

SUN SENIOR NEWS

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Nancy Sinclair — Sailing Through Life

BY JENNIFER (JEN) MARTIN

Wood carvings from Romania, woven art from Singapore, a beautiful scroll from China featuring a rendition of the Yangtze River painted by the artist in a boat while sailing on the river, a brass tea pot from Lhasa, Tibet—these are only a few of the souvenirs and memorabilia displayed in Nancy Sinclair’s home. Nancy, who has lived in SCR for 30 years, has visited 70 countries around the world, which is evident by the culturally diverse décor of her lovely home.

Born in 1930 in Albany, California, Nancy grew up in San Carlos with an older sister Joan. Her father worked in San Francisco for USPS. She remembers there was always music in her home as a child. Her mother played the cello, her dad played the piano, and Nancy played the violin. She graduated from Sequoia High School in Redwood City and, at age 17, began training to be a nurse at San Jose State University.



On a camping trip in Sequoia National Park with her parents, Nancy met her future husband, a park ranger, John Sinclair. They

married in a small church in Saratoga in 1951 and honeymooned in Carmel. The couple lived in Fresno at the time and had three children: Larry, a retired painter and local handyman who lives with Nancy and has one daughter. Ken, who is retired from commercial landscaping, has a daughter and a son and two grandchildren. Sara, who also lives with Nancy, works at Home Depot and has two sons.

John owned and operated a commercial laundry which allowed him to come home in the afternoon and take over childcare so that Nancy could work as a hospital nurse in the late afternoons and evenings. Family life was filled with trips around the country in an Airstream and swimming lessons at a Swim and Racquet Club and a Country Club in Fresno.

After John got sick and passed away in 1973, Nancy went back to school to get her *(cont' on page 23)*

SCR Foundation 2025

BY ELIZABETH JARRETT—SCR Foundation Board Member

November is the month of Thanksgiving, which highlights gratitude for all we have. There could not be a better time to write this Courier article. Gracias, Mahalo, Merci, no matter how we say it, the SCR Foundation wants to say Thank You to everyone that was involved in helping make our annual fundraiser a great success. There are so many people to thank for so many contributions and so little space to do that here. Please know that through your participation, your generous donations of support and an incredible number of volunteer hours, you have helped sustain the Foundation as it continues its important work into 2026 of supporting the needs of residents. Our entire Board is grateful and thanks everyone for all you have contributed.

Our Event would not have come together so well, without our fundraiser-in-chief and Chair Kathi Stropkai. Her ability to organize, direct and manage almost fifty volunteers in numerous roles, doing numerous tasks, in numerous locations, all at one time, was quite a feat. We could not have managed this as well without her expertise. We thank her for all the care, time and commitment she gives to the Foundation.

Did you miss all the fun at Whack a Ball Night Golf or Ride a Horse at Sierra Pines indoor horseracing? You are in luck for 2026. The Board will be doing both fundraisers again *(cont' on page 25)*

Singers

BY JACKIE PROETT

It’s November and time to give thanks. The Singers give thanks for a Holiday banquet filled with special treats. First on our table are the Candlesticks. They shed the light. They are Director, Paul Melkonian, and Our wonderful new pianist, John Hazlerigg. The light is Music, ably taught by these two. The result is a tasty confection, our Christmas Concert, WINTER WONDERLAND. It takes place on Monday, December 1, at 7:00pm. In the Timber Creek Ballroom. Tickets are \$20.00. Text/Call: Steven Sanchez at even.steven@att.net/ 650-868-0328 or Gail Hixson at msgemh@aol.com/ 209-479-2981.

The Centerpiece on our table is a beautiful arrangement of members, Elizabeth, Paula, Susan, Kathleen and Debbie who have served as our Council. Some serve more than once. Now come the crystal and silver, the Chairs, Ruth, Judy, Marla, Norma, Gail, Steve, Terry. Finally, come the plates and napkins — all our members.

Now, for what else do we give thanks? For the Singers the food on the table is Music! Music heals, heartens, consoles, cheers, tickles and strengthens! We meet every Monday 2:30 back of the Ballroom. Join us and be part of



Our Candlesticks, Paul Melkonian and pianist, John Hazlerigg

the Banquet!

Happy Thanksgiving to all of you, your families and dear friends.

• • •

All Tuned Up

BY PEGGY WELLS

Though this article is for the November issue, it is being written in early October. *(cont' on page 5)*

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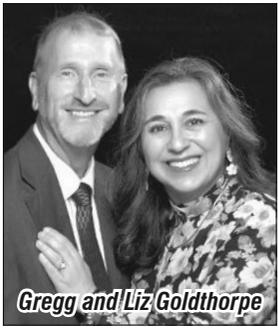
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Hills welcomes announcements from social clubs, schools, charitable organizations, non-profit organizations, local government and community events. Also, editorial contributions as well as articles, cartoons and photographs are welcomed and considered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

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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Sunshine Services

BY LINDA CILENTI

What My Dogs Taught Me About Aging – Discover the wisdom and life lessons we've gained from our cherished pets and rescue dogs. We invite you to join us on November 19, from 10:00am to 12:00pm at Sierra Pines for this uplifting and enjoyable presentation.

Judy Kent, President of Homeward Bound Golden Retriever Rescue & Sanctuary, has a deep affection for dogs. She often finds valuable insights and life lessons in her wonderful pets and rescue dogs. Come along with Sunshine Services as Judy shares delightful stories in this cheerful presentation. She might even bring along a furry friend to join her!

We warmly welcome donations of dog supplies! Big dogs have big needs, so let's come together to support our beloved furry friends.

Don't forget, our Sunshine Services motto, "We're Here to Help," which includes helping our four-legged companions in need!

In 2025, we had the pleasure of hosting three more presentations. The first, "TLC for Your Tummy," was a cozy luncheon with homemade soups to bring warmth during winter. In May, we held the "Senior Scam Stopper" event, where speakers shared tips on avoiding scams related to technology, home improvements, and insurance. In August, we explored "Successful Aging; It Takes a Plan," discussing the choice between staying at home or moving to a senior living community, including costs, and planning for potential challenges. We hope you found these events

informative and enriching!

We are currently planning our speaker events for 2026 and encourage you to share your ideas for topics or speakers of interest. Ideas may be sent to: sunshineserviceslcc@gmail.com.

"We're Here to Help"

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



Happy Thanksgiving

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SCR Board of Directors

BY LINDA FREDERICKSEN, SCR BOD Treasurer

When I moved to Sun City Roseville (SCR) in 2013, I heard about the Reserve Funding level at 100% and strong financial position the Association holds. The Reserve Funds are available to replace our assets that are over \$5,000 when they have served their useful life between 3-30 years. The Reserve Fund level at 100% means we don't need special assessments to pay for large expenses when our assets need replacement. This is a tremendous attraction for new homeowners to move into our HOA and it made me curious about Sun City's finances and how decisions are made about the annual budget and purchases. Hopefully, this article about the beginning of the budget process will enlighten you as to how we carefully invest, save, and spend money here in SCR.

The association is budgeted on a fiscal year basis that runs from July 1st of one year through June 30th of the next. Each year in

November the Finance Committee; Director of Finance, James Martin; and the Executive Director, Geoff Browne review and amend the Guidelines for Budget Development as necessary to begin work on the upcoming new fiscal year that will begin in July of the following year. This effort is important as it sets general guidelines for developing the budget for each department of the Association. The general budget guidelines include evaluating guidance for energy conservation, reviewing any new significant expenses, minimum wage increase, and many others specific to each Department.

The Administration Budget Guidelines include developing a 5-year budget forecast with a narrative of the planned direction for the Association; consider the Association's Financial Goals Policy in setting the assessment rate for the following year; and using a modified Zero-Based budgeting process in establishing

each department's budget.

The Activities, Fitness, Facilities and Landscape-Maintenance, Golf Operations, Food and Beverage departments each have guidelines to follow when creating their budget. Guidelines include various categories including marketing, developing business plans, costs for maintenance of facilities and equipment, etc. The Replacement Reserve Budget includes an annual review and determination of the assessment amount required to maintain the Replacement Reserve funding at approximately 100%, and a review of the useful life of all assets.

In addition, the Guidelines for Budget Development include the following quote from our CC&R Section 4.01: (b)(ii) ...it is specifically recognized that many Common Facilities, including the Lodge, the Lodge restaurant and bar, and the Golf Course exist and are operated and maintained for the benefit of the Owners and residents of Sun City Roseville, regardless of whether such amenities generate revenues in excess of the allocable

operating and maintenance expenses." The Committees, Association Management, and Board of Directors must keep in mind that profits are excellent but there is also a priority to keep in mind how the homeowners will benefit from future plans.

As you can see, there is a lot of work and consideration that the Executive Director, Department heads, and the Finance Committee review and update before the development of the actual budget for the following fiscal year which will be presented to the Properties Committee, the Finance Committee, the Strategic Planning committee, and eventually the Board of Directors for final approval. This work is necessary to ensure the Association is fiscally sound and prepared with the necessary funding to complete the goals and objectives of each Department.

If you are interested, please attend the Budget Week meetings coming up in March of 2026. More information will be provided about Budget Week in a future article.

All Tuned Up

(cont' from page 1)

ATU's fall show is set for November 1, the same day this issue comes available. We all hope you have obtained tickets – it promises to be a rollicking good time!

November signals the official start of the holiday season (though the people at Walmart, Target, and Costco apparently think it starts in August). Every faith celebrates a little differently – Hanukkah, Christmas, Kwanzaa. But for me, the best holiday is the one that starts it all off – Thanksgiving. One thing that makes Thanksgiving great is that you celebrate it by eating! How wonderful is that?! But in my opinion what makes Thanksgiving the best is that it is a good idea for a holiday. The idea of giving thanks for the blessing in one's life cuts across all faiths, nationalities, and political persuasions. Friends, family, community... these are the things that we are most grateful for. And here at ATU we are all thankful for the gift of music, for the joy it has brought into our lives, and for the friends we have made while making music every Thursday morning. So, we wish all of you a happy Thanksgiving... full of love, fun, music, and a big slice of pie!

• • •

Harmonicoots

BY JO ANN STOOKSBERRY

What an honor to be asked to play at Bill and Sally's 70th wedding anniversary party held at the Timbers Ballroom on Oct 5th! Fellow Coots wish them many more anniversaries to celebrate. The Coots are available for clubs, groups, and private events. Call at least four months in advance at 916-749-749-4425.

On October 2nd we welcomed the Fall Season at Timbers Lobby with an Octoberfest Sing-Along. We played Roll out the Barrel, Edelweiss, Wooden Heart, The Chicken Dance, and many others. Next month on the 4th of Dec we will again play in the Timbers Lobby from 5:30 - 6:30 pm. We will be playing all your favorite holiday tunes.

