

# SUN SENIOR NEWS

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## IN THIS ISSUE

Phillip Road Project..... 3

Singers, Drama ..... 5

Music and Laughter, Square Dancers..... 5

Ambassador's Committee ..... 6

Clubs & Groups Committee, Sunshine Services..... 6

Dance, Fine Arts..... 7

Needle Arts, Stamp, Mediation..... 9

Jewish Fellowship, Solo Friends, Healthcare..... 9

Democrats, Computer, Travel..... 11

Veterans & Patriots, Conservative Action..... 12

Garden, Birders ..... 13

Hiking, Softball, Tennis, Table Tennis..... 17

Neighborhood Watch..... 18

He & She Golf..... 19

Sierra Pines Ladies Golf..... 19

Timber Creek Women's Golf..... 19

Timber Creek Men's Golf..... 21

Golden Niners, Pickleball, Croquet..... 22

Bocce, Bridge..... 23

SCR Library News, In Memory..... 25

Cribbage, Mah Jongg..... 25

Observations, SSN Writer, Classifieds ..... 27

And Much More . . .

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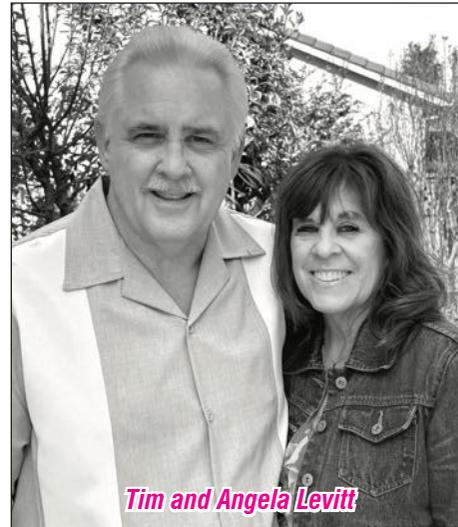
## Tim and Angela Levitt — Cooking Up a Great Retirement

BY JENNIFER (JEN) MARTIN

The celebrated chef, Guy Fieri, once said, “Cooking with kids is not just about ingredients, recipes and cooking. It’s about harnessing imagination, empowerment, and creativity.” That’s a sentiment that applies to Tim Levitt, who along with his wife Angela, moved to SCR just a few months ago.

Born in 1962 in San Pablo, California, Tim grew up with an older sister. He calls his early childhood “the good old days,” when there were no phones and computers to complicate life. His father, after getting out of the Navy, worked in the jewelry business while his mother worked for a time at the Bank of America. Three of Tim’s high school years were spent in a Food Service program sponsored by ROP (Regional Occupation Program). This is where his interest in the culinary arts first began.

After graduating from Pinole Valley High School in 1980, Tim began working in the



Tim and Angela Levitt

restaurant business. At the age of 17, he worked first as a prep cook and then as a line cook at Hotel Mac in Point Richmond, then moved on to working at Solomon Grundy’s Restaurant which located in the Berkeley Marina at

Berkeley California. He then worked at an Italian restaurant, Francesco’s in Oakland, as a night chef, eventually becoming a manager then a general manager at Nantucket’s, a seafood restaurant in Crockett.

After receiving an Associate of Arts degree in Culinary Arts from Yuba College, Tim started teaching Culinary Arts at Lindhurst High School where he still teaches today. He met his future wife, Angela, when his sister set him up for a blind date—for which he was two hours late due to a malfunctioning ATM that locked his bank card up. Luckily, she accepted his excuse as legitimate and, after dating a year, they got married in June of 1987 in Fairfield, California.

Angela was born in Albany, Oregon in 1962, the middle child in a family with eight children. She was active in Girl Scouts (cont’ on page 21)

## SCR Foundation 2025

BY ELIZABETH JARRETT—SCR Foundation Board Member

BINGO is back! Our 1st Bingo Fundraiser of 2026 is Sunday January 18. Tickets go on sale at Foundation Courier Table on January 2.

Happy New Year 2026. As we turn the page and focus on what comes next, the Foundation wants to highlight our first program that was designed to help and support residents.

The Home Maintenance Program in Sun City Roseville has been in operation for about 25 years. It was created specifically for residents who wanted to help their neighbors with routine maintenance services. There are no paid staff. Sun City Roseville staff are not involved in the Program. Everyone, at every step, is a resident who has chosen to volunteer and share some of their time and skills with neighbors. Volunteer Board Members for the Foundation participate in coordinating and managing this program.

Currently, there are 12 Teams, with a total of only 22 volunteers. These dedicated volunteers have handled over 1000 Requests in 2025. Request Forms can be filled out online; they are then printed and forwarded to Maintenance. If Requests cannot be filled out online, Forms are in the Foundation’s literature rack in the Lobby and can be left in the blue folder in the rack. The average turn-around time is usually about 3-5 days from the time the Request is made to getting a return call

(cont’ on page 26)

## Harmonicoots

BY JO ANN STOOKSBERRY

January is the month of new beginnings. A new resolution? Another new diet? Quitting a bad habit? Or maybe you just want to try something new? Yeah that’s it! You want to learn

to play an instrument! It’s small, portable, doesn’t need electricity and it doesn’t have strings to tune. Ah ha a new shiny harmonica! If this sounds like your new beginning, we’d love to see you on Thursdays from 1-3 pm at the Sierra Pines. We need you to keep the Harmonicoots “Happening”! Remember no experience necessary!



Our Holiday Performance.

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4. You must have fun, fun, fun!

If this sounds like your new beginning - the Coots are waiting to meet you!

Harps Up!

...

## All Tuned Up

BY PEGGY WELLS

Most residents have a general idea of what ATU is, but many of them don’t know what actually goes on in our sessions. We meet every Thursday at 9:30 in the Ponderosa Room at Sierra Pines. We sit in a circle, and we each have a large binder with songs of varied genres. Currently the binder contains 154 songs.

The microphone is passed around to each participant, and the person with the mic chooses the song and leads the rest in singing, accompanied by our very talented instrumentalists. A member may choose to do a solo (but no one has to sing solo), and

(cont’ on page 5)



Our new “Coot” in the middle.

We closed out 2025 with our December holiday performance. It was well attended and saw many familiar faces. We want to thank our fans for their support. We also played before the annual golf cart parade. Remember we love to entertain so if you are ever in need for an event call Jo Ann Stooksberry at 916-749-4425 at least 4 weeks in advance.

