis lessons: eric.garcia@sclhca.com or 530-945-8618

In addition, Eric hosts a Tuesday night drop-in at Lincoln, starting at 6:30 pm. This is a fun way to meet players at your own ability as well as practice with the ball machine prior to starting the matches. If you are interested, email Eric so he can add you to his email list.

Eric also has initiated several tennis clinics during mornings at Lincoln, for different levels and genders. Please call for information on dates, times and costs.

In addition, our president has been working with the Lincoln Tennis Club to organize some fun tournaments for the spring and fall. There will be mixed doubles playing for fun and enjoying some snacks afterwards.

Our SATA league is currently in first place. The spring season has ended but the summer season will begin shortly. The home matches start at 6:30 pm and the dates will be posted on the bulletin board at the tennis courts. Come on down and watch some fun and skillful tennis.

Table Tennis

BY JAN GREGSON

June is Alzheimer's Awareness month. It's true that regular exercise can improve cognitive

function, reduce the risk of Alzheimer's disease, and even delay its onset, especially for those with a genetic predisposition. Get some exercise and perhaps reduce the possibility of Alzheimer and check out our friendly and welcoming table tennis group.

We meet each Tuesday and Thursday 2-5 and Saturday 9-12 at Sierra Pines. These times are subject to change. Contact Jan Gregson at 4janjune@ gmail.com for the current schedule.

(more Club News cont' on page 19)







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SCR Volleyball

BY MARISA BERNETTI

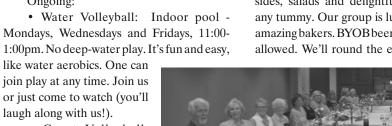
Believe it or not, volleyball is enjoyed regularly by many of our neighbors, both on the court and in the water. No fees or annual dues are required, just a \$5 equipment fee after your third attendance. Your desire to have fun and get some exercise, is a priority.

Ongoing:

Mondays, Wednesdays and Fridays, 11:00-

like water aerobics. One can join play at any time. Join us or just come to watch (you'll laugh along with us!).

• Court Volleyball: Pickleball court #1. Currently on hiatus. We need new



Court ball, anyone?

players (The schedule was on Fridays 8:30-10:00am). Days/Hours TBD; this can be determined once people sign up and come to a consensus.

• GROUP SOCIALS: Quarterly socials are held at Sierra Pines. Our next social will be on Friday, June 20, at 5:00pm. We haven't had a Potluck in quite some time, so that was an easy decision. It will be a plethora of main, sides, salads and delightful desserts to bill any tummy. Our group is lucky to have some amazing bakers. BYOB beer and wine is always allowed. We'll round the evening with some

Avery friendly gathering.

games, like "bean toss/cornhole." Prizes will be awarded to the top winners. Socials are always well attended, plus spouses/partners are encouraged to attend- and they do!

Please join us, young, old, experienced or not! For more information, call Marisa at 916-745-9571 or email her at mjbretiree@ gmail.com

He & She Golf

BY JAHNA HOLMES

Here we are in June, which will hopefully bring us great golfing weather! But we have one problem we have to solve, for the sake of our two great Captains, Rich Aug and Michael Hemingway. They put in hours of work to give us fun team games to play together every two weeks. When there are last minute cancellations, it takes a LOT of work and time to refigure the teams. If you have to cancel, please do so no later than the day before to give them time to reshuffle the teams and reprint the scorecards! Of course, on rare occasions there are true last-minute emergencies that arise, but please be thoughtful of the difficult

The 9-hole groups placing 1st on April 28th with a tie score of 32 were Lem & Pat Llapitan and Bob & Pat Horning, and Michael& Pam Hemingway, Rhonda Slusser & Debby Huntington. Second place scoring 34, also a tie, were Lora Lee Del Rosario & Garrie Yacap with Gary Lee, & Monica Konkel; they tied with Don Cook & Raquel Godfrey and Bill

Pagano & Candi McDonald. CTP for women 1st place is Bar Futran at 13'6" and no other women. Men 1st place was Bob Horning at 6'4", and 2nd place Dwight Rose at 8'0".

The 18-hole group had the 1st place team of Mark Gregson, Judy Bickell, Martin Abell and Joan Munn scoring 122. The 2nd place team scoring 123 was Ron Galvin, Barbara Simon, Tena Johnson and Jim Sherrard. Third place with 124 was Rich Aug, Johnice Swallender, Darrell Herold and Blind Draw. CTP for women was Tena Johnson at 11'6" and Mark Gegson at 7'5" for the men. Finally, whoever said "Practice makes perfect" never played golf!

Sierra Pines Ladies Golf

The first SPLG new member welcome was held on April 21 at the home of Cathy Hurst. Since then, we have welcomed Connie Lugo. Be sure to give all of them a big welcome when you see them.

There are still no birdies to be found on the Pines, but the following ladies all had chip ins during the month of April: April 2, Raquel Godfrey on hole #4, Sandy Hanford on hole #3 and Pam Cabezas on hole # 8. On April 16, Wendy Suter on hole #6, Ellen Thomas on hole #2 and Dolly Manning on hole # 3. April 23, Arlene Lizotte on hole #8. And on April 30, Cheryl Welch on hole #5, and

(cont' on page 21)











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Sierra Pines Ladies Golf

(cont' from page 20)

Cindy McCray on hole #9. Congratulations ladies.

Some of you may be wondering, who is that tall, dark haired, handsome man checking us in to play every Wednesday morning. His name is Isaac Wilhelm. Isaac is originally from this area but moved around a bit growing up including Montana, Nevada and Utah. He graduated from

Oakmont High School and began working in Outside Services at Timber Creek, moving to the pro shop shortly after. When he graduated from Sacrament State with a degree in Business Management he was offered the job of



Operations Manager. As Operations Manager,

he oversees the staffing and merchandising of the pro shop. More recently he also became the Tournament Director. That role has given him the opportunity to work with great organizations to put to together successful tournaments. Isaac currently lives in Roseville with his girlfriend Amanda and their dog Phoebe. Be sure to say hi the next time you see him. We can't thank him enough for his patience and diligence in getting us all out on time on

Wednesday mornings.