The Coots mourn the loss of an original member, Ray DeBenedetto. He was a past president, gig coordinator, and a wonderful "play by ear" harmonicist. When fellow Coots pass on, newbies like me, ask "Who is going to replace them"? From 60 members to 25 active members, we mourn. We Need You! To continue the Harmonicoots journey we need



new members. If you ever think you would like to try something new, join us at our meetings on Thursdays at Sierra Pines from 1-3pm.

A big Happy Birthday to Ted Ball who will be turning 98 on Thanksgiving Day. Ted is certainly proof that the harmonica is exceptionally good for your lungs and memory. To Maria Hajato recovering from a broken shoulder at age 91 - Get well quick! Lastly to our loyal fans - Have a very Happy Thanksgiving!

• • •

Music and Laughter

BY JANE BOHN

Am hoping you'll recognize some of your friends among the following list of talented neighbors who performed at our last Music and Laughter gathering. On piano Jan Given, on violin Joe Given, singer/guitarist Ken Roberts,

jokester Jack McGurk, singer/guitarist Bruce Barley, a cappella singer Peggy Wells, comic Ed Lick, Flutist Robert Reeder and comic Jan Montero. The entertainers were exceptional adding sing-a-longs to the fun. Needless to say the hour passed quickly and the audience left with their Spirits high.

Per usual we end the show with prize winners and a rowdy audience participation of God Bless America. Our jubilant prize winners included: Janeen Mattiuzzi,

Cathy McCanne, Peggy Wells, Janice Shreve, Leora Cranmer and Sandra Morea.

Here comes a huge thank you to all our entertainers, our fan base, and our behind the scenes helpers including Dwight Rose, Ingrid Carrier, Pam Moll, Eric Scrip and Terri Kuebler. We couldn't pull this off every month without you!

We hope you'll bring your \$1 entry donation and come join us for a hour of fun Wednesday evening November 12 at 7pm (doors open at 6:30) in our Sierra Pines Lodge located on the corner of Del Webb Blvd., and Whistlestop Way. Come early, bring a friend and get ready to have your Spirit lifted.

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(more Club News cont' on page 7)



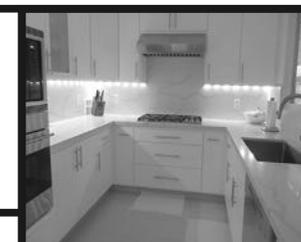
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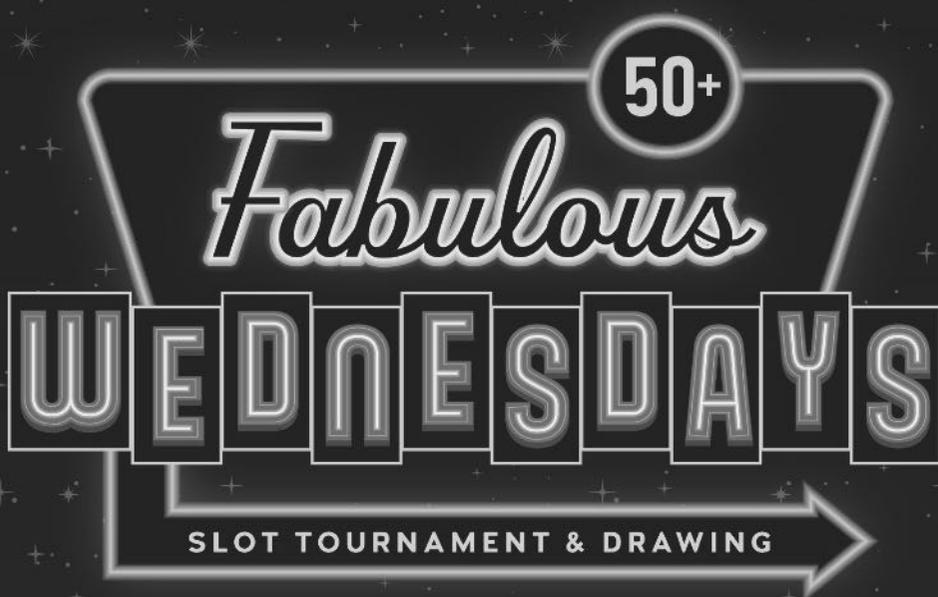
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Drama Club

BY LENORA DAVIS

As usual, the Drama Club has been busy selecting our sketches and beginning to prepare for our March performance - we know you will be pleased with our line-up. We are excited to be including some of our newest members. Our Sierra Pines venue lends itself so well to being a Cabaret seated theater, it will once again be presented this way.



Pam Tellier



Karen Williams

It looks like word is getting out about what a fun and inviting group we are - we have welcomed a number of new members since our recent performance in the ballroom. Some of them intend to act, so you will be seeing some new faces on stage, and seeing some others engaged in various support tasks. Our goal is to have fun, no matter what the needs are.

Speaking of fun... we decided to do a Murder Mystery party for our members, to introduce some of the new members and allow them to entertain us in a party style atmosphere. Everyone rose to the occasion, and we all had a great time, as you can see by the attached photos (see Pam Tellier as the grieving widow and Karen Williams as the distraught maid). We have more photos on our SCR website, and everyone is invited to check them out.

I will remind you once again that we always have room for new members, so, if you are curious or if you know someone else who might be, contact Susan Glover (530.388.6367) or Lenora Davis (707-350-1357).

• • •

Sun City Dance Club

BY VIKKI CLARK

Wrapping Up the Year in Style — The Sun City Dance Club has been busy this fall, filling the ballroom with music, laughter, and plenty of lively steps.

On September 15th, the club hosted the Fall into Line Dance Social, with an enthusiastic crowd of 53 dancers enjoying an evening of movement and friendship. The energy on the floor was a perfect way to welcome the new season.

Next came the ever-popular Eat, Drink & Be Scary Halloween Dance on October 27th. Dancers arrived in creative costumes, ready to celebrate in spooky style. The live band Four Barrel kept the floor packed all evening with their dynamic sound, making this event one of the highlights of the year.



Paul and Vivian Friedman



Leonard Clark, Fred Amador and Gene Ballard

Looking ahead, the season will close with the club's most elegant evening—the Holiday Dinner/Dance: Forever in Step on Tuesday, December 2nd. This special celebration honors our longtime instructors Jim and Jeanie Keener, whose dedication has shaped the club for years. Dinner promises to be a treat, with menu choices including Breast of Chicken in Teriyaki Glaze, New York Steak, Pan Seared Sea Bass,

and Wild Mushroom Ravioli. Afterward, DJ Joe will spin a mix of tunes sure to keep everyone on the dance floor. Tables are on sale now, so be sure to reserve your spot early.

As the club looks toward 2026, the year will begin on a lively note with a Country Couples/Line Dance Social scheduled for Monday, January 19th. It's the perfect way to shake off the winter chill and start the new year with music, friends, and plenty of dancing.

Join us as we celebrate the joy of dance, friendship, and community—forever in step.

• • •

Square Dance

BY KRIS KNUTSON

What a great night it was, earlier last month Lincoln Hills Squares hosted a Square Dance, it was as sweet as the desserts they served. Did I say great food? Dishes from fresh shrimp to pasta salad, 5 stars. The Square Dance community came out and were energized by Tom Bolton (Square Dance calls) and Marie Hathaway (Round Dance cues).

They made the dancers want "One More Dance please". By the end of the night there was no shortage of smiling faces and happy dancers. It's just the way a great Square Dance should be.



Thank you, Lincoln Hills Squares. Lincoln Hills Squares meets Mondays 1:00-3:00 PM. Mainstream and Plus levels. Tuesdays 3:00-5:00 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://selhsquares.weebly.com>

• • •

Fine Arts Club

BY NANCY VAVUL

November has arrived, bringing a wealth of activities and opportunities for our Fine Arts Club community. A heartfelt thank you goes to Donna Self and her committee for the lovely tribute to our honored long-standing members showcased in the exhibition "Brushstrokes Across Time." The event was a wonderful idea, drawing an outstanding turnout at the reception and providing our special members with a memorable experience.



On November 1, our Holiday Boutique was coordinated by Needle Arts, and joined by Fine Arts, Creative Arts, and many local vendors. This annual event is always well attended by many eager to find special holiday gifts and unique items, enhancing the festive spirit of the season.

Looking ahead, our November general meeting scheduled for November 13 will feature Michael Dunlavey as our presenter. Active in various Sacramento boards and foundations, Michael is the founder of The Dunavey Studio, an award-winning design firm. His watercolor paintings often focus on antiques, old boats, weathered wood and metal, Navajo rugs, and landscapes of the West, promising to inspire and engage us.

Mark our calendars for the holiday luncheon "Music of the Season" on December 12, a festive occasion to celebrate good times together.

Please note that there will be no classes during Thanksgiving week, resulting in only three sessions of each class for November. Although Ed's oil classes will not continue until January, Renee's watercolor classes, Donna's acrylic classes, Maria's colored pencil classes, Pat Jordan's drawing classes and Maria's

(cont' on page 9)

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Executive Director Comments

BY GEOFFREY BROWNE

As we begin the annual budget process this month, I find myself considering a sort of “back to basics” mentality. What I mean by that is, what is Sun City Roseville’s purpose? What are our priorities? Whom do we serve?

I’m not sure if you ever ask yourself these questions, but I do. And the Board of Directors does. And I know the staff does. The good news is that we have policies that tell us the answers (you can find these on the Resident Website):

Vision Statement

To continue to be the PREMIER Active Adult Residential Community in Northern California.

Mission Statement

Sun City Roseville Community Association (SCRCA) is committed to providing a superior quality lifestyle for all residents by offering an array of exceptional activities, amenities, facilities, programs and services.

Our Strategy

Annually, the Association will evaluate the values, benefits, and financial feasibility of potential major improvements to our facilities, amenities, common areas, programs, services, and infrastructure.

The common thread that I see here is

that we have a mandate to provide the best lifestyle we can for every person in Sun City Roseville. And that means something different for everyone. Some folks want a Country Club experience; some want a broader, less formal social experience. Some focus on fitness and the outdoors while some focus on events, travel, and trying new and different experiences. Some want it all; some hardly use our community amenities at all.

The point is – we’re a community of around 5,000 people, all of whom are different, and want different things. Well, as we all know, it’s terribly difficult to please everyone. But “Perfect is the enemy of Good”, they say. In the quest for improvement, perhaps focusing on the “basics” can allow us to make the best decisions we can, given the mission we have and the variety of interests we serve. Perhaps we shouldn’t let the struggle for perfection stand in the way of appreciating something that may be imperfect but is still really good.

Balancing the various options we have with the realization that not everyone will fully agree is just another way of saying, we’re not perfect, but boy, are we great, or what!?

Ambassador Committee

BY DAWN HASKIN

Happy Fall! The Ambassador Committee is excited for another season fostering a welcoming environment to new residents in Sun City Roseville!