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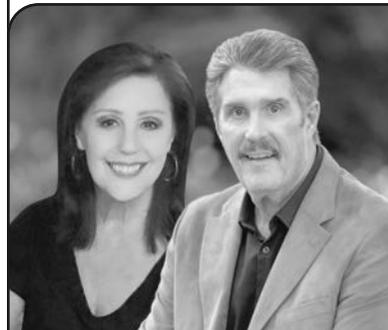
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# Examining the Phillip Road Project— Why Resident Engagement Matters

BY MIKE LUKEN, Chair, Government Affairs Committee, SCR

As Sun City Roseville residents, we value thoughtful planning and the high quality of life our community enjoys. These priorities are especially important as the City of Roseville considers the proposed Phillips Road project—an effort that will influence the future of West Roseville for decades. The business park/residential and community retail project, west of Fiddymment Road along Blue Oaks Blvd. is now in the public review phase, including release of its Draft Environmental Impact Report (DEIR), and it deserves our close attention. (see [https://www.roseville.ca.us/government/departments/development\\_services/planning/projects\\_of\\_interest/proposed\\_roseville\\_industrial\\_park](https://www.roseville.ca.us/government/departments/development_services/planning/projects_of_interest/proposed_roseville_industrial_park))

The Association's Board has taken a proactive step by asking the Governmental Affairs Committee (GAC) to lead our community's review of the DEIR and track the project as it proceeds through the City's formal consideration process. Their work ensures that Sun City Roseville is represented, but resident involvement remains essential.

**Understanding the Public Process —**

The environmental review process is not simply procedural. It offers the public—meaning all of us—the opportunity to evaluate whether the project is well-planned,

appropriately mitigated, and compatible with surrounding neighborhoods. The DEIR addresses issues such as traffic, noise, air quality, biological resources, water supply, and overall community impacts. These topics directly affect our daily lives, making it vital for residents to understand and evaluate the analysis.

The City specifically invites written comments on the DEIR, and each comment must receive a formal response in the Final EIR. This means resident feedback becomes part of the official record and can directly influence project conditions or required mitigation.

**GAC Leadership and Resident Participation —**

The Board's direction to the GAC underscores the importance of staying informed. The Committee will examine the DEIR, monitor upcoming hearings, and report findings to the Board and residents. However, individual engagement strengthens the community's influence. Residents are encouraged to review available information, attend City meetings online or in person, and submit comments that express concerns, ask questions, or highlight issues needing further

(cont' on page 18)

**New Location!**

**New Year!**

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## All Tuned Up

(cont' from page 1)

new songs can be added to the book by vote of the members. The general atmosphere is that of a bunch of friends gathering around a piano having fun. And after making music till around 11:00, we close with Happy Trails and adjourn to the snack bar for coffee and conversation. Sometimes we even try out some music in the snack Bar! So, if you're interested, come on by on a Thursday morning and join the fun. Again, we meet at 9:30 every Thursday morning at 9:30.

• • •

## Singers

BY JACKIE PROETT

It's January and "here's to a new year." Let's help make 2026, a Happy one! Looking back, as we like to do, last year had some pretty good stuff! The weather was unusually kind. The Singers enjoyed welcoming new



Director and Pianist

members, a new accompanist and relishing in a sold-out Christmas Concert! Thanks, Jason, for keeping the bar open! Our "Wrap Party" was spent enjoying the comments from our faithful Audience.

For those of you who love to sing, who enjoyed our Concert and want to join, we meet every Monday afternoon 2:30 to 5:00pm at



Waiting for showtime.

the back of the Ballroom. We start rehearsals again on January 12th. You can try us out three times before signing up. You will be handed a notebook filled with Spring Concert music. That Concert will take place on Monday June 1st. Welcome one and all.

For Newcomers, particularly, joining the Singers gives you lots of new friends,

new parties (We have several a year) and new opportunities to study music with our great Director, Paul Melkonian. You will fill that brand new calendar and be embraced by healing, comforting music. We are looking forward to meeting you. Our door is always open.

• • •

## Drama Club

BY LENORA DAVIS

Happy New Year from the Second Act Studio Drama Club. 2026 – here we come, so let's have some fun. The Drama Club has some fun sketches planned for you on March 24 & 25 at Sierra Pines, so do not miss out. We plan to have



Tina Kinghorn

performance. You will be seeing some new faces this time around, along with some of our seasoned actors that you will surely recognize from prior performances. It is exciting for us to see so many Club members acting onstage for the first time in their lives. They are having a great time doing it, albeit working through some nervousness. What a great opportunity for SCR residents to try something they never thought they would be doing, all while having fun and meeting new people. It keeps us young at heart – right?

I thought you might get a chuckle out of these two photos from our Murder Mystery Party a few months ago: Tina Kinghorn as Cayenne the chef and Cindi Cotton as the Magnolia Queen. Being a member means more than performing for crowds – we like to party! If you want to join the fun, contact president Susan Glover (530-388-6367) or me, Lenora Davis (707-350-1357).

• • •

## Music and Laughter

BY JANE BOHN

Music and Laughter's last gathering brought entertainers ready to perform as steadfast fans arrived to fill the room once



Bruce

again. Starting the show was Jan Given on piano leading us all in our Happy Birthday song to all those born in December. Entertainers included Joe Given on Violin, jokester Jack McGurk, singer Peggy Wells backed by guitarist Gary Mills, singer/guitarist Ken Roberts, comedian Jan Montero, singer Dale Melberg also backed by Guitarist Gary Mills, singer Linda Kosut and lastly a professional singer guitarist, (our youngest daughter) Lisa Marie Bohn. Truly a wonderful array of entertainers. Ahh yes, and the sing-a-longs were the best ever. Our enthusiastic prize winners at the raffle included; 1st prize Dwight Rose, 2nd Cindi

Cotton, 3rd Debbie Hetzer, 4th Nancy Pontier, 5th Marilyn Egan, and 6th Linda Kosut.

Special thanks goes out to all our entertainers, our audience and precious tireless workers, Jill Aggersbury, Dwight Rose, and Pam Moll. You make my job a true joy that I look forward to every month.

We hope you'll ask around about this fun group and come join us at our once a month gathering beginning Wednesday evening January 14th at 7pm. (doors open at 6:30pm) at our Sierra Pines Lodge located on the corner of Del Webb Blvd., and Whistlestop Way. Entrance fee is a whopping \$1 for a prize raffle at the end of the show.

• • •

## Square Dancers

BY KRIS KNUTSON

Surprising things happen when your New Year's resolution is to "dip your toe" into the Monday 12:15 pm beginner square dance session.