Timbercreek Women's Golf Club

BY LATRICIA NICHOLSON

The weather gave us many great golfing days and members enjoyed several fun events including beat the Pro on April 30. Congratulations to our Most Improved golfers for April: Janet Lasick (1st flight), Karen Shahoian (2nd flight) and Tena Johnson (3rd

Kathy Hamilton and Nicki Wampold hosted a Golf Clothing exchange/giveaway. There was various clothing item, shoes and accessories that many golfers from both the 9 hole and 18 hole clubs enjoyed choosing from.





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We are excited to report in next month's article on our May 21 Club Invitational. The theme this year is Peace, Love, Golf! It is a fun filled day of golf, making new friends and mingling with ladies from other clubs in greater Sacramento.

The Handicap Tournament will be "best 2 of 3" rounds on June 11, 18, and 25. A free pizza lunch at the Bocce courts will follow play on June 25. It's a fun tournament to play in, so sign up and bring your best game.

The 9/18 Hole Mixer with the Sierra Pines Ladies Golf Club will be July 16, at Sierra Pines. This is a fun event for all our lady golfers to play and spend time together.

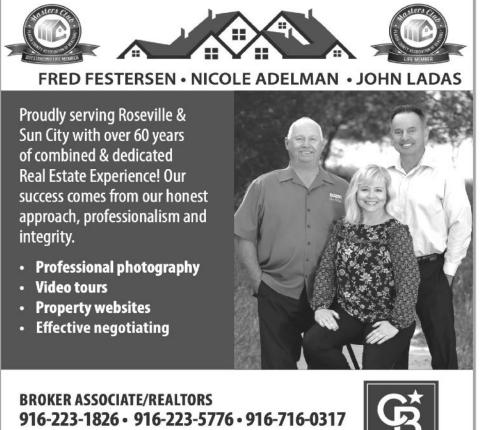
There will be a General Meeting on June 18.

(more Club News cont' on page 23)

SUN RIDGE







"I Have My Life Back."

Roseville resident, Dawn R. had been experiencing the painful effects of Peripheral Neuropathy, "my feet and legs hurt, tingled and burned, all the time and my doctor told me there was nothing they could do. I was told that I would have to take Gabapentin for the rest of my life, that wasn't okay with me." Then she started treatment with acupuncturist, RaeAnn Salvador.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 20 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on tacks all the time." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

Unfortunately Dawn's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you are unfortunate enough to be facing the same disheartening prognosis, you're not sleeping at night because of the burning in your feet, you have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain.

You're struggling with balance and living in fear that you might fall. Your doctor told you to "just live

with the pain" and you're taking medications that aren't working or have uncomfortable side effects. Just know that there are options.

Fortunately, three months ago, Dawn read an article about Lincoln Acupuncture and the work being done to treat those suffering from Peripheral Neuropathy without invasive surgeries or medications. She can now share how significantly her life has been changed

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I can let the sheets touch my feet and it isn't painful," Dawn enthusiastically describes life after receiving treatment. "I can wear socks and shoes and I can enjoy working in my garden."

At Lincoln Acupuncture, results are achieved using the time tested science of Acupuncture combined with technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

differentiates What Lincoln Acupuncture is the use of the most edge cutting and innovative integrative medicine. Specializing in chronic cases, specifically those that have been deemed 'hopeless' or 'untreatable', Dr. Salvador consistently generates significant results. What was once a missing link in senior healthcare is now easily accessible to the residents of Placer County.

If you've missed too many beautiful days outside because of pain or you've passed on dancing along to songs of your youth because you're afraid of falling, it's time to give yourself a new opportunity.

It's time to let your golden years be golden!



PERIPHERAL NEUROPATHY?

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SUN SENIOR PROFILES Getting to know you...

Lenora Harrison

(cont' from page 1)

in security, starting work for Pan Am World Services which later became Johnson Controls.

In 1985, Bud was promoted to Supervisor of Security at Sunnyvale Air Force Base. Four years later, he was transferred to

Coco Beach, Florida, where he worked at Cape Canaveral and loved being around the astronauts and space team. At that

time, Lenora got her real estate license and specialized in oceanfront condos.

In 1991, the couple moved again as Bud became the Base Service Manager at Pacific Missile Range facility at Barking Sands Navy Base on Kauai. It was their stay in Kauai that holds one of the deepest memories for Lenora because that's where they survived the onslaught of a Category 4 hurricane.

It was 1992 when Iniki hit Kauai with such force that it

became known as the most powerful hurricane to hit Hawaii in recorded history. Their twostory house was badly damaged while Lenora and Bud rode out the storm. "It was one of the most frightening ordeals I've ever faced." Lenora recalls. During the re-building and recovery aftermath, they learned the true meaning of the spirit of aloha and are still in touch with their Hawaiian friends to this day.

After Bud's retirement as Deputy Chief at a submarine base in Bangor, Washington, Lenora and Bud came to Sun City Roseville



Bud and Lenora Harrison in 2018.

her sister, Thera Squier, in real estate and together they created Squier Real Estate. When Thera retired, Lenora sold her business and began working for Coldwell Banker, a commitment that lasted 18 years. For

in 1997. Lenora joined

the past two years, she has enjoyed working at Guide Real Estate in Roseville. "Real estate is my passion and love," she says. "Through it,



I've met so many wonderful people who have become my friends."

When they first moved here, Bud immersed himself in golf and although she had taken lessons, Lenora found golf to be too slow for her liking. She was drawn to more active clubs like the Dance Club (tap, jazz and line dancing), Bocce, Boomers, and the Travel Club. Sadly, Bud passed away in 2020 and Lenora has had to carry on without what clearly was the love of her life.