On September 27, we hosted our New Resident Orientation, an event that occurs approximately every three months and is for new homeowners who purchase or rent homes in Sun City Roseville. During the months of June, July and August, a total of 109 new residents moved into our community. We had a great time meeting 33 new resident guests who enjoyed a Champagne Brunch and great door prizes, along with important information supplied by members of the Board of Directors, Sun City Roseville Foundation, Leadership Academy, Golf and SCR Staff members

including Activities, Information Technology, Community Standards.

There are so many activities to get involved with in our community. Whether you are new to Sun City or have been here for a long time, it is easy to find something that piques your interest!

Due to the holiday season, our next New Resident Orientation will be held on January 3, 2026. If you moved into the community during September, October or November you should receive an invitation to this event. We urge you to reply as soon as you get the invitation to ensure your spot!



Attendees enjoying champagne brunch.



New Residents listen to speakers.

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Fine Arts Club

(cont' from page 7)
 "Drawing on the Right Side of the Brain" classes will continue. An alcohol ink class by Sherry will also be offered this month. As always, be sure to check the Fine Arts room for the specific times and any schedule changes, and to take the opportunity to learn more and pay by check.

• • •

Needle Arts Club

BY PEGGY VOAKES

As our meeting this month falls after our annual Craft Faire and Bake Sale, I can't remind you of it, but I hope to have seen many of you there! Kudos to our Committee Chairs Carolyn DeSantis and Barbara Aaberg and their wonderful committee members Susan Arbuckle, Diane Gard, Linda DuPree, and Elaine Tom, their volunteers, and to all of you who baked to support our club! Did you love the new banners in the hallway? Diane Gard was in charge of designing and arranging for those!

Our October presentation by Erica Caldwell from PACE was another "outside of the box" program. Erica shared information on how PACE helps us stay in our homes as we age. If you missed the meeting and would like information, give me a call.

The October Back Table Bonanza was another success. Remember, please, to contact Chris MacAdams, 916-517-5392, to pre-arrange donations you may be providing. The Back Table will host another raffle at our November meeting – two Ott lights, two

winners. Names will be drawn after Show & Tell and you must be present to win. Don't be left in the dark!

Our next meeting will be Wednesday, November 5, 1:30 pm, in the Ballroom. Doors will open at 1:00 pm for Back Table shopping. I am looking forward to seeing you there – with your Show & Tell items!

• • •

Creative Arts Club

BY CAROL KOVACH & BRIDGET WHITAKER

In August, our ceramics group offered the SCR community the opportunity to participate in a club sponsored workshop. Registration quickly filled up with residents eager to sample what the Creative Arts Club has to offer. Participants were provided with two bisqueware ornaments of their choice, acrylics, brushes, Mod Podge, and glitter in order to create magical memories for the upcoming holiday season. The ceramic paint-ready ornaments were part of a large donation received earlier this year.

Along with the workshop, the club made available small ceramic kits containing ready-to-finish bisqueware, acrylics, and brushes. The kits were packaged in cellophane party bags, making them perfectly gift-ready. And due to their popularity, the club is making the kits available while supplies last. At only \$5 a kit, they make a wonderful gift or stocking stuffer for any age.

The club will also have a great selection of pottery, glass and ceramics pieces made by members for sale during November and December, following the Craft Fair on

November 1. Items will be displayed in the CAC window and in the month of November, also in the display window opposite the studio. The increased activity in the creative glass group means a bigger selection of glass pieces for sale alongside many lovely, unusual pottery pieces, featuring a multitude of new glazes. Great prices and all original!

This year has been a wonderful year for the club with many new members new to our community. We even received an email from a woman in Florida relocating to California to be closer to her grandchildren. As a glass artist, her key deciding factor between SCR and SCL — the creative arts club offerings! Needless to say, we're looking forward to her arrival!

As always, if the lights are on, pop in!

• • •

Roseville Stamp Club

BY TIM MILES

We're into November and of the year is coming to a close. We are trying to get the dues rounded up for the year 2026. They are \$20 and you can send them to Al Capparelli (916-771-8288).

Our meetings are held at the Sun City Roseville Lodge (7050 Del Webb Blvd) usually on the 2nd and 4th Tuesday of the month. The holiday season slows everything down so there is only one meeting in November (Tuesday, November 11-Veteran's Day) because of Thanksgiving. No meetings are planned in December because of the need for the rooms at the Lodge for Holiday Parties. We'll have the January meeting dates in the Dec column.

Take note that there are no "open garage" dates set for the rest of the year, either.

Al Capparelli will have some set up for January. These are times when you can make an appointment to go to Al's garage events and supplement anything needed in the form of albums, pages, protectors, stamps, you-name-it. Our meetings have a full compliment of catalogs present to go with games, speakers, surprise packages, door prizes and a host of other interesting stamp paraphernalia.

Lee Coen, our Secretary, is on the ball with emails pertinent to the Club (ieejcoen@gmail.com) so make sure he has your proper address.

Lastly, we want the board (Treasure and Secretary) to stay on another year. If any member objects, please bring it up at the next meeting for discussion. Look for more info in the December edition of the Sun City News.

• • •

Conservative Action Group

BY SHERRI SCOTT

Have you voted yet? There is still time to vote in the special election regarding Proposition 50. In-person voting is available through election day, November 4, at St. John's Episcopal Church, 2351 Pleasant Grove Blvd. Hours of operation are 8am to 4pm before election day and 7am to 8pm on election day. You may also take advantage of "Sign, Scan & Go" by taking your completed ballot to the vote center so your vote will be part of Election Night results. Or you can use the ballot drop box located at Timbers Lodge up until 9pm

(cont' on page 11)

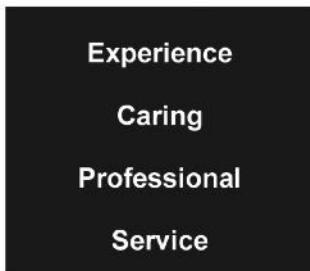
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★★★★★ Wonderful company. The product is beautiful. The crew arrived on time and were conscientious, professional and courteous. H.M. from Lincoln

★★★★★ 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.

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Conservative Action Group

(cont' from page 9)

each evening except election day where 8pm is the cut-off time. Another option, though least secure, is mailing your completed ballot - it must be postmarked no later than November 4. Voter turnout is imperative.

On October 6 we heard speakers from the new Pleasant Grove Apartments, across from Sun City: Beckie Flores – Project Developer, Windy White – General Manager and Kylie French – Director of Resident Programs. Beckie, representing Mercy Housing, the developer of the project, works with local communities to build affordable housing for families and seniors. They are professionally qualified with 166 locations including 12,160 apartments in California. There are two phases:



Windy and Beckie



Courier Days — Sharon and Elaine

the first with 49 units are open now open with 19 units rented; and the 2nd phase of 49 is vacant and will be completed when demand warrants. Apartments are available with 1, 2, or 3 bedrooms, accommodating up to 3, 5, or 7 people, respectively. Seniors or families with incomes of 30% up to 60% of Placer County median income are allowed. Resident programs of health and wellness, housing and financial stability, and youth development and education, are an especially important continuous part of residency.

Our next meeting will be held on November 3 at Sierra Pines starting at 6:30pm.

• • •

Computer Club

BY BARBARA EICHTEN

The Computer Club will not meet in November or December. The genealogy Group will meet on November 13 at 2:00 in the Club Room.

PHOTOSIG: Please join our enthusiastic photographers and be challenged to share knowledge and improve skills. Photo SIG (photo club) will meet on Friday, November 21 at 10:00 in the Club Room. Only Photo SIG members may submit photos for the monthly contest. Submit a medium of three photos, send to scrphotosig@gmail.com by Monday, November 18. The photos are juried at the regular monthly meeting. November's theme is "Reflections." There is no time frame. Contact Carmela Kube for further information.

Open Session will be Friday, November 7, 14, and 21 from 1:00-3:00 in the Club Room. These sessions are to assist individual residents with their iPhone, iPad, or computer. For further information, call/text Barbara Eichten (901-626-9821) or email barbara.eichten@gmail.com.

• • •

Healthcare Professionals Group

BY LINDA GORDON

At the next meeting of the Healthcare Professionals Group on Wednesday November 5 we will be celebrating 4 successful years as a SCR Group. At our first meeting in January 2022 we had 19 members, most of whom knew no one in the room. Now, after many friendships have been formed, we have a roster over 70 with an average of 30 attendees at our meetings. The November meeting will be a social meeting without a formal speaker. However, if anyone has something that they would like to present to the group they may do so. Each presentation should be no more than 10-15 minutes. If you wish to do this let Linda know beforehand. We will have a catered lunch at \$10pp so it is very important to have an accurate count. Please be sure to RSVP to Linda by November 1 (see below) & cancel if you are unable to attend.

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 of every other month at 11:00am in the

Spruce Room in Sierra Pines. Meeting

& speaker 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 November 5. RSVP by November 1.

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 November 12.

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).

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Ruth Elkins for leading the Shabbat service (Sabbath) Friday night service and to Ruth Elkins and Ray Seamans for hosting the Oneg (a sweet table following the Shabbat service) in September.

Our next Book Club meeting will be on November 10, 2025 at 7:00 pm at the home of Ruth Elkins and Ray Seamans. The book that will be discussed is "Eminent Jews: Bernstein, Brooks, Friedan and Mailer" by David Denby.

Our last event of this year will be our annual Hanukkah dinner on December 18, 2025 at 6:00 pm with the lighting of the Hanukkah menorah at Sierra Pines. The dinner will be catered by Elena's Kitchen and Catering. The installation of the officers of the JFC Board for 2026 will be announced at the dinner.

The Jewish religion has a variety of rituals and traditions that show the faith and culture of the Jewish people. Some of them are:

Shabbat Observance: Shabbat, the Jewish Sabbath, is observed from Friday evening to Saturday evening. It is a day of rest where Jews refrain from work and engage in prayer. Special rituals include lighting candles, reciting blessings and sharing festive meals.

Dietary Laws: This includes against eating certain animals, mixing meat and dairy and ensuring that food is prepared in accordance with Jewish Law.

Circumcision: This is a ritual performed on the eighth day after a Jewish boy's birth

symbolizing the covenant between God and the Jewish people.

Bar/Bat Mitzvah: The coming-of-age ceremony marks a Jewish child's transition to adulthood. Usually this is done at age 13.

• • •

Meditation Group

BY ED CERVANTES

The Heart of Gold Meditation Group of Sun City cordially invites you to join us for a peaceful hour of mantra meditation, music, refreshments, and good company.

Since 2022 the Heart of Gold has been providing the residents of Sun City the opportunity to learn a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily life. For over 47 years mantra meditation has been a focal point in our lives and it is our pleasure to share it with you.

By this simple process we begin to experience an ever-deepening inner peace, increasing insights and happiness. The program is donation based and the meditations will be practiced seated in chairs. Bring a friend and come make new ones.

Here are the dates and locations for our upcoming meetings.