First surprise: 12:15 pm dancers have more energy than most people after 2 cups of coffee at Starbucks. Second: Dipping your toe magically turns into "join the square, dear!" before you can protest. A minute later your timidly promenading, then suddenly you're

## SUN CITY REAL ESTATE UPDATE

Greetings 2026!!! I hope everyone had a safe and warm Holiday Season. A few thoughts on what 2026 may have in store for us. The first trend of note is time on the market. If you are considering selling your Sun City home, be aware that it is taking longer to sell homes, so plan for longer marketing times. Looking through the active and pending sales there are a lot of homes past the 100 day mark. Ideally it is more advantageous to sell earlier than later, as excessive time on the market makes buyers more apt to be more aggressive in their initial bids. Further after a home has been on the market for 4 months buyers are going in with the question, 'why hasn't this sold'. Long marketing times also turn away showings as agents also feel there may be issues with the home, which is why it had not sold. Pricing correctly is more important now than ever.



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## Ambassador's Committee

BY LAURIE MORKERT

Year! Now that the holidays are over, perhaps it's time to do something new – and not JUST exercise! If you haven't read for a while, start by reading a book. If you'd like to meet more people, start a book club, or open up the January issue of THE COURIER and see the listings for all the various committees and clubs that you can join. Do you know that you can sit in on committee meetings to learn what they're all about? Using our energy to pursue something different helps us to feel alert and connected.

The Ambassador Committee is dedicated to welcoming new residents. That's one of the reasons that four times a year we host a New Residents' Orientation brunch. At these events we have an opportunity to share with incoming residents a number of the activities that are available to them. Our Activities Director and members from the Board of Directors are always present and available to answer questions.

In addition to being an informative event, the NRO offers our guests an opportunity to meet others who have moved in during the same time period. New friendships are formed at these gatherings – there's lots of laughter and all-around enjoyment.

We hope to see those who moved in during October, November and December on January 3, 2026. Make every day a great day and welcome!

## Clubs & Groups Committee

BY FRANK TOM, *Chair*

Happy New Year! The Board approved the name change of the Chartered Clubs Committee to the Clubs & Groups Committee (CGC) at their November Board meeting at the request of the former Chartered Clubs Committee. The purpose for the name change is to acknowledge the Resident Groups as an important entity to the activity programs no differently than the Chartered Clubs.

At its November meeting, the Board also approved updates to the Clubs & Groups Guidelines and Clubs Bylaws based on recommendations from a CGRC survey conducted earlier this year. The Clubs & Groups Committee (CGC) and the Board Sub-Committee (CGRC) reviewed the recommendations which resulted in addressing two critical areas for change. (1) Simplify language in the Clubs/Groups Guidelines. (2) Provide flexibility in the Guidelines/Bylaws to accommodate the interests and needs of Chartered Clubs and Resident Groups.

Chartered Clubs and Resident Groups will learn about the updates to their Guidelines and Chartered Club Bylaws at a separate orientation on January 27, held in the Aspen and Birch Room. Sharon Mowry sent an email in December to officers of the Chartered Clubs and Resident Groups regarding the Orientation. The CGC will be contacting the Chartered Clubs and Resident Groups officers in mid-January as a friendly reminder regarding the orientation. More importantly,

it will give CGC members an opportunity to connect with the officers of the Chartered Clubs and Resident Groups.

The CGC and Sharon Mowry look forward to listening to any concerns and needs voiced by the Chartered Clubs and Resident Groups officers at the Orientation. Thereafter, the CGC will follow up with responses to address the concerns and needs of Chartered Clubs and Resident Groups.

## Sunshine Services

BY LINDA CILENTI

Happy New Year! May this year bring you an abundance of joy, peace, and happiness, while few challenges remain. For those setting New Year's resolutions, may they be both realistic and attainable. Remember the fable of the tortoise and the hare—slow and steady truly wins the race!

With heartfelt sincerity, I write this article not only to share the exciting changes coming to Sunshine Services but also to express my profound gratitude to the dedicated team of volunteers, your neighbors, who selflessly serve with the Sunshine Services group.

Whether by design or surprise, every year brings change. This year is no different for Sunshine Services. As we bid farewell to some cherished neighbors who have been part of our team, I find it time to gracefully step aside and

pass the baton. Since 2019, Sunshine Services has enriched my life and been immensely fulfilling. I will forever treasure the moments spent with such a dedicated team and serving our Sun City neighbors.

Change is a beautiful opportunity, and new leadership brings fresh perspectives. Let us warmly welcome our neighbor, Susie Rivera, as the new President of Sunshine Services. With her leadership, we embrace change and innovative ideas. For a few months, I will serve as Co-President in a supportive role as she steps into her new position. I have complete confidence in Susie, knowing she and the Sunshine Services team will continue to uplift and serve our community

As I transition from this chapter of my journey, I leave with a warm heart. Volunteering will always remain a priority for me, whether I choose to give back to the Roseville or Placer County community. As I close one chapter, I eagerly anticipate the beginning of another.

Thank you for the honor of serving you.





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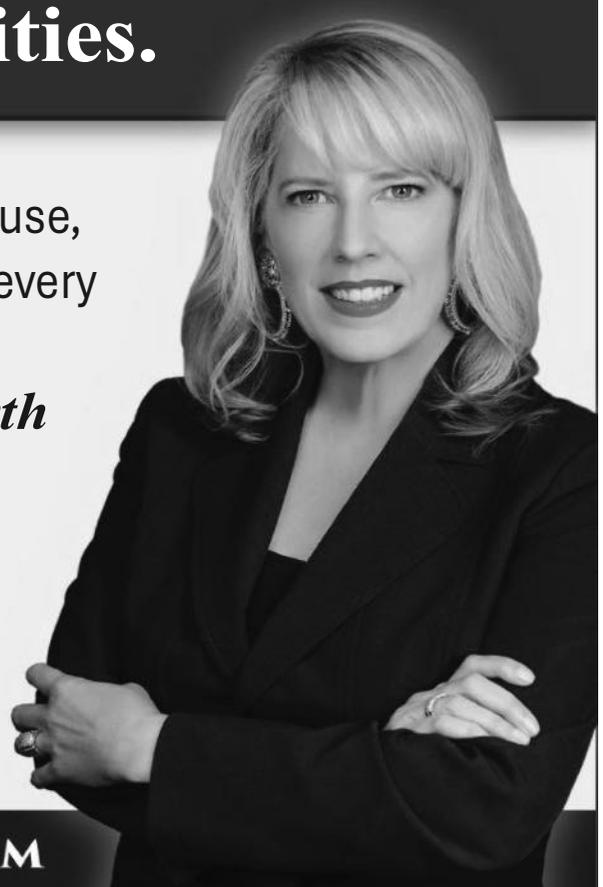
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## Square Dancers

(cont' from page 5)

whooping it up on Monday afternoon with the rest of the square.