Currently, Lenora finds herself doing



something she never thought she'd ever do—produce a lip sync show that will be held in the Ballroom on June 16th. She had seen one at a local event and thought it would be a great venue for our SCR residents to stage in our ballroom. Once she secured the volunteer services of family and friends, she contacted Lenora Davis, vice-president of the Second Act Studio Drama Club, for advice on how to set up the show. Lenora Davis, in turn, formed a committee of drama club members to help with the staging and "Puttin' on the Hitz" was born.

The idea snowballed into a production that by word-of-mouth became so popular that the tickets were sold out in less than two days. Instead of the five acts that were in the original show, there are fourteen acts in hers. Naturally, Lenora enlisted the help of family members who live here. Her brother, Limbo, is acting in a Laugh-In skit that's part of the show while brother, Glenn and his wife, Glenna, are lip-syncing to Ike and Tina Turner's rendition of Proud Mary. A seasoned choreographer in the Dance Club, Suzie Harper, has choreographed the entire show which involved working with backup singers and dancers for such songs as Marvin Gaye's Heard It Through the Grapevine and Neil Diamond's Sweet Caroline. When Lenora mentioned the show to friends Mark and JoAnne Gregson, Mark immediately volunteered to do Sonny and Cher's song, I Got You Babe," with wife JoAnne. "It was relatively easy getting everyone to participate. We all remember the oldies but goodies and the audience will get a chance to sing along, so it should be fun," Lenora says.

What does the future hold for her? "Lots of travel," she quips. Her mother, Mozelle, started a tradition of traveling with the family once a year. Lenora recalls a favorite trip of hers was when her mother rented a sailboat

which included the services of a captain and a cook, and they sailed all around the British Isles. Another time, her sister-in-law, Glenna, put together a fun trip to Italy where the family rented a house and vacationed.

Lenora has traveled to England, Europe, Thailand, Viet Nam, and Mexico just to name a few places and she is happy to claim to have been to three of the Seven Wonders of the World—the Wall of China, the Colosseum in Rome, and Machu Pichu in Peru. Going back to Italy is on her bucket list, along with visiting Switzerland some time in the future.

She's taken her sons and their families on cruises and will continue to plan outings with her family. "I look forward to doing something special each year for my family," she says. Right now, she's eagerly awaiting some family members who are coming up from southern California to take in "Puttin' on the Hitz." Thinking about her latest adventure, Lenora sums it up nicely: "The family connection makes it all worthwhile."

Want to share your story or know a neighbor who should be recognized? Just let us know! E-mail us at: SunSeniorNews@gmail.com

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Timber Creek Men's Golf Club

BY MIKE MURPHY

Happy Spring from the Timber Creek Men's Golf Club! We hope you are enjoying the beautiful spring weather! Aerification of our courses was completed last month and the courses are healing beautifully. Steve Kimbrough's crew has done a terrific job improving our sand traps and other areas of the courses. This is the perfect time of the year to enjoy pleasant days golfing with your friends, fellow club members and family. We are currently looking for new members so, if you'd like to join or even explore the possibility of joining please contact Neil Hamilton, our Membership Director, at 707-529-4038 or email him at neilhamilton6049@gmail.com.

We recently completed our first annual Ryder Cup event. The West Team narrowly defeated the East Team in an enjoyable

(cont' on page 25)







Use the contractor with nothing but 5 Star reviews

★★★★ 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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Timber Creek Men's

(cont' from page 23)

format. A special thanks to Mike Carroll and Jay Dameron and the entire tournament committee for putting in a lot of work setting up this tournament. I'm sure I speak for the entire club when I say well done guys and we appreciate all you do. The next tournament will be the Member/Member tournament on June 24. This is one of the signature events on our schedule so sign up early. Next on the CVS schedule are Sierra View on June 12 and Valley Hi on June 30. For those of you that have not participated in a CVS event, it is a program which allows us to play some of the finest private courses in the area for a very reasonable price.

Our next general meeting is June 4 at Sierra Pines. Free donuts and coffee will be served by Bill Ledoux at 8:00 and the meeting starts at 8:30. We would like to invite all our members, and anyone interested in joining our club to attend.

See you on the links!

Golden Niners

BY KEN HANSEN

Welcome back faithful readers. The list of possible golf excuses is dwindling. The sun is out, greens have healed nicely, your playing partners are more gregarious, and you've forgotten the rest. Amen!

My game is getting so bad I had to get a new grip for my retriever.

Golfers aren't good with numbers: shoot six, yell fore, and write five.

Please welcome new members: Bill Joseph, Dave Christensen, and Jim McMahon. Please remember Allen Greenberg who

I had the pleasure to play with 95-yearold Sam Holsinger recently. He carries an 11 handicap. On #3 he hit his tee shot to 5 yards from the green, chipped to 10 feet and made the putt for birdie. Isn't that a dream we all share? To have game at our age.

What was the name of the film which tells the story of Francis Ouimet, the first amateur to win the U.S. Open? Email the correct answer to kenandpenni@yahoo.com.

Stats for April: we have 164 members. 56 average played each week. 111 men played in April. 103 men collected some of \$1603 paid out.

Five best: Mark Dixon \$38; Leonard Clark \$35:

Sam Holsinger \$33; Gary Pyle \$32; Rick Robinson \$31.

Ben Hogan said, "Smell the roses as you walk down the fairway of life. You only get to play one round." Until next time.

Pickleball Club

BY MARILYN PLUTH

Welcome new members to the Sun City Roseville Pickleball Club: Marnie Graham, Paul Murray, Irwin Perry, Cynthia Sakai, Les Van Pelt, Bob Vaupen, and Corey Vermilion. Come out to the courts and play Monday through Saturday from 8:00 am to Noon, and participate in any of our upcoming tournaments, social events, and great parties.