Wednesday, Nov. 12th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Wednesday, Dec. 10th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

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

mantramedclub@gmail.com

• • •

Socrates Café Group

BY STEVEN GUSTAFSON

Last month the discussion at Socrates Cafe focused on the distribution of wealth in the world.

The 15 wealthiest men in the world have more wealth than the poorest half of all 8 billion people on earth. About one billion live in extreme poverty — they face possible starvation. About three billion live in poverty — they have food security but little else. About two billion are poor — they can afford only

(cont' on page 13)



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SUN CITY REAL ESTATE UPDATE

Contrary to popular belief, the number of buyers looking for homes does not fall of appreciably as we head into November and December. What does happen is the number of days buyers are available to look at houses and the number of new homes listed both fall. People get busy around the holidays and don't spend their time shopping as much. But in this era of computer generated updates as houses hit the market, exceptions to the rule happen. Have a safe and warm Thanksgiving and remember all our blessings in America.



WRITTEN BY
GEORGE BROWN
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SCR Library News

BY ELIZABETH GUSTAFSON

Puzzles! Puzzles from our library are very popular and all of them are donations. The 300 and 500 piece puzzles go quickly so I encourage you to bring us your old puzzles of those sizes. No puzzles with missing pieces! Please do not take more than a couple at a time so that others may enjoy them.

Please welcome our newest library monitors, Annamaria Hewson and Irene Lynn.

Library hours are 10-4 daily. Come visit us!

New Books – Fiction: Deaver, Jeffrey - The Grave Artist; Follett, Ken - Circle of Days; Hilderbrand, Elin - The Academy; Krueger, William Kent - Apostle's Cove; Mackintosh, Claire - Other People's Houses; McCloskey, David - The Seventh Floor; Moore, Heather B.- Julia; Osman, Richard - The Impossible Fortune; Patterson, James - Billion-Dollar Ransom; Ryan, Patrick – Buckeye; Steel, Danielle - The Portrait.

Non-Fiction: O'Reilly, Bill - Confronting Evil: Assessing the Worst of the Worst (History)

Large Print: Cussler, Clive - The Iron Storm; Hilderbrand, Elin - The Academy; London, Julia - Everything is Probably Fine; Michallon, Clemence - Our Last Resort; Osman, Richard - The Impossible Fortune; Ryan, Patrick – Buckeye; Steel, Danielle - The Portrait.

Socrates Café Group

(cont' from page 11)

essentials, such as a motor bike for commuting to a job. Only about one billion are not poor or worse — they can afford to pay for non-essential items, such as vacations.

Obviously, the world's wealth is distributed very unevenly. What can or should be done about this? Is wealth disparity a permanent feature of human society? If so, can it at least be significantly reduced? How?

Socrates Cafe meets at 10:00 on the first Monday of every month in the Timbers lodge (check at the monitor desk for the room). You are welcome to join our discussions.

Solo Friends Group

BY NIKKI COMBS

Placer Artists Tour Program Director

Kelly Peterson spoke at the October General meeting about the upcoming Artists Tour. She was joined by Pat Martin, retired FM 96.9 DJ and budding artist. The tour features 72 locations, some with multiple artists showing creations from jewelry, sculptures, paintings, ceramics, photography and more. Tour dates are November 7-9 and 14-16. In addition, a Taste of the Tour Reception will be held at Blue



Line Arts on October 18 from 5:00 to 7:00 pm. Tickets are available by contacting the gallery at 916-783-4117.

Placer Artists Tour is celebrating their 32nd anniversary. There is no charge to view the art and speak with the artists. The program supports local artists and new artists by mentoring and helping them learn marketing to become established.

Pat stated the Placer Art program gives him a community where he can learn from other artists. For more information and registration for a tour map, visit PlacerArtistsTour.org.

Come January 2026, we will say goodbye to Vice President Jen Martin. Understandably, Jen is stretched thin with all her activities. Thankfully Heather Kendall volunteered and was elected to be our next VP. We thank Jen for bringing us informative speakers and helping the Group in numerous ways. Even without her Council seat, Jen will continue to be an active member.

The November 3 General meeting will feature resident Diane Wilson, Health and Wellness Chaplain. Diane will speak on "A Life Worth Living, a Legacy Worth Giving." The meeting starts at 6:00 pm in the Timbers ballroom.

In addition, keep your eyes open to sign up for our November Social Dinner featuring traditional Thanksgiving fare and our December Holiday Party

partially sponsored by the Council. Space will be limited for both dinners.

Travel Club

BY PAM SCHEEL-HEMINGWAY

As I write this, members have returned from Croatia and are now exploring the "Islands of New England." Sure, looks like they're having a great time!

Trips now available for booking for Travel Club members include:

Branson Holiday Spectacular: November 4-10 (Collette)

European Christmas Markets: December 4-11 (Collette)

Southern Italy/Sicily: March 6-18, 2026 (Collette—note date change!)

Australia: March 8-26, 2026 (OAT)

Northern Spain and Portugal: March 17-April 1, 2026 (small group trip--Collette)

Japan's Cultural Treasures: April 17-May 1, 2026 (OAT)

Chicago and Mackinac Island: May 4-12, 2026 (Collette)

Broadway Experience: June 8-12, 2026 (Champ Tours)

Canadian Rockies and Glacier NP: June 21-27, 2026 (Collette)

Great Rivers of Europe: August 4-19, 2026 (Grand Circle Cruise)

Utah's "Mighty Five" National Parks and the Rockies: August 10-18, 2026 (Collette)

Spectacular Scandinavia: September 9-22, 2026 (Collette)

(cont' on page 16)

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16 Day HAWAII From SFO! PRINCESS				
Ruby Princess ~ 3080 Passengers	Dec. 17, 2025 & Jan. 29, Feb. 19, 2026	\$1,299	\$1,517	\$2,598
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico; to San Francisco, California. Ask about Princess Plus!				
Call for pricing and availability on other dates. *LINCOLN SHUTTLE TO SHIP AVAILABLE!				
10 Day ALASKA From SFO! PRINCESS				
Ruby Princess ~ 3080 Passengers	May 23, Jul. 12, Aug. 11, 2026	\$1,299	\$1,517	\$2,079
Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Prince Rupert, BC, Canada; to San Francisco, California. Ask about Princess Plus!				
Call for pricing and availability on other dates. *LINCOLN SHUTTLE TO SHIP AVAILABLE!				
11 Day MEXICO From SFO! PRINCESS				
Ruby Princess ~ 3080 Passengers	Jan. 18, Dec. 15, 2026	\$849	\$948	\$1,199
Sail round trip from San Francisco, California to Manzanillo, Mexico; Puerto Vallarta, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; to San Francisco, California. Ask about Princess Plus!				
Call for pricing and availability on other dates. *LINCOLN SHUTTLE TO SHIP AVAILABLE!				
13 Day BEST OF JAPAN Cruise- CELEBRITY				
Celebrity Millennium ~ 2662 Passengers	June - September 2026 & 2027		\$1,600	\$2,440
Sail round trip Tokyo, Japan; Overnight Kyoto(Osaka), Japan; Kochi, Japan; Busan, South Korea; Nagasaki, Japan; Kagoshima, Japan; Mt. Fuji (Shimizu), Japan; Overnight Tokyo, Japan. Ask about pre and post hotel options!				
14 Day MEDITERRANEAN GREECE, ITALY & CROATIA - PRINCESS				
Sapphire Princess ~ 2000 Passengers	Dec. 2025 & Mar.- Dec. 2026	\$1,815	\$2,536	\$2,770
Sail round trip from Civitavecchia (Rome), Italy; Corfu, Greece; Dubrovnik, Croatia; Kotor, Montenegro; Naples (Capri & Pompeii), Italy; Civitavecchia (Rome), Italy; Sarande, Albania; Katakolon (Olympia), Greece; Valetta, Malta; Sicily (Catania), Italy; Naples (Capri & Pompeii), Italy; to Civitavecchia (Rome), Italy. Ask about private excursions in Italy!				
12 Day ICELAND, IRELAND, LONDON Cruise - OCEANIA				
Oceania Marina ~ 1224 Passengers	August 23-2026	\$4,899	\$5,099	\$6,199
Package includes; Gourmet Specialty Restaurants, WIFI, Gratuities, Classic Beverage Package. Sail from Reykjavik, Iceland; Isafjordur, Iceland; Husavik, Iceland; Djupivogur, Iceland; Torshavn (Faroe Islands), Denmark; Portree (Isle of Skye), Scotland; Glasgow, Scotland; Dublin, Ireland; Holyhead, Wales; Cork, Ireland; Falmouth (Cornwall), UK; to London (Southampton), UK.				
14 Day BEST OF THE CARIBBEAN - WINDSTAR				
Star Pride ~ 312 Passengers	January - November 2026			\$3,999
Board your Windstar yacht and sail round trip San Juan, Puerto Rico; St. John, Virgin Islands; Basseterre; Gustavia; Philipsburg, St. Maarten; Jost Van Dyke, Great Harbour; Virgin Gorda/Prickly Pear, British Virgin Islands; San Juan, Puerto Rico; St. George's; Bequia; Mayreau; Les Saintes; Marigot; St. Martin; to San Juan, Puerto Rico in an Ocean View Suite. Ask about the all-inclusive package!				
15 Day GRAND EUROPEAN TOUR Cruise - VIKING				
Viking Longship ~ 198 passengers	Mar.- Dec. 2026			\$5,999
*INCLUDES ROUND TRIP SACRAMENTO AIRFARE!				
Package includes your home to the Sacramento Airport, Airport Meet-And-Greet with transfers, WIFI, beverages, and an included excursion at each port. 15 day Viking Cruise in standard accommodations. Sail from Amsterdam, Netherlands; Kinderdijk, Netherlands; Scenic Sailing; Cologne, Germany; Koblenz, Germany; Middle Rhine; Main River; Miltenberg, Germany; Wurzburg, Germany; Bamberg, Germany; Scenic Sailing Main-Danube Canal; Nuremberg, Germany; Regensburg, Germany; Passau, Germany; Melk, Austria; Krems, Austria; Vienna, Austria; to Budapest, Hungary.				