At the end of the month your toe isn't just dipped, it's lassoed into the fun.

To find out more about the fun on Mondays Square Dance sessions contact Tom Bolton

818.321.7708 or visit our web site selhsquares.weebly.com. Our club meets on Mondays 1:00-3:00 PM for 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.

• • •

## Dance Club

BY VIKKI CLARK

Happy New Year from the Dance Club!

Happy New Year, friends and neighbors! We hope 2026 finds you happy, healthy, and ready to fill the coming months with joy, movement, and plenty of dancing. As we step into a brand-new year, the Dance Club is excited to build on the momentum of 2025 and begin another season filled with music and fun on the dance floor.

December wrapped up in festive style with



Shelly, Bill, and Sandy—will be leading easy and fun line dances that everyone can do.

Looking ahead to February, mark your calendar for February 16th, our Red, White & Blue President's Day Dance. It will be a lively, patriotic-themed night of music and dancing with Sandy Gardetto serving as our DJ for the evening.

As we celebrate the start of 2026, we invite all residents to join us. Whether you're looking to learn, practice, or enjoy a night out, the Dance Club is the perfect place to start the year on the right foot.

Here's to a year filled with music, community, and dancing!

• • •

## Fine Arts Club

BY NANCY VAVUL

Happy New Year! We hope your holidays were merry, and we're excited to embark on another creative year together.

Our Merry Market Pop-up sale was a fantastic success, attracting numerous walk-in shoppers eager to purchase unique holiday gifts. The room was filled with remarkable items, and the spirit of giving truly shone through

We also enjoyed a delightful holiday luncheon, "Songs of the Season." It was a wonderful gathering filled with delicious food, delightful surprises, and excellent fellowship.

"Forever in Step" Holiday Dinner & Dance, a heartfelt evening honoring two remarkable members of our community: Jim and Jeanie Keener. Longtime Sun City residents, instructors, and cherished friends, Jim and Jeanie were among the founders of the Dance Club. Their vision created the warm, welcoming dance community we enjoy today. Beloved for their teaching talent and dedication, the Keeners introduced countless residents to the joy of dance. Their classes will be missed, but their legacy continues to inspire every step we take.



We are carrying that spirit into the new year with two upcoming events you won't want to miss. Please join us January 19th for "Dancing into 2026"—a Country Couples & Line Dance Social. Three of our wonderful instructors—

Our talented members provided stunning table decorations that beautifully reflected beloved holiday songs.

A big congratulation goes to Sandee Morea, Pat Abraham, and Nancy Schatz! Their original artworks have been selected as signature pieces for our upcoming annual art show in March. We are all eager to see these incredible contributions as well as the other beautiful works that will be on display.

This month's general meeting on January 15 will feature a critique led by Pat Abraham. We encourage members to bring in up to three unfinished, unframed works for constructive feedback to aid in their completion. This is always an interesting and informative program so don't miss it!

In addition, we're thrilled to restart a full slate of art classes. Join Susan Edie for oils, Donna Self for acrylics, Renee Hawkyard in watercolor, Maria Winkler with colored pencils, Pat Jordan teaching drawing, and Sherry Bleiweiss exploring alcohol ink. Please check the schedule in the room for details and to sign up and pay by check.

Starting in February, we may be hosting a reception/open house for the Fine Arts Room and the Card Room where a different featured artist will be showcased each month. This month, the featured artist in the Card Room is none other than Sandee Morea. Please stop by and see her wonderful display.

Here is to a bright and creative new year ahead!

• • •

(more Club News cont' on page 9)

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JANUARY 9 • 8PM

**THERESA CAPUTO**  
LIVE! THE EXPERIENCE  
JANUARY 10 • 8PM

3<sup>RD</sup> THURSDAY \$30 TRIBUTE SERIES  
**VICTOR TREVINO JR.**  
THE ULTIMATE ELVIS EXPERIENCE  
JANUARY 15 • 7:30PM

**CEDRIC  
THE ENTERTAINER**  
JANUARY 16 • 8PM

**PATTI LABELLE &  
GLADYS KNIGHT**  
JANUARY 17 • 7:30PM

**DIRTY HEADS**  
WITH SPECIAL GUEST ROME  
JANUARY 23 • 7:30PM

**DANIEL TOSH**  
JANUARY 24 • 8PM

**BRAD PAISLEY**  
TRUCK STILL WORKS WORLD TOUR  
JANUARY 30 • 7:30PM

**GARY CLARK JR.  
AND MARCUS KING BAND**  
JANUARY 31 • 7PM

**HALESTORM**  
WITH SORRY X  
FEBRUARY 6 • 7:30PM

**VALENTINE'S JAM '26**  
FEATURING JOE, MYA,  
STOKLEY & MONTELL JORDAN  
FEBRUARY 7 • 7PM

**ALANIS MORISSETTE**  
FEBRUARY 13 • 8PM

**SMOKEY ROBINSON**  
WITH TOWER OF POWER  
FEBRUARY 14 • 7PM

3<sup>RD</sup> THURSDAY \$30 TRIBUTE SERIES  
**CCSEGER vs.  
JOURNEY REVISITED**  
BATTLE OF THE BANDS  
FEBRUARY 19 • 7:30PM

**HACKEN LEE**  
WITH KEN & SAMMY  
BEST WISHES 2026  
FEBRUARY 21 • 7:30PM

**KOLOHE KAI**  
WITH SPECIAL GUESTS  
FEBRUARY 28 • 7PM

**BOY GEORGE  
& CULTURE CLUB**  
WITH MARTHA WASH  
MARCH 13 • 7:30PM

3<sup>RD</sup> THURSDAY \$30 TRIBUTE SERIES  
**WHEN DOVES CRY**  
THE PRINCE TRIBUTE SHOW  
MARCH 19 • 7:30PM

2026 AMERICAN TOUR  
**AARON LEWIS**  
AND THE STATELINERS  
MARCH 21 • 8PM

**THE PRICE IS RIGHT LIVE!**  
MARCH 27 • 8PM

3<sup>RD</sup> THURSDAY \$30 TRIBUTE SERIES  
**LEGENDS OF NEW COUNTRY  
WALLEN & WILSON**  
TRIBUTE TO MORGAN WALLEN  
& LAINIEY WILSON  
APRIL 16 • 7:30PM