As a long standing and respected member, Wayne Miller has been giving free clinics for beginning players where he explains the basic $Pickleball\, rules, techniques, scoring\, and\, safety.$ Eventually Wayne will be leaving the Roseville

offering free clinics and you can contact him at Tollman80@yahoo.com if you are interested in attending.

Our "DINKO de MAYO" party on May 5 was a great success. Fifty-six guests attended at club member Elizabeth Laverty's beautiful home. A delicious catered Mexican dinner including Margaritas and Cerveza was enjoyed by all along with fun games and prizes.

The Pickleball Club Council Meeting was held on May 12 at 4:30 pm in the Card Club room. These meetings are held 4 times a year and all members are encouraged to attend.

Once again we had a good turnout on May 16 for the Pickleball Play & Social with Heritage Placer Vineyards at our Sun City

Roseville courts.

Cheers from the Pickleball Club!

(more Club News cont' on page 28)

area, so on April 18 club members celebrated his "moving out" party at the amazing home of Debbie Carapiet. It was a potluck dinner with farewell speeches and gifts for Wayne because he will be sorely missed. Until that

Picklebáll Dinko de Mayo happens though, he is still





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SCR Board of Directors Elections will be held on July 15, 2025. There are two spots open, following is information from two candidates that we received by our June deadline.



Vote for Linda Fredericksen for 12 Years of Experience and Leadership in Sun City!

PERSONAL HISTORY: Married to Jerry 45 years; 3 sons: ages 42 and twins 38; grandchildren: 2 Boys , 1 Girl. PUBLIC SECTOR MANAGEMENT CAREER INCLUDED:

Disability Insurance Field Office Management Positions 1987-2002

Project Manager, Implementation of California's Paid Family Leave Program 2002-2006

Project Manager, Development and Implementation of \$150M Disability Insurance Automation 2002-2011 Chief of State of California Disability Insurance Field Office Division, 2012-2014

SUN CITY EXPERIENCE: Architectural Review Committee 2017-2022, Chair 2019-2022

Elections Committee 2022-2025, Vice Chair 2023-2024

Finance Committee 2023-current, Vice Chair 2024-current

Volunteerism 2015-current: Citizens' Patrol, Evening Host, Bocce Club Secretary, Leadership Academy Faculty and Team Member

VIEWPOINTS: Uphold the SCRCA Vision, Mission, and Strategic Plan Statements

Maintain the Financial Strength of Sun City Roseville

Uphold the Quality and Appearance of our Common Area Assets

Ensure a Successful Implementation and Completion of the Phase B Fitness center Expansion

Work to Make Sure Residents' Voices are Heard When Making Decisions

Collaborate with the Board and Association Leadership to Determine the Best Solution for the Golf Course Irrigation Project

Continue Leadership Development Activities, Including the Leadership Academy, to Help Encourage Volunteerism

Maintain the Value of Our Homes and the Outstanding Reputation of Sun City Roseville

CONTACT ME FOR MORE INFORMATION AT: 916-521-7316 or FREDERICKSEN.LINDA@GMAIL.COM

The views expressed herein are those of this candidate and do not reflect the views of the Association, its directors, managers, employees, or agents. This candidate is solely responsible for its content. The Association is required by law to publish the communication as written regardless of the content. (2019)



Doug Smoot Building Community, Together

Married to Rose Smoot since 2004, I have 5 children and 1 grandchild. We moved to to SCR in 2019. I have 40+ years in the public sector, primarily working at the California Housing Finance Agency (CalHFA), which is best described as a State version of FNMA, and retiried as the Chief of Affordable Housing Loan Programs. Other public sector work includes full-time and part-time (after retirement) positions for the Department of Housing and Community Development. After retirement, I also served 1.5 years as COO for Sacramento Habitat for Humanity. I have been a licensed real estate broker twice in my lifetime.

My Sun City Roseville experience includes:

SCR Foundation: Board of Directors-2019 to present; Home Maintenance Program Director-2019 to 2024; Board Chair-2023 to present. Home Maintenance Team -2019 to present. Architectural Review Committee - 2022 to present. Citizen Patrol - 2020 to present. In Building Community, Together, we need to work as a community to:

Ensure a successful and speedy implementation of Phase B (Fitness Center) and all future planned improvements.

Prioritize low monthly assessments, ensuring that any future increase is justified to maintain property values and community appearance.

Preserve and enhance home values by ensuring the ongoing maintenance and continued competitiveness of community assets and facilities.

Protect and improve residents' quality of life and SCRCA financial strength by ensuring efficient and effective operations of SCRCA profit/cost centers (activities and events, food services and catering, golf operations, fitness center, maintenance).

Collaborate with residents to ensure all residents' opinions and needs are considered.

Collaborate with SCR Foundation to provide programs, services, and projects that serve all residents.

The views expressed herein are those of this candidate and do not reflect the views of the Association, its directors, managers, employees, or agents. This candidate is solely responsible for its content. The Association is required by law to publish the communication as written regardless of the content. (2019)

Safety First —

Could that unexpected text be a scam?

BY ROSEVILLE POLICE DEPARTMENT

Did you know that 98% of people always open text messages? With fraud losses involving text scams increasing, it's a good possibility that unexpected text could be a scam. If scammers can get you to respond, they have a possible victim they can cash in on.

Here are some trick the scammer may employ:

- You receive a text message from the fraud department from Amazon, your bank, or credit card company informing you of suspicious charges to your account and you need to respond by calling or messaging back. Instead of helping, the scammer tricks you into sending money.
- You receive a text indicating that there is a problem with a delivery, or it may be a message about unpaid tolls. The text tells you to click the link to fix the problem. The link takes you to a fake website where you give out your credit card information and other personal information
- You receive a text that might say, "Hi, how are you?" It seems harmless and your first thought is to respond and let the texter know they have the wrong number. Scammers are actually trying to get you to text back and keep the conversation going in hopes of befriending you. Their ultimate goal is to gain your trust. They will then claim they can help you make money by investing in cryptocurrency, the stock market, or something else.