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November 2025





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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean-View Balcony
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10 Day COUNTRY ROADS OF NORTHERN ITALY Insight Vacations Luxury Escorted Tour Package includes 1 night Milan, Italy; 2 nights Venice, Italy; 2 nights Cortina d'Ampezzo, Italy; 1 night Trento, Italy; 3 nights Lake Maggiore, Italy. Visit Verona, Italy home of Shakespeare, See the Dolomites, Prosecco Country, Venice Canals and Gondola Ride, Glassblowing, Lake District; Lake Como, Farm to Table Cuisine, and More! 9 Breakfasts, 4 Dinners Including a Be My Guest Meal, Dedicated Travel Director, Driver, Porterage, and Local Specialists!	May - September 2026 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$6,549
15 Day BEST OF IRELAND AND SCOTLAND Trafalgar Escorted Tour Package includes 2 nights Dublin, Ireland; 2 nights Killarney, Ireland; 1 night Ballina, Ireland; 1 night Derry, Ireland; 1 night Belfast, Ireland; 2 nights Glasgow, Scotland; 1 night Isle of Skye, Scotland; 1 night Culloden, Scotland; 2 nights Edinburgh, Scotland. Visit Waterford Crystal, Irelands Stud Farm, Blarney Castle, Ring of Kerry, Working Farms, Giant's Causeway, Titanic Visitors Center, Distilleries, Scottish Highlands, Castles, Battlefields, St. Andrews Golf Course and More! 14 Breakfasts, 6 Dinners Including a Be My Guest Meal, Dedicated Travel Director, Driver, Porterage, and Local Specialists! Ask about extending to PLAY GOLF!	April - October 2026 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$5,849
15 Day BEST OF SPAIN AND PORTUGAL Insight Vacations Luxury Escorted Tour Package includes 2 nights Madrid, Spain; 1 night Salamanca, Spain; 1 night Porto, Portugal; 2 nights Lisbon, Portugal; 2 nights Lake Seville, Spain; 2 nights Costa Del Sol, Spain; 1 night Granda, Spain; 1 night Valencia, Spain; 2 nights Barcelona, Spain. Visit Museums, Universities, Wine Tasting, Fatima Pilgrimage, Cathedrals, Flamenco School, Gibraltar, Villages, Olive Oil Tasting, Paella, Peniscola Castle, Vineyards, Gaudi and More! 14 Breakfasts, 2 Lunches, 5 Dinners Including a Be My Guest Meal, Dedicated Travel Director, Driver, Porterage, and Local Specialists!	January - November 2026 & 2027 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$5,449
10 Day PORTUGAL'S RIVER OF GOLD Cruise Viking Longship ~ 106 Passengers 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 with a window. 2 nights Lisbon hotel, sail round trip Porto, Portugal; Regua, Portugal; Pinhao, Portugal; Scenic Sailing Douro River; Barca d'Alva, Portugal; Salamanca, Spain; Pinhao, Portugal; Regua, Portugal; to Porto, Portugal. Ask about cabin upgrades!	March - November 2026 & 2027 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$5,299
The Most Popular Option is to Combine a Portugal River Cruise with the Best of Spain and Portugal Escorted Tour!		
11 Day CLASSIC PANAMA CANAL Cruise Viking Mars ~ 930 Passengers 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. 11-day Viking Ocean Cruise in standard accommodations with a balcony. Sail from Fort Lauderdale, Florida; Cozumel, Mexico; Belize City, Belize; Roatan, Honduras; San Jose, Costa Rica; Colon, Panama; Scenic Panama Canal Transit; to Panama City, Panama. Ask about upgrading your cabin and cruise extensions!	January - December 2026 & 2027 *INCLUDES ROUND TRIP SAN FRANCISCO AIRFARE!!	\$4,998

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November 2025



VIKING

Travel Club

(cont' from page 13)

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

Wonders of Thailand: January 14-29, 2027 (small group trip-- 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, but we are "dark" in November and December. Join us for the annual Holiday Party on Sunday December 7th though. Stella Maynard and her crew are planning a true extravaganza with a "Viva Las Vegas" theme — don't miss it!

• • •



Veterans and Patriots Club

BY ELIZABETH JARRETT

November is the month we officially acknowledge and honor our Veterans. The most important thing said in this Article is a sincere and collective Thank You to all

Veterans. It is a Thank You for all that you did, wherever, whenever and however you Served. It is a Thank You for answering a Call to Service.

On Veterans Day, I think of my dad and my late husband. Different men from different eras who never met. One served during World War II and the other in Vietnam. It was a challenge to see what they had in common. However, they shared a strong value of Serving others. Not only in the military – but by providing Service and helping wherever they were needed. Regardless of age, that value of Serving others guided them throughout their lives.

Congressman Kevin Kiley spoke at the General Meeting on October 1. He honored our Vietnam era Veterans and handed out a special pin and certificate acknowledging their Service. We had over 80 people attend that day. Pictures on website.

We will have Officer Elections at the General Meeting on November 5. Our Club can only function if we have enough volunteer leadership. On that day, we will also have a speaker from RRUFF. They train Service Dogs for Veterans and Law Enforcement who are dealing with PTSD and other issues from their Service.

Save the dates: Veterans Day, we have the Flag raising ceremony. December 3 is our Christmas Dinner. We will be collecting items for Blue Star Moms Christmas boxes. Watch for more information on our website and on Eblasts and Flyers.

In the spirit of Service and Veterans

Day, I encourage members to consider how you can help and Serve in our Veterans and Patriots Club.

• • •

Birders

BY JANET MORELLI

By late October, annual migrations of birds from North to South and higher elevations to lower valleys is an exciting time for Birders. Birds that haven't been seen since last spring are flocking to the Sacramento Valley and Central Valley to rest on their voyage to warmer weather. Some of them stay in our area until Spring when they reverse their trips to their winter homes. SCR Birders take advantage of these annual migrations by scheduling a number of birding field trips during these months to preserves, refuges and wildlife refuges within 100 miles to capture the sight of sometimes thousands of these travelers stopping by on their trips to eat and rest. The SCR Birders' schedule of birding field trips for 2025/2026 can be found on the Birders Group website at scres.org.

SCR Birders completed two field trips in September and had to cancel one in early October due to rain. The first one in mid-September was to Monte Verde in Rocklin where they identified 16 species, including House Sparrow, Song Sparrow, Red Shouldered Blackbird, and Great Blue Heron. The second one in September was to Ferrari Ranch Trail in West Lincoln where the Birders saw 23 species, including Common Gallinule,

(cont' on page 17)



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Birders

(cont' from page 16)

Belted Kingfisher, Says Phoebe, and Red Shouldered Hawk.

Two more field trips are scheduled for October, one on October 16 to Mahany Park in Roseville and the other to Nimbus Fish Hatchery in Gold River on October 30 when the fish should be migrating upstream. The first field trip in November is scheduled for November 6 to Miner's Ravine in Roseville. If you are not on the Birders' email roster, contact Janet Morelli, 916-782-6393, to be added. You will receive an eBlast a week before the next field trip providing details of the trip.

• • •

Garden Club

BY BARBARA EICHTEN

For the November meeting, Chris Watt, Co-President, presented a variety of ideas for an outdoor container garden. She demonstrated an indoor container garden with plants from Green Acres Nursery.

The November meeting will bring back Debbie Buehler giving ideas for fall planting with habit of pruning and winter maintenance suggestions.

Our meetings are on the first Tuesday of the month at Sierra Pines. Doors open at 6:15 pm, the meeting



Chris Watt

begins at 6:45 pm and ends by 8:15 pm. Please join us and enjoy cookies prior to the meeting. Guests are always welcome.

We have a table at our meeting to "Share the Bounty." If you have a garden and have extra fruit, herbs or vegetables, you are invited to share. You may want to add serving suggestions, such as "allow to ripen on the counter" or "chill and enjoy" as well as the name of the donor.

Annual dues for members are \$10 for 2025-2026. You can find a registration form at our meeting or on the Garden Club website, as well as in the Garden Club folder inside the Lodge.

• • •

SCR Hiking Group

BY SILVANA HUGHES

With summer behind us and cooler fall temperatures upon us, our hikes will keep to lower elevations and closer travel distances. Check out our photo gallery to see recent

pictures of colorful leaves, autumn wildflowers and berries, as well as deer teeth (what a find!) and a turkey vulture perched in a tree! Our annual BBQ in September was a fun event with the group providing burgers and fixings, and the members sharing delicious appetizers, salads, and desserts. A big thank-you to Charlie Baughman for

grilling all those burgers!

Mark your calendars for our holiday dinner party, which is scheduled for Tuesday, December 9. Details and cost will be provided in the near future. The next Hike Group meeting will be on March 9, 2026.

Below is the November schedule which includes two "easy" hikes to the Magnolia Ranch and Dave Moore Nature Area, and the Nimbus Fish Hatchery. You may hike with us up to three times before joining. The hike schedule is subject to change depending on weather and trail conditions. Note new time: We meet at 8:45 in the parking lot near the pickle ball courts for carpooling. A detailed schedule is posted on the SCR website. Pack water and lunch, and please bring a change of shoes to keep the driver's car clean. All carpool rides this month are \$8.

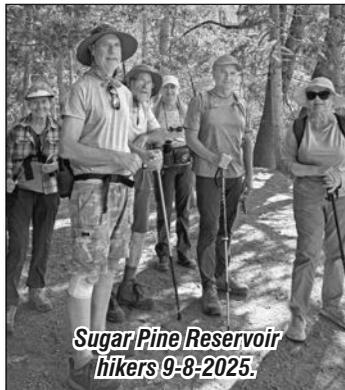
November 6: Magnolia Ranch and Dave Moore Nature Area – rated #4 (easy), 5.5 miles, elevation gain 450 feet.

November 13: Nimbus Fish Hatchery to Sunrise – #3 (easy), up to 7 miles, elevation gain 150 feet.

November 20: Weimar – rated #5 (moderate), 5.5 miles, elevation gain 900 feet.

November 27: Thanksgiving (no hike but if there is sufficient interest, we might hike on Wednesday, November 26 or Friday, November 28).

• • •



He & She Golf

BY JAHNA HOLMES

It's election time again, and for us it's the election of our club officers. Our election will be held on Monday, November 10th at 8:00 at Sierra Pines, prior to 9:00 play. As always, there will be free donuts for all who show up to vote! Our nominees are Julie Harris for President, Jahna Holmes for Vice President, Monica Konkel for Secretary and Don Edgar for Treasurer.

Plans are set for our Holiday gala, Christmas in Paris, on Friday, December 5 in the Timber Creek Ballroom. Be sure to sign up for this wonderful event. By this time, we will have also enjoyed our Fall Hawaiian Luau and tournament. Details in next month's issue!

On September 22, the nine-hole group played a best net/best gross game. The 1st place team scoring 67 was Don & Marilyn Meyers and Gary Wolff and Lana Madak. Second tie scoring 68 was Dwight & Joan Rose with Bob Niznik and Denise Gilbert, and Marty & Bobbie Hostler and Fred Festerson & Charlotte Johnson. The third-place team scoring 69 was Tony & Janet King and Dennis Hellman and Kyle Vodden. The CTP first place went to Marilyn Meyers at 9' 1" and Fred Festerson at 33' 4". Second place went to Connie Lugo at 13' 10" and Don Meyers at 36' 11". Good job, ladies!

The 18-hole group first place team scoring 142 was Yolanda Lawrence, Paul Niebank, Shirley Libis and Cal Conley. Second place

(cont' on page 19)



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Neighborhood Watch/Citizen Patrol

What's Happening In Neighborhood Watch & Citizens Patrol?