**RUSSELL PETERS**  
RELAX\* WORLD TOUR  
APRIL 18 • 8PM  
(\*IT'S NOT THAT SERIOUS)

**RINGO STARR**  
& HIS ALL STARR BAND  
JUNE 5 • 8PM

**NATE BARGATZE**  
BIG DUMB EYES WORLD TOUR  
JULY 18 • 4PM & 9PM

**GOO GOO DOLLS**  
WITH NEON TREES  
JULY 24 • 7:30PM

**"WEIRD AL" YANKOVIC**  
BIGGER & WEIRDER 2026 TOUR  
SEPTEMBER 11 • 7:30PM

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## SCR Needle Arts Club

BY PEGGY VOAKES

Happy New Year and Happy Half Needle Arts Year! While some of our usual group activities are suspended in December, we were again treated to a spectacular Members-only Holiday Home Tour. This is a delightful gift to us and I want to thank the always hard-working Barbara Aaberg and her committee – Dianna Anderson, Ruth Berger, Carolyn DeSantis, Linda DuPree, Susan Mehring, Gail Miller, and Karen Porter. We also send a huge Thank You to the generous and inspiring homeowners who welcomed us into their homes - Mary & John Zorotovich, Gerri Bennett, Linda & Darryl Huismann, Ginny Davison, Gloria & Bob Eagan, and Noodles & Rick Workman. There is not enough column space for all the adjectives I could use to describe the wonderful homes and decorations. I hope you went on the tour!

Our Board and Council are already in full swing with upcoming events. I am looking forward to another round of interesting meeting programs - arranged by our VP Linda Nelson, classes – arranged by Marion Jones, gatherings of our many and varied Special Interest Groups, and, most of all, hanging out with all of you.

Our next meeting is scheduled for Wednesday, January 7, 2026, 1:30 in the Ballroom. To give you a head-start on your calendars, February's meeting will be on Wednesday, February 4. Remember to contact Chris MacAdams ahead of the meeting day with any donations you may have for the back table. Hoping to see you all there – members and guests alike!

## Roseville Stamp Club

BY TIM MILES

The Club has been dormant for December due to demand for rooms at The Roseville Lodge (7050 Del Webb Blvd). Our meeting days are usually twice a month on alternate Tuesdays at 6:30 pm but due to bookings in February the January meeting days are set for January 13 and 27 but the February days are set for February 10 and 17 (one week apart).

We are usually finished by 8:45 pm and on the way home. We have games, door prizes, giveaways, albums, page protectors, and access

to all your philatelic needs.

Please note that anybody who has an "old" album tucked away can bring it to a meeting (no cost) and get a rough appraisal of value.

Members, please note that the \$20 annual dues are being collected so we can function. (see Al Capparelli (916-771-8288). You can drop them by the house with a phone call.

From time to time, the club has an "open-house" at Al Cap's garage where you can get specific needs for your collection. Our upcoming dates are January 22 and 23 and February 19 and 20. Be sure and call first to set up a time so folks don't get stacked up.

Our membership is increasing and our Secretary, Lee Coen (leejcoen@gmail.com) can supply answers to whatever question you may have.

• • •

## Meditation Group

BY ED CERVANTES

It's a New Year, which includes new resolutions to be healthier and happier in 2026. The SCR Heart of Gold Meditation Group cordially invites you to come relax your mind, open your heart, and share the joy of mantra meditation. Come learn a simple method of meditation that uses soothing mantras and music to ease the stress, anxieties, and emotional situations of daily life. Through this meditation everyone can experience an inner peace, happiness and increasing insights.

Join us as we begin the new year with a peaceful hour of meditation, music, refreshments, and good company. Bring a friend and come make new ones.

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

We will be meeting on Wednesday, January 28th from 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines.

Thanks so much and we look forward to meeting you, Ed Cervantes and The Heart of Gold Meditation Group  
mantramedclub@gmail.com

• • •

## Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

As we begin a New Year, we wish everyone in our Sun City Roseville community a happy and healthy 2026!

We look forward in the New Year to more

events and good camaraderie with our JFC.

A special thank you with appreciation to Cora and Dave Rose for leading the Shabbat (Sabbath) Friday night service and to Hedy Fintescu for hosting the Oneg (a sweet table following the Shabbat service) in November.

Our first event of 2026 is on January 9, 2026 at 6:00 pm. It will be a Shabbat chicken dinner at Sierra Pines before Shabbat services begin. This dinner is free to all JFC members.

Our second event of 2026 will be a Lox and Bagels Brunch on February 15, 2026 at 10:00 am at Sierra Pines. The brunch is free to all paid-up JFC members with their 2026 membership dues.

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

Did you know: Judaism is over 3,000 years old, which makes it one of the oldest religions in the world. The Torah is the religious text of Judaism which contains the first five books of the Hebrew Bible. There are different branches of Judaism, including Orthodox, Conservative and Reform, each with its interpretation and practice. Orthodox Judaism adheres strictly to traditional laws. Conservative Judaism balances traditional practices with modern life, while Reform Judaism allows for more modern interpretations. Jewish culture places a strong emphasis on family and community. Traditions such as Shabbat dinners and Bar/Bat Mitzvahs are often passed down through the generations.

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## Solo Friends Group

BY NIKKI COMBS

President Mary Dial praised outgoing VP Jen Martin, "Jen has done a great job of finding speakers for the General meetings and keeping the Activity Sheet up to date." We all owe Jen a big Thank You.

Incoming VP Heather Kendall already hit the ground running.



Heather Kendall

Heather came to Sun City in March 2020 from across the street at Fiddymont Farm. She worked as an RN and trainer for Dignity Health. She believes being VP will be easier.

With her background and longevity in the area, she has plenty of ideas for speakers. Plus, as she stated, "there is so much talent right in Sun City." Heather hopes members will let her know what topics they are interested in. If you want to hear about health issues, history, or whatever, please contact her.

Besides working, Heather loves to travel and hula dance, even competitively. She used to travel to Hawaii several times a year. She also volunteered at the Golden Retriever Rescue and has adopted several dogs. Just two months after joining Solo Friends, Heather took on the task of successfully hosting the June 2025 social dinner.

Heather is thankful Solo Friends is not a dating group. She loves having a ready list of companions through the membership.