The Federal Trade Commission (FTC) offers the following tips on what to do if you are getting text messages from unknown numbers.

- Don't reply to text messages from unknown numbers. It could lead to a scam. Delete and report them using your phone's "report junk" option or forwarding unwanted texts to 7726 (SPAM) and unwanted emails to your email provider.
- Never click links in an unexpected message. Some links might steal your information, or install malware that gives scammers access to your device.
- Don't trust anyone who says you can quickly and easily make money. Every investment has risks. Only scammers guarantee you'll make lots of money in a short time with zero risk.
- Don't assume a text from a known company or organization is legit. Check it out. Reach out to the company, state tolling agency, or bank using a phone number or website you know is real not the info from the text.

Have you lost money to a scam like this? Tell the FTC at ReportFraud.ftc.gov. and to your local law enforcement agency.

Join our Trail-a-bration Challenge

BY CITY OF ROSEVILLE

Take a journey with us and explore the beauty of Roseville's trails and open space now through September 20 for our 2025 Trailabration Challenge. Join in on featured trail spotlights, scavenger hunts and community

challenges throughout the summer. Share your thoughts on the registration survey and be entered to win a custom Trail-a-bration shirt.

Get the most out of Trail-A-Bration by registering and taking our short survey to win a prize. Your responses help us share updates about upcoming trail spotlights, scavenger hunts and prize opportunities throughout the event.

As a thank-you for participating:

- You'll be entered to win one of 50 custom Trail-A-Bration T-shirts. (If your preferred shirt size isn't available, you can choose a Trail-A-Bration hat instead.)
- 25 winners will be selected at the halfway point on July 20, and 25 more winners chosen

at Family Fest on September 20.

• Additional prizes will be awarded to those who complete the full Trail-A-ration journey and attend the Fall Family Fest celebration on Sept. 20, from 2 to 5 p.m.

To learn more, please visit the Trail-A-Bration webpage at roseville.ca.us/trailabration.

Bocce

BY DAVID MOORE

As the weather has warmed up the bocce courts have been busy.

The Women's Blind Tournament was held on May 3 with 14 teams competing. First place was taken by

Terry Lane and Carol Seifert. Mary Dyer and Medina Lane finished second while Diana Rischling and Linda Krolick came in third.

The Battle of the Sexes Tournament was held on April 12. The competition was fierce with only two points separating first and third. Kevin Meyers, Kenny Smith, Ron Judd and Paul Keck placed first. Michael Foote, Tony King, Fred Haseley and Jack Ramos finished second while Lynn Jones, Jerry Fredericksen.



Rich Compagna and Pete DiLonardo took

The big Spring Mini League is wrapping

up this month with the BYOP Awards Party scheduled for Wednesday June 11 at Sierra Pines.

Two Saturday morning tournaments are slated for June: a Men's Blind Draw on June 14 and a Mixed Choose Partner on June 28.

Looking to the end of the month, the Bocce Aloha Hawaiian BBQ is slated for June 29 at 6 p.m. at Sierra Pines.

The food will be catered by Elena's so it should be scrumptious: Hawaiian BBQ ribs, teriyaki chicken, luau rice with ham, vegetarian island chow mein, Hawaiian cole slaw, Hawaiian potato salad, sweet rolls and banana cream pie. It is BYOB with water provided. In addition to the feast there will be outdoor games, a Photo Booth and raffle prizes.

Croquet Club

BY JIM WILLSON

On May 25, 2025, the Croquet Club held the second of four annual meetings at Sierra Pines after which a catered dinner was served. The members enjoyed the meal and had a great time. Each year the club hosts four meetings accompanied by a catered dinner on the fourth Sunday in February, May, August and November.

Our Croquet Club offers residents the chance to participate in a challenging game of strategy and skill. This is ideally suited for those of us young at heart, yet is not overly physically demanding, so that it can be enjoyed by everyone.

Then game is said to have originated in the 1300s in southern France when "peasants made hoops by bending willow branches and began hitting balls through them with hooked mallets that resembled shepherds' crooks." It subsequently came across the English Channel to Great Britain where it flourished as a favorite game of England's Charles II. One of the nice features of the game was that it allowed men and women to compete equally, which was unique at that time. Of course, there was some controversy, as some municipalities banned the game altogether claiming allowing the sexes to participate in the same game could $lead \ to \ immoral \ conduct. \ For tunately, that was$ eventually overcome.

The morning session in summer starts at 8:00am and lasts until 9:15am when the second group of players commences, thereby beating the heat of the day.

For more information regarding the club, there is a kiosk containing fliers for the Croquet Club including a club application in the lobby of the Timbers Lodge. For additional information please contact Patrick or Louisa Maglione, both officers of the club. The club offers an excellent opportunity to meet new friends and participate in a challenging new sport.

(more Club News cont' on page 29)



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Cornhole

BY STEVEN GUSTAFSON

Cornhole has been called "the world's friendliest game". On a nice Tuesday, typically about ten of us play cornhole (but we have had as many as twenty). Usually four will play (two teams of two) and the others will sit in the shade in lawn chairs to watch and to have friendly conversations. The key is "friendly conversations" — cornhole is a great way to get to know your neighbors in Sun City!

We aim to be comfortable when we play. So, on the Tuesday closest to midway between the Spring Equinox (20 March) and the Summer Solstice (20 June) we switched from playing at 3:00 to playing at 9:00 (cornhole is very scientific!) You are welcome to join us for cornhole any Tuesday at 9:00 on the Sierra Pines horseshoe lanes.

Billiards

BY TERRY SATCHELL

Let's get to the important information first! The Billiards Club will hold their annual Member Dinner on June 18th starting at 5:30pm at the Sierra Pines. The dinner is free for paid members. The price for guests will be \$15. Signup sheet is posted in the Billiards Room. Make checks out for guests to "SCR Billiards Club" and drop it in lock box in the Billiards Room.