BY LINDA VINCENT & RON MASCIOVECCHIO - Program Coordinators

Do you know that having a Neighborhood Watch reduces crime in neighborhoods? The Neighborhood Watch program is when people in one area – Sun City Roseville, agree to watch out for each other. A safe community requires the joint effort of all community members – YOU! If members of our community watch and report suspicious activity, we tend to reduce the areas where criminals feel comfortable committing crimes which result in a safer neighborhood to live in. Report suspicious activity, contact the Roseville Police Department and describe specifically what you observed. An emergency or crime in progress, call 9-1-1. Non-emergency, call (916) 774-5000 (option 1).

Our community is broken down into Villages - we have 13. Doesn't seem like enough for 3,110 homes, right? However, in those 13 villages, we have 34 Village Communicators and 234 Team Links (individuals). What does that mean to you? It means that they continue to forward emails regarding safety issues to each and everyone of you. If you are not receiving information from a Team Link in your neighborhood – the link is broken and we NEED YOU to help fix the broken link. Call your Neighborhood Watch Office (916) 774-3817 if you are not part of a team so we can help get you back in the loop of information.

Many of our villages and teams have a yearly gathering, many have monthly gatherings to connect with their neighbors. This makes for a strong Neighborhood Watch Program.

Our two (2) Citizens Patrol vehicles continue to patrol the community each and every night of the year. We have day time patrol as well being seen in the community. This definitely helps to deter crime in our neighborhood. With volunteers like you, our community is strong in being the eyes and ears of the community.



Be part of this service group by grabbing a friend, spouse, significant other that you could volunteer with one (1) night a month. CAN YOU GIVE ONE NIGHT A MONTH TO BE PART OF THIS WORTHWHILE SERVICE? We will supply you with the necessary tools, uniform and training is free and you will be driving new cars to boot.



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He & She Golf

(cont' from page 17)

scoring 143 was Stephanie Tran & Brian Gorman, Scott Larson, and Vi Wan. Third place scoring 151 was Johnice Swallender, Rich Aug, and Steve & Julie Harriss. CTP was Nancy Labrada at 8'0", and Scott Larson at 9'5". And remember that starting now we'll have 9:00 shotgun starts until spring.

• • •

Sierra Pines Ladies Golf

BY JOAN ROSE

It's November and we have so much to be thankful for. Our beautiful golf course, our fun club and great new officers to carry us forward. Our thanks to our outgoing board: Janet King, Cathy Hurst, Denise Roberts and Marilyn Meyers. Our incoming board members are: Cathy Hurst Captain, Dana Eggerts Co Captain, Penni Hansen Secretary and Marilyn Meyers Treasurer. Thank you all for your service.

The October meeting also introduced us to the new teaching pro, Tracy Thompson. Tracy was born in Canada and raised in Rocklin. She became hooked on golf when she played with her father as a child. She comes to us from Golf Galaxy as the Head Golf Professional. She played in high

school, college and as a professional. Tracy has an LPGA Class A certification. Welcome Tracy.

In November we have four Wednesday play days: November 5, Fun and Games, November 12 our last Putt for Points, and regular play on November 16 and 28. All games will be played as a 9:00 am shot gun. Don't forget to turn your clocks back on November 2.

September was a busy month. Chip ins were as follows: September 3, Pam Cabazas hole #2, September 17, Janet King hole #6, September 24, Janet Morelli hole #8 and Connie Lugo hole #3. Debbie Behrens had a Birdie on September 24 on hole # 5. Congratulations ladies.

September saw the Championship tournament over three Wednesdays followed by lunch on September 24. Our new club Champion is Stepheaie Tran. Congratulations Stephanie. Well deserved!

The lunch on the final day was hosted by Linda Ryan, Joan Rose and their committee of Barb Futran, Linda Osgood, Debbie Mehrens and Pati Struble. After wine cocktails on the patio, we had a croissant sandwich lunch and a killer dessert everyone is still talking about. Thank you, ladies.

• • •



Timber Creek Women's Golf Club

BY LATRICIA NICHOLSON

As reported in last month's issue the Sunheim Cup between Sun City Roseville and Lincoln Hills is back! The first 2-person better ball round was played at Lincoln Hills on October 23 and the final round was here at Timber Creek on October 29. We will have the results in the next issue. Here's hoping we retained the trophy!

Other important announcements will be the results of the 54-hole Club Championship held on October 1, October 6 and October 8; and the first combined Timber Creek Women's Club and Timber Creek Men's Club "Harvest Hootenanny" October 14th tournament.

We held Play for the P.I.N.K. on October 15 and October 22. Thanks to the support of our members, we were able to make a generous donation to the Breast Cancer Research Foundation. Again, a special thanks to committee members Barbara Mills, Paula Hau and Nancy Gould for their hard work organizing this worthy fundraiser.

Thank you to all our members who volunteered for another successful First Tee Tournament on October 4. Those kids can golf!

Our last major tournament of the year is the Holly Jolly Tournament on December 3. Look for sign-up information and remember to wear something "jolly."

The Most Improved Players for September: Stephanie Tran (1st Flight); Roxanne Warloe (2nd Flight); and Shirley Libis (3rd Flight). Congratulations ladies!

It is with sadness we mourn the passing of two long time members, Phyllis DeCroix, one of the original members of the TCWGC, and Bev Simpson. Both ladies loved our wonderful club and were very active, holding several positions on the council. They will be deeply missed. Have a wonderful Thanksgiving!

• • •

Timber Creek Men's Golf Club

BY MIKE MURPHY

Fall is finally here, and we are enjoying beautiful mornings and spectacular afternoons. There is no better place to be than Sun City Roseville this time of year. Get out and enjoy our courses now before winter sets in! We would like to invite anyone that may be interested in meeting new people with the same passion for golf, camaraderie and fun to contact Mark Gregson, our Membership Director at 916-835-0107 or email him at ma02bui@gmail.com. Our courses have healed nicely after the fall aerification process. Steve Kimbrough and his crew have done a fantastic job; the courses are recovering from the summer heat so go out and play golf with your friends and family! We would like to welcome our new Head Golf Professional, our own Tommy Murphy. He has officially taken over, and we look forward to his leadership, we are confident he will be a resounding success. We are also extremely fortunate that Tracy Thompson has recently been hired as our new Head Teaching Professional. Tracy is an accomplished golfer and teacher with extensive experience.

(cont' on page 20)

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Masters Club Member
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DRE #01177945

Timber Creek Men's Golf Club

(cont' from page 19)



**Member/Guest/Player/Flight Winners
Jeff Arbuckle and Loren Osborne.**



**Member/Guest/Palmer Flight Winners
J.R. Rameriz and Nick Rameriz.**

a terrific opportunity for all of us so contact Tracy for some lessons!

We have our final events for the year coming up, the annual Turkey Shoot will be on November 18, our Holiday Breakfast and Skills Challenge will be held on December 3 and our final tournament of the year, the Last Chance will be on December 16. We recently conducted our annual Member/Guest tournament, and it was a resounding success. Congratulations and thanks to Mike Carroll and his committee for a fantastic job putting this event together.

Our next general club meeting will be our Holiday Breakfast Wednesday December 3 in the Lodge Ballroom.

...

Golden Niners

BY KEN HANSEN

Please welcome new member Donald Waters. We are now at 150 members. In September we averaged 86 players per week. 121 played in September and 107 shared in the \$1370 payout. Big money went to Anthony Riggio \$35; Jeff Mattimoe \$30; Fred Amador \$28; Steven Scheftner \$28; and Wayne Shinagawa \$28.

I hope these news reports interest you. I know I enjoy penning them.

Feature story today, Ben Hogan's return.

In January, 1949, Hogan was returning to Texas with his wife from California and Arizona. There was a heavy fog so Hogan slowed to 30 mpg. A Greyhound bus doing 50 passed a truck directly into Hogan's Caddy. He threw himself to the right to protect his wife. She pulled him out of the demolished car, but he had massive injuries: broken collarbone, fractured left ankle, crushed left leg, internal injuries, eye injury, broken ribs, fractured pelvis, and blood clots.

After months of rehabilitation, he began to swing a club. He struggled at first: had shoulder pain rest of his life, leg pain and circulation problems. Slowly, surely, gamely. He won a few tournaments, then signed to play in the U.S. Open in 1950 at Marion. He was nearly blind in his left eye and in constant pain. He had severe cramps and still shot 69 on Friday to take the lead. The final day was 36 holes. Hogan had ups and downs and had to par #18 in to join a playoff. From the fairway, he hit a 1 iron to

40 feet and 2 putt. He won the next day in a 3-way playoff. His 1 iron is still considered one of the great iconic shots of golf.

I know I'll never complain about injuries after reading his story.

Lastly, a well dressed 90+ man goes into a classy lounge, sees an elderly, attractive woman, sits next to her and says, "Tell me do I come here often?"

...

Softball Club

BY PATRICK MAGLIONE

Our October 1st meeting was the "first pitch" for our new and returning officers. Randy Wingo has agreed to stay on as one of our three Members-At-Large, with Bob Beckenhouer still in the dugout, and our third yet to be signed. Mike Worsham has been selected as our Player Representative. Ken Miller has graciously volunteered as Head Umpire and game scheduling coordinator.

The meeting was very productive with many suggestions from both resident and non-resident attendees and well received by the Council. A survey of past and present players mirrored some of those same ideas. Preliminary results indicate one game a week, a 12-game season, and batters starting with a one-one count. Final decisions to be made in the near future. Whether we have four or five teams depends upon the number of players who register. Registration information will be forthcoming.

While fall practices will be winding down this month, planning and strategizing for next

season will be gearing up. So, while players will be resting, the Council will be quite busy preparing for 2026, as there is no down time for those who breathe life into this league.

Because of the holiday season, we typically do not have a December membership meeting, but that has yet to be decided. So, be on the lookout for that announcement. But not to worry, you can still keep in touch with any news about the club by visiting our website at <https://rosevillesseniorsoftball.org>.

A few last comments. Hope you remembered to turn your clock back and didn't show up early for any appointments; don't forget to vote by November 4th; thank you veterans for your service; and finally, count your blessings and be thankful for each and every one – Have a wonderful Thanksgiving Day.

...

Pickleball Club

BY MARILYN PLUTH

Welcome to our new Pickleball Club members: Glenn Deaver, Sherry Ellis, Susan James, Kristi March, and David Weeks.

Join us on the courts Monday through Saturday from 8:00 am to Noon for friendly games, and participate in any of our upcoming tournaments, social events, and great parties.

Our next Rookie Play Date will take place on Saturday, November 8, at 8:30 am. This is an opportunity to meet other Rookie players as well as club members who will be there to answer questions, offer advice and provide

(cont' on page 21)

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Pickleball Club

(cont' from page 20)



some skill building assistance. Contact Marlene Grens, New member Support at 815.274.5462 with any questions.

The 4 Stages of pickleball skills development:

Unconscious incompetence - Beginning pickleball players often don't recognize their weaknesses or understand how much practice it will take to reach the higher levels of the sport. The low barrier to entry means that players can often sustain a rally at lower levels the first few times they play. It makes pickleball fun and welcoming, but it also leads to a false sense of security.