As one of her first official duties, Heather announced the speaker for the January 5, General meeting will be Eileen VanEss, MBA, CPA. Eileen has expertise in "SEC reporting and technical accounting, process improvements and controls, corporate finance and taxes." Eileen will also be offering a series of financial workshops. The meeting starts at 6:00 pm in the Timbers ballroom.

Also, don't forget to pay your dues to Membership Chair Roberta Simpson. Please make a check out to Sun City Solo Friends Group for \$15.00. January 31 ends the grace period.

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## Healthcare Professionals Group

BY LINDA GORDON

The date of next meeting of the Healthcare Professionals Group has been changed to Monday January 5 due to a conflict in Sierra Pines. Please mark your calendars for this change. Most other meetings for 2026 will continue on the first Wednesday every other month on the odd number months.

Our January 5 speaker will be SCR Resident Renelle Jorgansen who will talk about "End of Life Decisions & Care" and explain about an "End of Life Doula". She will speak to and answer questions about many of the

(cont' on page 11)

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# Executive Director Comments

BY GEOFFREY BROWNE

Over the last three years I've offered a variety of thoughts on the new year and what it means to me. In 2023 I said it was "a fresh start, a new book with empty pages to write a new story, or a new chapter to the story." I encouraged you all to take a risk and try something new – to get out of your comfort zone and stretch yourself a bit. In 2024, I recommended making a plan, because "If you don't know where you are going, any road will get you there." (Lewis Carroll). And you might not really want to go there. Last year, at the beginning of 2025, I spoke about giving support, or encouragement, or assistance to others in need, others who are less blessed than we are. This year, as I reflect backward, and forward, I want to focus on the importance of being in the present, with some assistance from the experts.

Focusing on the present becomes unusually meaningful after 55— in a very practical, life-shaping way. The future is no longer an abstract idea; it's a finite horizon. That's not meant to be grim—it's meant to be clarifying. When we're younger, it's easy to procrastinate meaningfully because we have decades to "get to it later." After 55, the value of each year spikes. Being present isn't a luxury; it's a way of not squandering the years that actually matter most.

Presence directly improves how we feel day to day. At this stage of our lives, quality of

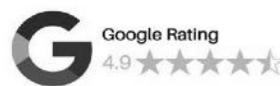
life outperforms quantity of life. Being present gives us more enjoyment, more meaning, more energy. It's about intentionally focusing on ourself and the others we care about, actively listening in a conversation, actually noticing what we enjoy and what we don't, and allowing ourselves to live "in the moment."

Being present also helps break the trap of comparing "now" to "then." This comparison is one of the biggest ways to rob ourselves of enjoyment. Our physical health, career, relationships, and responsibilities all shift. Looking backward can make the present feel different than it is; looking forward too much can create fear and indecision. Being present can protect us from both.

Being present can increase boldness. Ironically, presence can make people more willing to take risks later in life—not less. When we're centered in today, it gets easier to start projects, have conversations we've been avoiding, travel, try new things, or reinvent parts of our identity. We're no longer negotiating with a hypothetical future; we're acting from what's real right now.

I don't think being present requires us to force ourselves into some rigid "mindful practice" routine. Focusing on what you are doing in the moment can open up a whole new opportunity to be honest with ourselves about what we want to do, what we enjoy now, and how we want to live the rest of our lives.

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## Healthcare Professionals Group

(cont' from page 9)

misunderstandings about impending or sudden death. When to make plans, who to call, the roll of the coroner, and most importantly how to save money when faced with this situation.

The Healthcare Professionals Group is a social group of SCR residents who have worked in any capacity in the Healthcare Field. We usually meet the first Wednesday of every other month at 11:00 in the Spruce Room in Sierra Pines. Meeting and speaker start at 11:30 and lunch and social time will be at 12:00. Cost is \$10 for lunch.

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 January 14.

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).

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## Sun City Democrats

BY MARTY BOYER

About 60 members shared a festive Mingle-Jingle party last month with like-minded friends, celebrating the holiday season and looking forward to a new year of purpose, engagement and activism. The year

will begin with more great guest speakers described below.

Our group is thriving, with membership is approximately 200 as of this writing. Members are motivated as Midterms approach with many indicators suggesting real potential for returning some balance of power in Congress and our federal government. Group members helped staff November's 11-day voting center in Granite Bay.

The New Year starts with a Speakers Series program that should intrigue members and thoughtful residents of all political and cultural persuasions. Guest speakers for the January 28 morning meeting will discuss Public Broadcasting Post-Defunding. How are public radio and television meeting the challenge to provide quality programming and intelligent news coverage after all federal funding was stopped by the Administration? What is the future? Who is stepping up? How can we help?

Speakers will be David Lowe, President and General Manager of KVIE, the PBS affiliate in Sacramento; and Ryan Lillis, Lowe's Associate General Manager. Ryan was the longtime reporter for the Sacramento Bee covering Sacramento City Hall, City politics, and major Sacramento issues such as the development of Golden One Arena.

Mark your calendars. February 25 evening meeting. Legendary political columnist Dan



David Lowe

Ryan Lillis

Walters will return to provide a non-partisan preview of the Governor's race, bringing us his 50 years of insight and experience covering California politics. He drew a full house and standing ovation at his 2024 visit, so we expect a crowd. He will also share key challenges facing the incoming governor in 2027.

• • •

## Computer Club

BY BARBARA EICHTEN

Happy New Year!

The Computer Club will not meet in January. The Genealogy Group will meet in Tuesday, January 8, 2026 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, January 16 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, January 12. The photos are juried at the regular monthly meeting

December's theme is "Minimalism" with a time frame of the last three years (2022-2025). Contact Carmela Kube for further information.

There OPEN SESSIONS for January will be the following: 9, 16, 23, and 30. Call if you need immediate help. Barbara Eichten (901-626-9821) or email barbaraeichten@gmail.com

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## Travel Club

BY PAM SCHEEL-HEMINGWAY

Viva Las Vegas! What a great job Stella Maynard and her crew did on the Holiday Party! We loved Santa Elvis, Santa Taylor (Swift!) and Lola from the Las Vegas Copa Cabana Sunshine Center. Many prizes were awarded, including the beautiful centerpieces created by Susan Edie, Claudia Schnarre, SanDee Morea and Lorraine Welk. If you missed it, be sure to check out the pictures in our photo gallery on the web page.

Trips now available for booking for Travel Club members include:

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



Baxters and Clarks with Santa Taylor and Santa Elvis.

(cont' on page 12)

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### Travel Club

(cont' from page 11)  
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,

available trips.