The Billiards Club continued to be very active during April. Monday morning Ladies



(9:00 am to 11:00 am) would like to increase their numbers and are looking for new players. No experience is necessary. If you are not coming out because you are worried about your skill level, I am happy to give informal lessons (group or individual). Any afternoon except on Wednesdays is good for me. Just email me (David Zan) at dzan@surewest.net to get a lesson scheduled.

For Members and Guests, please remember to sign in on the sign-in sheet when entering the Billiards Room and please print your name. Some signatures are hard to read... thanks.

A gentle reminder to any member canceling their pool cue locker rental should drop their locker key in the drop box after cleaning out their locker.

The Team Tournaments on Tuesday at 1:00 pm are attracting a full house and are very competitive. Congratulations to Ron Judd for

being on three winning teams in April.

Winners of the team tournaments in April were:

April 1: 9 Ball – Ken Lan & Ron Judd April 8: 8 Ball – Tony Cardoso & Ron Judd April 15: 8 Ball – David Deninno & Ron add

April 22: 8 Ball – Tom Gonzales & David Deninno

Bridge Club

BY IRENE LYNN

On June 2, the Bridge Club holds its Annual Meeting at the Pines. At this meeting, a slate of officers will be elected for the period beginning July 1, 2025 through June 30,2026. The current Bridge Council has put forth a slate of officers: President, Susan Pankopf, Vice President – Marge Pfeil, Secretary – Elaine Casel, and Treasurer – Bob Cecial.

Additional nominations will be accepted from the floor.

Following the meeting, there will be a catered buffet luncheon followed by bridge play for all three Bridge Club sponsored games, Duplicate, Fun & Friendly and Social. Also at the meeting, collection of annual dues will begin. The cost of membership remains the same as last year at \$15. Stay tuned for next month's article for the election results and the winners of the Bridge play.

Special thanks go to Judith Shively for conducting beginning Bridge lessons that recently concluded. Our goal is to continue

to attract new members to the Bridge Club. Bridge players at all levels are always welcome. Perspective new members can come and try out one or more of the games before joining.

Mah Jongg

BY BECKY MATSON

On Friday, April 25, Yoshi Polgar, Debbie Phillips and Becky Matson, hosted a Luncheon/Play Day at Sierra Pines Clubhouse. We enjoyed a "Boxed" sandwich lunch, with all the trimmings. It was another great afternoon of food, socialization and play!

Our next MJ luncheon will be on Friday, June 27. There will be a signup sheet in the cardroom during MJ play.

We have welcomed many new members this year and are happy to have them join us. Contact Pat Oberlander at 916-929-5582 if you are interested in becoming part of this fun and exciting group. We play Monday afternoons at 12:30 pm and Friday mornings at 9:00 am.

Remember: All Mah Jongg functions are fragrance free and nametags are encouraged.

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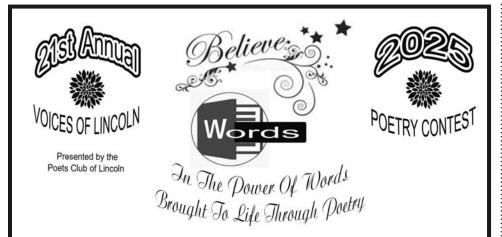


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- Five (5) contest categories include the following: Wishes Do Come True Open Your Mind To Change Rise To Life's Challenges Do A Good Deed Smile Every Day
- ➤ Poets may submit a maximum of three (3) poems. Select three (3) of the contest categories and submit one poem from each. Poets do not have to live in Lincoln, CA. There is no entry fee.
- > Poems may be in rhyme, free verse, haiku, or other accepted poetry forms and of any length, up to a maximum of 60 lines.
- > Young Poets, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category.
- ➤ Entry Forms and Contest Rules can be downloaded by clicking on the link below.
- Contest Deadline: Poems must be received no later than Wednesday, July 16, 2025. Early submissions are appreciated. Questions—contact Alan Lowe at

RULES AND ENTRY FORM

- POETS WANTED! 1st, 2nd, and 3rd place winners will be selected in each contest category.
- The five (5) contest categories include the following: Wishes Do Come True Open Your Mind To Change Rise To Life's Challenges Do A Good Deed Smile Every Day
- Poets may submit a maximum of three (3) poems. Select three (3) of the contest categories and submit one poem from each. Everyone is encouraged to enter. Poets do not have to live in Lincoln, CA. There is no entry fee.
- Poems may be in rhyme, free verse, haiku, or other accepted poetry forms and of any length, up to a maximum of 60 lines.
- 5. Poems should be written in English. They should be typewritten and not centered (read left to right). Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of the poem page. The name of the poet should \underline{not} be indicated on the poem.
- Young Poets, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category. Young poets should follow the same rules as noted above. However, they should include their age, grade, and
- All poems must be submitted on hard copy to the address listed on the Entry Form below and must be received no later than Wednesday, July 16, 2025.
- Early submissions are appreciated. A separate Entry Form should be attached to the hard copy of each poem submitted. Duplication of the form is permitted. Questions—contact Alan Lowe at
- The top three winners in each category will be contacted. They will be asked to submit their poems electronically, by email attachment. All winning poems will be printed in a commemorative chapbook, which winners will receive as a gift.

2025 VOICES OF LINCOLN POETRY CONTEST **ENTRY FORM**

(One Per Poem - PLEASE PRINT)

Name:	Phone:	Email:		
Address:		City:	State:	Zip:
Young Poets OnlyAge: Grade: _	School:			
Contest Categories (Check appropriate ca Change Rise To Life's Challenges _		Contract of the Contract of th	O pen Yo	ur Mind To
Title of Poem Submitted:				
Please insure that poems comply with all top of the poem. Place the category at the cost along detted line) to each peop subs	e top right corner of the po-	em page. Use a paper clip to a	ttach a copy o	f this Entry Form

Lane, Lincoln, CA 95648. Poems must be received no later than Wednesday, July 16, 2025. Early submissions are appreciated.