Conscious incompetence - This is when players begin to recognize the complexities of the sport and understand their true skill level. Frustration can often creep in during this

stage because players become aware of their limitations, but that awareness is a crucial step toward improving.

Conscious competence - At this stage, pickleball players can execute the standard shots -- third-shot drops, drives, dinks, counters, etc. -- but it requires concentrated effort and focus on their technique and court positioning. Each shot and decision requires attention.

Unconscious competence - This is the stage where pickleball players have achieved mastery. That doesn't mean they're a pro necessarily, but decisions and execution of shots are driven by muscle memory acquired over thousands and thousands of reps and hitting good shots requires little conscious thought.

Table Tennis

BY JEFF CARASKA

Henry and Kathy Koong are a team. That's not unique. Husbands and wives often consider themselves a team, or others see them that way.

But they are also a formidable table tennis doubles team. When Sun City Roseville defeated Lincoln Hills in a September tournament, the Koongs won both of their matches. The outcome was not surprising.

No knock on their opponents, but Henry and Kathy have previously won titles on state and national levels.

The couple moved to Sun City Roseville from Milpitas in 2000. "Henry's sister moved

here before us," Kathy said. "She convinced us to do the same. We came for a weekend and fell in love with it."

Kathy and Henry initially used their Sun City residence as a second home. "For less than a year," Kathy said. They eventually sold their Milpitas restaurant to a staffer and made Sun City their full-time home.

Henry began playing table tennis as a youngster, Kathy began soon after moving here. Their positive impact on the group here has not gone unnoticed.

"(My wife) Jan and I have been members of the table tennis group for about five years," group vice president Gary Gregson said. "Henry and Kathy have been so welcoming and helpful to all that join our group."

On Sept. 20, Sun City Roseville reclaimed the perpetual trophy with its win over Lincoln Hills. "It was our first win over them since 2023," SCR's Frank Tom said. "We'd won every meeting before they beat us that year." Tom, the tournament director, said team preparation was key. "Our players worked together as doubles teams well before the tournament. That helped us."

The Table Tennis Group plays 2:00 pm -

5:00 pm Tuesdays and Thursdays and 9:00 am to 12 pm Saturdays at Sierra Pines.

SCR Tennis Club

BY WENDY LEIMBACH

The Sun City Tennis Club recently held its annual Fall Dinner and Meeting, a wonderful evening filled with laughter, friendship, and delicious food. Members enjoyed a bountiful buffet of Mexican dishes followed by a tasty dessert that perfectly capped off the night. Many thanks go out to Linda Gordon and her crew of volunteers, who helped organize this successful and festive event.

During the meeting, members shared their excitement about the months ahead. One opportunity for tennis play is the upcoming Tennis tournament with Sun City Lincoln. Please email Nancy Kacey for information and sign up. The club is looking toward the future with lots of new ideas and activities in the works. Stay tuned for upcoming announcements; there's plenty of tennis and fun ahead!

On the competitive front, our SATA Women's Doubles Team is currently in first place. A huge congratulations to all the talented players for their dedication and teamwork! Your success reflects the dedication

(cont' on page 25)



Henry and Kathy Koong



Tennis Club

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

Nancy Sinclair

(cont' from page 1)

health education and teaching credentials. She worked as a nurse in schools, health care centers, and colleges. She enjoyed being a school nurse because it gave her a way to practice preventive medicine, especially when she helped troubled kids who were dealing with drug, suicide and other important issues. Her fondest memories, though, were when she worked with a doctor as a nurse practitioner in migrant camps in San Joaquin Valley. "It was very gratifying," she recalls.

When her youngest child was out of high school, Nancy moved to Montara, which is ten miles north of Half Moon Bay. On a blind date, she met Norman Sanden, a drafting and woodshop teacher, whom she married in 1975. Two years later, they bought a 27-foot sailboat and kept it at the Berkeley marina so they could sail the San Francisco Bay. Jacques Cousteau once wrote: "The sea, once it casts its spell, holds one in its net of wonder." This quotation readily describes Nancy's relationship with the ocean. "Sailing became the love of my life," she says. "I spent many Decembers and summers sailing to and snorkeling in the many islands in the Caribbean Sea."

Being a sailor, it was only natural that Nancy made fishing a hobby as well. She's gone salmon fishing in Alaska and trout fishing in the Sierras, the Rocky Mountains, and on the Delta. She even joined a group of women who loved to fly fish. Once, in 1995, she spent a week fishing on a tugboat in the Inland Passage in Canada. The tugboat would move to wherever the fish were biting and Nancy, always the enthusiastic angler, relished the experience. She also spent a month in the Baltic Sea, on a sailboat, visiting Denmark, Sweden and Norway. "I had a great time," she says. Remarkably, Nancy never got seasick on a sailboat, but she did when she was on big ships.

Although her career was in nursing, Nancy actually wanted to become an architect. But back then, parents encouraged girls to only go into three professions: teaching, nursing or secretarial work. But in 1976, she decided it was time to realize her dream. She designed a house



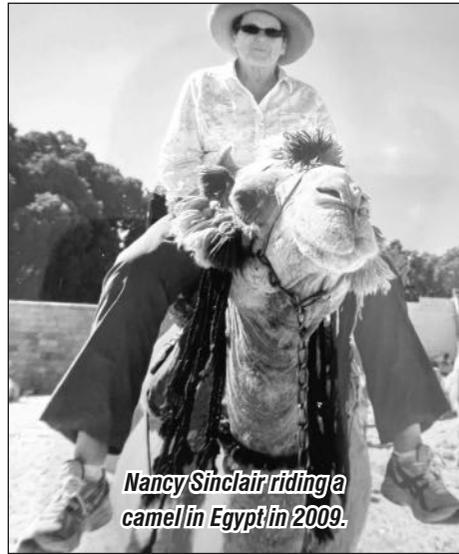
John and Nancy Sinclair on their honeymoon in Carmel in 1951.



Nancy Sinclair with her award-winning bike in 1997.

in Montara and built it from the ground up, with Norm's help. First, she sketched it, then took the drawing to a woman architect who finished the design. The kitchen, living room and bedrooms were upstairs, which gave an elevated view of the Pacific Ocean. "You could see the ocean from every window" she says.

Nancy also became a worldwide traveler. During summer and Christmas breaks from school, she and Norm flew from Florida to the Caribbean every year. She was a courier for a company in San Francisco and would fly to Singapore and other exotic places delivering packages in exchange for a greatly reduced plane ticket. She's fished on the Volga River in Russia, ridden on a balloon in Napa Valley with friends, attended a steel drum band festival in Tortola, British Virgin Islands, traveled on a camel in Egypt (hated it), rode out a storm in the Baltic Sea in 2002, and posed by a cute



Nancy Sinclair riding a camel in Egypt in 2009.

fat panda in China. She spent Christmas on the beach in Rosarito, Mexico, having driven there in a Volkswagen van in 1979. She also took a train from Quebec to Halifax, Nova Scotia and Prince Edward Island in 2006. She remembers when going through the locks at the Three Gorges Dam in China that it made going through the Panama Canal like nothing at all. And her visit in 2006 to Iguazu Falls (the largest waterfall system in the world) which borders Argentina and Brazil still takes her breath away.

Norm and Nancy both had children in this area, so they moved to SCR in 1995. Over the past 30 years, she has been active in SCR as a library volunteer and as a member of All Tuned Up (playing the drums), Sun City Singers, Citizens Patrol, the Bicycle Club (winning a prize for best decorated bicycle in 1997), the Fine Arts Club, and Solo Friends. She loved swimming laps for a half-hour three times a week and using all the machines at the Fitness Center. But her favorite hobby is pottery, and she's been an active member of the Creative Arts Pottery Club for ten years. Her house is decorated with many of her artistic and creative endeavors.

Being so active at age 94, Nancy resonates with Sun City living. "I love living here. It is beautiful and there are so many friendly people. It's like a little country club," she says. "I drive my golf cart everywhere. It's fun."

Since she spent so many of her earlier years traveling the world, Nancy plans to just travel locally for a while. She'll continue going on wine-tasting trips with her daughter or to

stay in Nob Hill in San Francisco with her son, Ken, for weeks at a time. Being a big Giants' fan, she'll continue going to baseball games and rooting her favorite team on. In recent years, she discovered opera and had season tickets to the San Francisco Opera. And, of course, she'll stay active and engaging, which is her true nature, sailing through life with a smile.

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

Fall and Winter Garden Care: Do's and Don'ts for a Healthy Habitat

BY THE CITY OF ROSEVILLE

Crisp air ushers in fall, which to many signals, "It's time to prune." Before grabbing pruners, ask whose home is this – birds, bees, other garden life? What does it provide?

To keep your garden both beautiful and supportive of wildlife, consider these:

Don'ts:

- Trees: Avoid topping trees and let fallen leaves stay where they are.

- Ornamental grasses: Don't cut back clumping warm-season grasses. (Grasses that thrive in summer.)

Dos:

- Trees: Keep fallen leaves out to the drip line, 2 – 3" deep. Keep dead branches, tree trunks for habitat value -- shelter, food, nesting, etc. Looks untidy? Place where not seen.

- Ornamental grasses: Leave some seed heads on warm season grasses for habitat. Check for nesting creatures before cutting back just as new growth appears.

- Shrubs and perennials: Leave some spent flowers, seed pods, upright hollow stems for habitat.

- Soil: Leave some bare, undisturbed soil for ground-nesters.

"Gardens are more than beautiful landscapes; they're living systems," says Cheryl Buckwalter, landscape educator. "When we choose to leave leaves, stems, and seed heads in place through fall and winter, we're not being untidy. We're giving pollinators, birds, and other creatures the food and shelter they need to survive and thrive."

For water saving gardening ideas, visit our Inspiration Garden at Mahany Park or get ideas at Roseville.ca.us/inspirationgarden.

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"I Have Hope Again"

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.

What differentiates Lincoln Acupuncture is the use of the most cutting edge 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!



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SCR Foundation 2025

(cont' from page 1)

—although not at the same time. Horseracing will be in the Spring 2026. Night Golf will be in Fall 2026. Stay updated on all Foundation news in our new literature rack in the Lobby, in the Courier, on our new website and at our Courier Day table.

Our literature rack by the library entrance has been completed with an identifying SCR Foundation sign above it. You can find current Foundation News, Event Flyers and information on Community Partners there. Home Maintenance requests will also be available.

Senior's First is our valued Community Partner. We were happy to become a financial sponsor to assist them in updating and printing their new Senior Guides. You can pick one up at the Administration Office or Lobby Desk. If you have home-bound neighbors, friends or members of your Village that could benefit from this Guide, please pick one up for them.

Save The Date: Bingo is back. Sunday, January 18 is our first Bingo fundraiser of 2026. Happy Thanksgiving!