The Travel Club meets the 4th Monday of most months at 3:00 pm in the Ballroom, our next regular meeting is January 26, 2026. The always entertaining Jay Fehan from Collette Travel is scheduled to tantalize us with upcoming adventures, so mark your calendars.

Happy New Year!

• • •



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)
  - 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

### Veterans and Patriots Club

BY ELIZABETH JARRETT

At this time of year, many of us are thinking of turning the page and of new beginnings.

As the Veterans and Patriots Club comes into the New Year and to what comes next in 2026, we first want to acknowledge what came before. We say thank you to our 2025 outgoing President, Steve Stansberry. We appreciate all

the time and commitment he gave to the Club. Steve plans to remain a volunteer. Thank you again Steve for your Service to the Club.

In November, Elections determined Officers for 2026, Those results are Steve Gustafson and Elizabeth Jarrett as Co-Vice Presidents; Michael Hau, continuing as Treasurer and Sandee Drapeau as Secretary. Officers were sworn in by Board Member, David Lewis at the Holiday Dinner/Dance. Look for an Eblast early January providing additional information on each Officer and why they have chosen to volunteer their time and experience to serve the Club in this way.

Please Note: We will not have a General Meeting on Wednesday, January 7. Our next General Meeting will be on Wednesday, February 4 at 10 AM. Please look for the Flyer announcing the speaker for that meeting.

RRUFF will be returning soon with Part 2 of their Presentation which includes a Service Dog and their Trainer.

Council will continue to meet on the 3rd Tuesday of each month in the Club Room. Time changes from 1 PM to 12 PM beginning January 20.

The Club will be restarting the online Newsletter as soon as possible. We will also be sending it out through Eblast. Shirley and Suzette have volunteered (thank you) to be our photographers. As communication is important, if you do not have access to the News and other V & P information online, please let us know.

Ideas and Input for the Club Welcome.

• • •

### Conservative Action Group

BY SHERRI SCOTT

We are an official Group of Sun City Roseville and welcome you to attend our meetings which are held on the first Monday of the month. We are conservatives, who are bound together because of our fundamental core values in supporting American ideals as presented in the Constitution and Declaration of Independence. These include but are not limited to preserving American traditions and culture, limited government, the rule of law, fiscal responsibility, free speech, individual freedom and responsibility, and quality education. And, as a group we enjoy the camaraderie and enthusiasm among our fellow conservatives.

Our group started with just a few people getting together to discuss the need to get Republicans more involved in the political process. This was over three years ago and has evolved into a much larger energetic group with conservative values who believe in a government formed by the consent of the governed to protect individual natural rights and private property.

Our goals include: active involvement as volunteers in assisting conservative candidates running for office, or while holding office, in Placer County and at State and Federal levels; to work with other like-minded grassroots organizations on issues pertaining to the positive progress and civility of our nation; to educate members and citizens of

(cont' on page 13)

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## Conservative Action Group

(cont' from page 12)

our community as issues arise not in keeping with our American ideals. We achieve these goals in a fact-based and respectful manner.



Courier Days — Gray Allen & Bob Taylor.

Our next meeting will be held at Sierra Pines on January 5, 2026, starting at 6:30 pm. We look forward to our guest speaker, Heidi Matzke, Executive Director, from the Alternatives Pregnancy Center.

To all of you, we wish you a very Merry Christmas, Happy Hanakkah and a great New Year!

• • •

## Garden Club

BY SUZETTE AUSTIN

Our Garden Club Holiday Breakfast and Gift exchange was December 2. We enjoyed a delicious Breakfast Buffet while Bruce Ahnberg led us singing holiday songs. Then we had our fun annual Gift Exchange with each attendee choosing a new present or stealing one that had previously been opened.



Garden Club — Bruce Ahnberg leading us singing Holiday Songs.

Sue Magill, a Sun City resident, will be the speaker for our January 6 meeting. She will share with us her knowledge of winter care of roses, including pruning, new roses and tools you can use. Sue is a Master Rosarian with the American Rose Society, a Rose Horticultural Judge, and rose junkie. She is also a retired teacher and was a mandarin grower. She lives here in our community on a quarter acre lot with 450 roses, 10 mandarin trees and an assortment of other plants.

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

A friendly reminder to pay your \$10 annual dues for 2025-26 if you have not already done so. If you have not already paid your name has been removed from the roster. You

may pay your dues and fill out the registration form at our January meeting.

• • •

## Birders

BY JANET MORELLI

The next scheduled bird watching field trip (on January 15, 2026) will be to Sacramento Wildlife Refuge near Willows where SCR Birders expect to see many bird species, especially migrating ducks and geese. Last year, the Birders identified 47 species at this



Sandhill Crane

site. Two weeks later (January 29, 2026), the birders plan to go to another wildlife area, Gray Lodge near Gridley. This is another rest stop for migrating birds on the Pacific Flyway and last year SCR Birders counted 52 species among thousands of birds at that location.

The SCR Birders Group welcomes SCR residents to participate in the bird watching scheduled field trips. This year, 21 of these trips have been planned for the months of September 2025 to May 2026. The dates and destinations are available on a schedule posted on the Birders Group website, scres.org. One week prior to each trip, members of the Group will receive an eBlast describing the trip, its expected duration, what to bring, and any refuge/wildlife area admissions, and carpool driver fees (if any). To be on the Birders eBlast roster, SCR residents should call Janet Morelli at 916-782-6393. Birders are a friendly group and very helpful in sharing birdwatching tips with new members.

This is the bird migration season and one of the most popular avian visitants to our nearby rice fields is the Sandhill Crane. This bird is very large (42”) with long black legs and pale gray feathers. It has a red crown and a large “bustle” of drooping feathers. Migrating with other Sandhill Cranes at great heights, their loud, trumpeting-rattling sound can be heard over a mile away. In our area, the Cranes spend the day in the rice fields and, at dusk, fly in family groups to shallow water to spend the night.