Letters to the Editors...

Authors are solely responsible for the content of their letters.

Linda Fredericksen Letter of Support for SCR Board of **Directors**

Linda Fredericksen and her husband Jerry moved to Sun City Roseville 12 years ago and she has been very active with the SCR Community Association (SCRCA). She has held leadership positions as Chair of the Architectural Review Committee (ARC) and Vice Chair of the Elections and Finance Committees. Additionally, she's a Volunteer for Citizen's Patrol, Evening Host RAMP and is serving as the Bocce Club Secretary. She is also a graduate of the 2023 SCR Leadership Academy and is a member of the Academy's Leadership Team.

Linda's Campaign Viewpoints demonstrate her depth of knowledge and understanding of the issues involved in governing our Homeowner Association:

- Uphold the SCRCA Vision, Mission and Strategic Plan Statements
- Maintain the Financial Strength of Sun City Roseville
 - Uphold the Quality and Appearance

of our Common Area Assets

- Ensure a Successful Implementation and Completion of the Phase B Fitness Center Expansion
- Work to make sure Residents' Voices are Heard When Making Decisions
- Collaborate with the Board, Association Leadership and Staff to Determine the Best Solution for the Golf Course Irrigation Project
- Continue Leadership Development Activities, Including the Leadership Academy, to Help Encourage Volunteerism
- Maintain the Value of our Homes and the Outstanding Reputation of Sun City Roseville

Linda always brings her openness and listening skills to discussions about Sun City plans, issues and problems. She will be an excellent addition to our SCR Board of Directors. Please join us in supporting Linda with your Vote in the 2025 – 2026 Election for the Board of Directors.

> Linda Fredericksen's Campaign Committee: Cora Rose, Chair: Dave and Linda Breninger; Dee Franz; Marsha Rhodes

SCR Foundation 2025

(cont' from page 1)

For 2025, the Foundation has made a \$10,000 transportation grant available to assist eligible homeowners in Sun City Roseville. The Placer Rides program is administered by Western Placer Consolidates Transportation Services Agency (WPCTSA) and Seniors First. Eligible riders obtain their own licensed and insured driver. The driver is reimbursed monthly based on a per-mile basis. There are no geographic limits on usage. To be eligible, individuals must reside in Placer County, be 60 years or over, have a disability or are low-income and do not have other transportation available. Call 530-880-9500 or email placerrides@seniorfirst.org

Meals on Wheels. For 2025, the Foundation has also made a \$10,000 grant available for eligible homeowners of Sun City Roseville. In Placer County, nearly 30,000 adults aged 60 and over do not know with certainty where their next meal will come from; food insecurity may reflect a need to make trade-offs between other basic needs such as housing, utilities or medication as well as a lack of transportation or limited physical abilities. For eligibility call 530-878-5731 or visit seniorsfirst.org/senior-nutrition

Our last Bingo of the year will be on Sunday, July 20 at 1 PM. Come to the July 1 Courier table to get tickets.



Observations on Disaster Averted Sun senior news classifieds

Last month's "Observations" took a belated look at LLAs (Life's Little Annoyances) and TGHs (Things Guaranteed to Happen, usually bad). The gods of the universe who handle such things must have read it and thought, Here goes Martin Green complaining again; let's give him something to really be scared about.

I've written elsewhere about how what I call technogadgets like the computer, laptop, iPad, and of course the indispensable iPhone have made life so much more convenient for people, even oldsters like myself. But what if one or more technogadgets stops working? Then we are in trouble, big trouble.

I was innocently listening to some music on my iPad, via YouTube, when suddenly the music stopped. I was not especially worried. I went to Yahoo Mail and, instead of the emails, got a message that the page was not available. Now I was a little worried. I tried a few other apps on the iPad and got the same message. I did what even I knew was the thing to do when a technogadget stopped working; I turned the iPad off and then back on. No, this didn't do the trick. I then looked at my Settings and the message here was that I was not connected to the internet. Now I was a little worried, but this had happened before, and sooner or later the iPad somehow got itself reconnected. I checked the iPad before going to bed. No change. Well, maybe it would be reconnected tomorrow morning.

The first thing I did the next morning was look at the iPad. No, nothing had happened overnight. Now I did what any sensible person would do: I panicked. I depended on my iPad for a lot of things. I had the Safeway app and used it to order from Safeway, and I was going to place my weekly order in the next day or two. What if I couldn't? I had the Grubhub app and used it to occasionally order from local restaurants. Not as serious but still an inconvenience. I also had the Chase app and could see the activity on my checking account and credit cards. Another inconvenience if I couldn't. But the Safeway thing was the most

After breakfast, I went to my computer. It was still working. I went to my AI and told her (she has a feminine voice) of my predicament. She immediately gave me five things to try, including turning the iPad off and back on. She also said to try doing the same with my router. My router-I hadn't looked at it for years. I located it on my desk in the middle of a mess of wires. I unearthed it and found that it had three wires connected to it. I informed my AI of this, and she said to find the wire that went to the power strip. That was the one to pull out. I tried to trace the three wires to see where they went. Ultimately it seemed to me that it was the black wire on the left corner of the router. I hoped it was. I pulled it out, counted to 30 seconds, then managed to get it back in. I tried to get my e-mails on the iPad. I got the same message as before, that the page was not available. This hadn't worked either. Wait a minute. I tried again, and voila, the list of e-mails came on. It was a delayed reaction. I'd had a narrow escape, but the day was saved. But what about next time? I would try not to think about that.

If the gods of the universe who handle such matters read this. I'm not complaining. and yes, you really scared me.

SERVICES

TRANSFORM YOUR HOME WITH "ROYAL PAINTING" Home Exterior Painting Services! Call Julian at 916-474-1605 for free Estimates!