• • •

SCR Tennis Club

(cont' from page 21)

and skill that define our club and community.

We also celebrate the efforts of our Sun City Lincoln/Roseville Mixed Doubles 6.0 League team, which is currently holding second

place. To all the men and women representing our community on that team—great job! Your hard work and sportsmanship make us proud.

As always, the Sun City Tennis Club thrives because of the enthusiasm and dedication of its members; both on and off the court. Whether it's competing in league play, volunteering for events, or simply enjoying good company at our dinners and drop-in play, our club continues to be a vibrant part of the Sun City community. With new plans on the horizon and continued success on the courts, there's much to look forward to in the coming year.

• • •

Cornhole Group

BY STEVEN GUSTAFSON

Our regular time for Cornhole is 9:00 every Tuesday from 27 April to 3 November and 3:00 every Tuesday from 10 November to 20 April.

These dates are chosen (very scientifically!) to maximize comfort for the cornhole players. The April dates are midway between the spring equinox and the summer solstice, and the November dates are midway between the autumn equinox and the winter solstice. The equinoxes have equal day and night, and solstices have longest day or longest night. So, on average the



temperature will be closest to 70 degrees on the chosen dates!

You are welcome to join us at 9:00 Monday 3 November for Cornhole on the Sierra Pines horseshoe lanes.

• • •

Bocce

BY DAVID MOORE

As you read this report, the Bocce Club is transitioning from Fall to Winter. The 9 Fall mini-leagues have concluded but because of publication deadlines we are unable to report the winners until next month.

The smaller Monday afternoon Winter League, under the direction of Ken Lane, is now underway with some of bocce's most enthusiastic players not letting colder weather slow their fun.

Likewise the change of seasons isn't slowing our social get-togethers. The Bocce Friendsgiving is November 14 with a traditional feast of turkey, pork loin, white and sweet potatoes, green beans, carrots, salads and rolls with carrot cake to finish. Whew, luckily for those who also plan a feast on Thanksgiving Day there is a couple of weeks to recover!

The first Friday in October the bocce players enjoyed being witnesses to a bride and groom who had been married in the lodge using the courts as a backdrop for their post-wedding photos.

The generosity of Bocce players means many people in need will have a warm winter coats thanks to the drive organized by Mary Scott.

• • •

Billiards

BY TERRY SATCHELL

Great news from the club. We were able to play in a tournament with Sun City Lincoln at their beautiful facility on September 10th. Our team of twelve was decided by an in-house tournament held earlier in the year. We played eight ball, nine ball and Scotch doubles eight ball. We won 26-19! We enjoyed the opportunity to play competitively and meet new friends. Thanks to Bob Cecil for arranging the tournament and thanks to Del Webb Lincoln for hosting.

Monday morning Ladies (9:00 am to 11:00 am) would like to increase their membership and are looking for new players. Thursday evenings there are some mixed couple play if you would like to play. We would like to invite you to stop by and meet all some of our players and checkout the billiards room. Be sure and sign in anytime you visit.

Winners for August Tuesday Tournaments:
August 5: David DeNinno, Tony Cardosa, Jerry Cosby, John Johnson, Ken Neal and Rich Berger, Bob Cecil and Terry Satchell

August 12: David DeNinno, Ken Lane, Ken Neal, and Jerry Crosby

August 19: Bob Cecil, Jean Stephans, Ken Lane, Don Warden, and Ken Neal

August 26: David DeNinno and Ron Judd
Winners for September Tuesday Tournaments:

Sept 9: Wayne Peterson, Ron Judd, Barry Markman, and David DeNinno

(cont' on page 26)

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Billiards

(cont' from page 25)

Sept 16: Tony Cardoso and David DeNinno

Sept 23: Wally Cameron and David DeNinno

Sept 30: Don Warden, David DeNinno, Ron Judd, Wayne Peterson, Barry Markman, and Bob

• • •



Billiards - August 5 Winners: David DeNinno, Tony Cardoso, Jerry Cosby, John Johnson, Ken Neal, Rich Berger, Bob Cecil and Terry Satchell.

Croquet Club

BY JIM WILLSON

Each year the Croquet Club hosts four meetings accompanied by a catered dinner held on the fourth Sunday in February, May, August and November. This year the end of the year meeting will be held November 23, 2025. As usual there will be good food and creative and challenging games. We will also be conducting our election of officers.

The Croquet Club in Sun City Roseville offers residents the chance to participate in a challenging game of strategy and tenacity which is ideally suited for seniors as it is not overly physically demanding so that practically everyone can participate and enjoy. Since we are entering the cooler season of the year, the courts can be utilized both in the morning and afternoon.

It is alleged that croquet is the perfect test for anyone who seeks to improve his or her temperament because to succeed means to have good temperament. The sport would seem to weed out most of the volcanic

temperamental types; however, it's not unknown for tempers to occasionally flair up. It is recalled one noted player missed a relatively easy shot and was so upset with himself he "launched his mallet about fifty feet over the nearest fence." Other players have been known to heave their mallet at gophers that surfaced at the wrong time. Of course, none of our players conduct themselves in any such irresponsible and unacceptable behavior.

For those of you who are interested in joining the club, please contact Louisa or Patrick Maglione, both of whom are officers of the club. The club offers an excellent opportunity to participate in a challenging sport, meet new friends, and attend quarterly meetings and social activities.

• • •

Cribbage Club

BY BRUCE AHNBERG

We welcome players to our games in the Timber Creek card room every Friday from 1:00 to 3:00 PM. We play several games each week, switching partners each time so that

everyone plays everyone. We keep score of high and second highest hand, and games won. The last week of every month we hold our monthly tournament, with the overall winner being the player with most points for wins, skunks, and second place finishes in a three-way game. It was a close contest in September, and regular player Wally Cameron won with a strong showing that included a skunk. What is a skunk you might ask? The game is played to 121 points, and a skunk is when you beat your opponent by more than 30 points, no small



Wally Cameron September Winner.

feat. Congratulations to Wally. Cribbage is a great game, easy to learn but hard to master. Come and join us for an enjoyable afternoon.

• • •

Bridge Club

BY JOYCE WADE

In mid October, the Bridge Club began offering bridge refresher lessons on Saturdays from 10:00 to noon in the card room. Lessons will continue on November 8 and November 22, taught by Susan Pankopf and Ella Bosse.

The Lincoln Hills Bridge Club hosted our SCR Bridge Club at the annual bridge exchange for a luncheon and afternoon of bridge play; it was lovely to renew our mutual friendships while competing.

Please hold Monday, December 15 for our Holiday Luncheon and bridge play (all levels) in the ballroom where a turkey dinner buffet will be served for a subsidized charge of \$25 for members and \$35 for guests.

• • •

Mah Jongg

BY BECKY MATSON

Mah Jongg is a thinking game, but like all games, good luck is also needed. Even a newer player, playing with an experienced player can win. That makes each game played, different and interesting! If you're thinking of learning this fun game, please contact Pat Oberlander, 916-929-5582. We play Mah Jongg, in the Card Room, on Mondays 12:30 pm to 3:30 pm and Fridays 9:00 a.m. to 12:00 pm.

Happy Veteran's Day and Happy Thanksgiving, thankful for all we have as we celebrate.

• • •

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Observation on Things That Brighten Your Day

BY MARTIN GREEN

I'm aware that I've written here a lot about the trials and travails of us oldsters. There's no shortage of material there. So, I thought for this month I'd try writing about things that may brighten an oldster's day. It wasn't easy, but I've come up with a list. First, let me note that like many seniors, I have insomnia, that getting dressed is no longer something I do without thought but a project, that I no longer go out shopping but order in from Safeway and Amazon, and that I don't get around much anymore. So, here's the list.

Your sleep aids work and you have a good night's sleep.

When getting dressed, you find the buttons and the buttonholes on your shirt.

In your mail there's something besides requests from charities you've donated to and from charities you have never heard of.

If there's something in your mail from the IRS or Franchise Tax Board, it's not a demand for more money but a notice that you're getting a refund. (Yes, this is a rarity but it does happen).

Your Amazon order comes early.

Your Safeway delivery person rings the doorbell and stays around to bring in the bags of stuff.

You get all the Safeway items you ordered; no substitutions or out of stock.

If you order a meal via Doordash or Grubhub, the delivery person rings your doorbell, so you know it's arrived, and it doesn't sit out in the heat.

Your son calls, and you also get to speak to your grandson and granddaughter.

There's something on the television news besides the usual bad stuff, like a heroic rescue or a pet that's been found. During the day, only two or three things fall onto the floor, so you have to painfully bend down to pick them up. During the day you only forget three or four things.

The day goes by without a robo call or a scam e-mail. You've made it through the day without a fall. You've made it through the day.

In Memorium: Readers have become acquainted with my wife Beverly, whose birthday was last month, October 3d; she would have been 90 years old. She passed away three years ago. We all know how easy it is to forget those who've departed, especially after a few years have passed. So, I'd like to remember her here and hope that readers will also think of her for at least a moment. Thank you.

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

CONTRACTOR: Bathroom Remodeling, Carpentry, Electrical, Plumbing, and Sheetrock repair. Call Martin: 916 747-7888. LICENSE # 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 Andy at 1-916-712-7224 Business Lic #00833776.

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

LEGACY VIDEOS! Capture your life story for your family to cherish forever. FiveMoreMinutesVideo.com - Sabrina Bennett 916-918-9392.

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

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.

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.

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.

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LEAFFILTER: No more cleaning out gutters. Guaranteed! LeafFilter is backed by a no-clog guarantee and lifetime transferrable warranty. Call today 1-855-616-2496 to schedule a FREE inspection and no obligation estimate. Plus get 75% off installation and a bonus \$250 discount! Limited time only. Restrictions apply, see representative for warranty and offer details.

WESLEY FINANCIAL GROUP, LLC. TIMESHARE CANCELLATION EXPERTS. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 855-946-0763.

FOR SALE / WANTED ANNOUNCEMENTS

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

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

Email Classified 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.

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

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

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

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The only way to provide a manicured look to your yard is to yank, trim, rake, and remove weeds, leaves, and debris BY HAND...AND WE DO IT!



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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

4817 Winter Haven Way	1334 Sq. Ft.	\$430,000
5752 Red Willow Lane	1198 Sq. Ft.	\$479,000
6169 Burnt Cedar Way	1198 Sq. Ft.	\$485,000
7472 School House Ln	1198 Sq. Ft.	\$ 499,500
5305 Dreamgarden Loop	1367 Sq. Ft.	\$545,000
348 School House Court	1476 Sq. Ft.	\$550,000
7040 Hayride Lane	1869 Sq. Ft.	\$590,000
4741 Cottage Lane	1869 Sq. Ft.	\$658,000
4833 Pinecone Lane	2287 Sq. Ft.	\$675,000
5034 Dragonfly Lane	2362 Sq. Ft.	\$762,500
7576 Whistlestop Way	2362 Sq. Ft.	\$880,000

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