SIERRA MOBILE NOTARY. Mobile Notary - Call for appt. 21 yrs experience. Kristi 916-223-4796.

ED'S STUMP GRINDING: Reasonable rates, prompt response. 20 years experience. Call Ed 916-996-5812.

HANDYMAN: 916-724-5207 phileb@live. com. Drywall, plumbing, fans, hang pictures & t.v.s, and more.

HAIR CARE SERVICES. Enjoy this specialty service provided in the comfort of your home. Licensed cosmetologist. Kimberly 916-837-1637.

GUTTER CLEANING, WINDOW CLEANING, Solar Panel Cleaning, & Christmas Lights... Home Detail Services. Call/Text: 916-500-4314.

FENCE REPAIR, PAINTING & Power Washing: Reasonable, many Sun City references. Please call Josh at 916-307-8430.

CONTRACTOR, HANDYMAN. No job to small: Carpentry, Electrical, Plumbing, Sheetrock, and Dry Rot repair. Call Martin: 916-747-7888. LIC# 1042598.

WHEELER CLOCK WORKS. Certified Journeyman Machinist. Repair, Restoration of clocks: Grand father, Antique, Cuckoo. Jim Wheeler 916-303-3459

PELICAN HAULING AND JUNK REMOVAL garage, yard, storage units, furniture, appliances, e-waste, & more, Call/ text Andv at 1-916-712-7224 Business Lic #00833776.

IN-HOME caregiving - hourly/daily/weekly. Also, transportation & errands. 12 yrs experience. Jan: 916-781-9651.

PET SITTING AND DOG WALKING by experienced Sun City Resident. References available. Debbie McClelland, 650-814-7414.

FAMILY-OWNED HANDYMAN and Remodeling Services, Proudly Rated 5 Stars! Landrum Construction Lic#1126021- Call 510-901-1166.

PIANO LESSONS: Taught in SC at reasonable rates. For information, please call Jeanette at 530-863-0944.

RETIREDRN, EXCELLENTREFERENCE. Experienced in geriatrics, Parkinson's, and any health conditions. Can provide care at home /travel companion. ADL, cooking, light housing, medical appointments, errands. I can work at your convenient time including weekends. 916-622-5116.

SUNSET LANDSCAPE. All Landscape necessities • Basic Maintenance • Fence repair •Tree Services • cleaning • Junk Removal • Outdoor lighting • Irrigation • Free estimates. Salvador 530-315-0055.

SCLH Resident Handyman. Painting, concrete. Landscaping, fencing. No job to small. little bit of everything. 916-532-2960.

GARY'S SPRINKLER REPAIR: Lic# 869624. Valves replaced, Drip systems installed, Timers set or replaced. 916-223-3706.

RETIRED NURSE LOOKING TO PROVIDE CARE IN YOUR HOME. Bathing, cooking, cleaning, running errands or anything you might need. Beverly Johnson 916-316-1737.

ELIMINATEGUTTER CLEANING for ever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-916-953-5518.

FOR SALE / WANTED ANNOUNCEMENTS

COLLECTOR WILL PAY CASH FOR MILITARY ITEMS & COLLECTIBLES. I will pay cash for military and vintage collectibles. Helmets, maps, knives and bayonets, old west items, vintage military photos, model trains, unbuilt plastic models, old documents and more. Contact George 916.768.4694.

WANTED: BUYING RECORDS Jazz, Blues, Rock, and R & B. Buying small and large collections, LP's, 45's, and 78's. Also looking for reel-to-reel tapes,(all types.) Call 530 273-8490.

BUYING OLD COINS, pay cash, free appraisals, discreet, I pay more! Private collector, SC resident. Call Jerry 1-916-772-4268.

CLUB CRUISE & TRAVEL

POLAR BEARS OF CHURCHILL

7 DAYS SMALL GROUP GUIDED TOUR

*No more than 16 guests!

*4 Nights Churchill & 2 nights Winnipeg *Extensive Nature Activities to view Polar Bears *All Hotels, Transfers, Internal Flights

*Save \$600 Off per couple

***\$8,099** per person

CALL TODAY FOR MORE DETAILS!

Your local Travel Experts! 851 Sterling Pkwy. Lincoln, Ca 95648 916-789-4100 or Book@ClubCruise.com

Email Classifed Ads by the 12th of each month to: SunSeniorCA@gmail.com

- **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.

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:

◆ Anything of a commercial nature, including pet sitting, real estate, rentals, time-

♦ 15 words for \$35. Additional words \$1 each.

◆ \$90 for three months, same ad! (15 words only) additional words \$1 each

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

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



Thompson + Brown Real Estate

CALL/TEXT US FOR MORE INFORMATION

916-297-3500 CALL/ TEXT

FOR A FREE HOME VALUATION EMAIL: GBROWN@THOMPSON-BROWN.COM



As Broker and Owner of Thompson+Brown I have worked with thousands of sellers to achieve their goals. This year marks my 40th year in Real Estate. I have seen every market condition and I use that vast experience to make the sales process easier for my clients. Please give me a call or text me and I will be happy to come and meet with you and answer any questions you may have.



George Brown

RECENT SALES IN SUN CITY ROSEVILLE

7195 Timberrose Way	964 Sq. Ft.	\$475,000
201 Saddlebag Court	1334 Sq. Ft.	\$507,000
7064 Hayride Lane	1323 Sq. Ft.	515,000
4241 Rose Creek Road	1547 Sq. Ft.	\$525,000
4725 Cottage Lane	1869 Sq. Ft.	\$625,000
7025 Timberrose Way	1741 Sq. Ft.	\$645,000
7457 Whistlestop Way	2032 Sq. Ft.	\$675,000
7448 School House Lane	1476 Sq. Ft.	\$679,000
4208 Echo Rock Lane	2287 Sq. Ft.	\$855,000
7496 Whistlestop Way	2427 Sq. Ft.	\$905,000
108 Homewood Court	2665 Sq. Ft.	\$910,000