• • •

(more Club News cont' on page 17)

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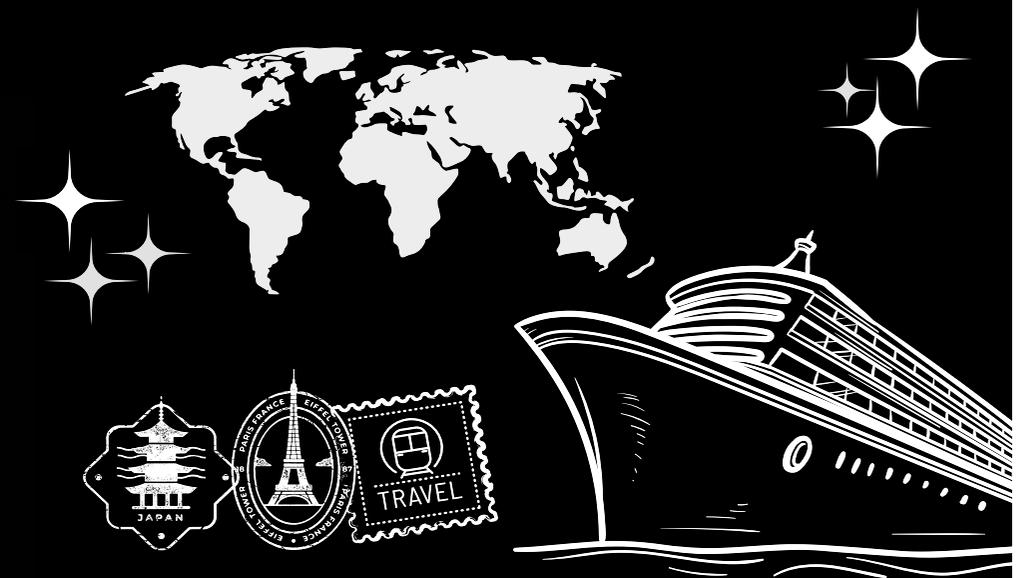
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## SCR Hiking Group

BY SILVANA HUGHES

Happy new year! November and December brought fall colors and some rain, which necessitated rescheduling and changing some of the hikes. But a little rain would not stop our intrepid hikers, who were seen dancing in the rain at the Sunset Whitney Recreation Area! We appreciate our Trailmaster Don Stoye for his flexibility and resourcefulness in finding new and different places to get our steps in and enjoy the great outdoors, inclement weather notwithstanding. We invite you to try us out and join us for a hike before joining our group!

Our December holiday celebration was scheduled to be held in the Solarium room at the lodge on December 9, 2025, which was just after the publication date for this article, hence we will report on this event next month. The next Hike Group meeting will be on Monday, March 9 in the Ponderosa room at Sierra Pines.

Below is the January schedule, subject to change depending on weather and trail conditions. Dress in layers, bring water, snacks/lunch, and a change of shoes to keep the driver's car clean. We meet at 8:45 am in the lodge parking lot near the tennis courts for carpooling and a 9:00 am departure. All



carpool rides this month will be \$8.00. Happy trekking!

January 1 - Sweetwater Creek - #4 (easy to moderate), 5.25 miles, elevation gain 800 feet.

January 8 - Cronan Ranch (Skyridge & Long Valley Trails) - #5 (moderate), 6.5 miles (estimated), elevation gain 1100 feet (estimated)

January 15 - Foresthill Divide (north side) - #4.5 (easy to moderate), 5.8 miles, elevation gain 700 feet.

January 22 - Skunk Hollow Loop - #5 (moderate), 5.75 miles, elevation gain 700 feet.

January 29 - Granite Bay to Beals Point - #4 (easy), 6 miles, elevation gain 400 feet.

• • •

## Softball Club

BY PATRICK MAGLIONE

We have already received over 20 applications for next season, and registration continues. Applications are available at the kiosk in the Lodge, as well as on our website [rosevillesseniorsoftball.org](http://rosevillesseniorsoftball.org)

Age eligibility for players remains at 55 for residents, 60 for non-resident men, but has been dropped to 55 for non-resident women. With many past players and prospective players requesting a one game per week season, it has been decided to acquiesce and to do so on Wednesday mornings.

Depending upon the number of players to register, should we have four teams, our season will consist of 15 games; while five teams will produce 12 games. Either way, we intend to have a single elimination tournament at the end of the regular season. We plan to re-introduce our All Star Game in late May, bringing back a couple of retired past players to manage the two teams.

Mark your calendar with these important dates —

January 5: Open practices start on Monday and Wednesday mornings at 10am, at Mahan Park, 1095 Armington Drive, Roseville.

Any changes due to weather or field conditions will be communicated via email.

January 28: Last date for applications to be received with \$100 fee. After this date the fee increases to \$115.

February 4: Last date for applications and fees to be received to be eligible for the draft.

February 11: Last open practice. After this date players will practice with their team.

February 13: Draft held in the Spruce Room at Sierra Pines at 10am. Only managers, coaches, and facilitators may attend.

March 25: Opening Day Celebration and games.

July 29: Tournament Championship Game.

July 29: Banquet at Sierra Pines.

To be added to our email list, submit an application, or email John Woodbury at [4woodburys@gmail.com](mailto:4woodburys@gmail.com)

• • •

## Tennis Club

BY PATRICK MAGLIONE

One of the topics discussed at our October 1 meeting was ways in which we could re-energize our club, both on and off the court. Suggestions included having various themes for our meetings, music, or even dancing. Other ideas included afternoons on the court with multiple levels of play and a light social afterward. A written survey was taken of those in attendance to gather more areas of interest. The results of the survey are being reviewed, and we intend to issue an online survey in the next few months to follow up, especially with members not in attendance.

So, what actions have been taken so far?

Marilynn, Nancy, and Pramod organized our first afternoon on the court, on November 11 at 3pm. It was a beautiful fall afternoon that brought sixteen participants to the courts who enjoyed playing tennis at various levels. It was heartwarming to see seasoned players return after a long absence from the courts, as well as a few first timers, including some friends from pickle ball. Afterwards we enjoyed snacks, fun stories, and a welcome feeling of friendship. We intend to continue with our "Afternoons on the Court," so watch for those email blasts announcing the dates, 'cause you certainly don't want to miss the next one!

What else have we done, you ask? We started our weekday scheduled tennis on

December 1. An email was sent to all members inviting them to sign up for scheduled matches that include women and men. The men's weekday drop in has been replaced with the new format, which has attracted 24 players thus far. So, guys, you'll show up when you're scheduled and know who you're playing with, perhaps a lady or two if you're lucky.

• • •

## Table Tennis Group

BY JEFF CARASKA

Making New Year's resolutions is a tradition that began some 4,000 years ago by the Babylonians.

According to a post on history.com, those resolutions were part of Akitu, a 12-day religious festival. Today resolutions are often promises we make to improve our fitness, start a hobby that will provide mental stimulation or engage more socially.

Table tennis can be a means for all three of those goals. In numerous studies, it was generally concluded table tennis can improve physical health for its aerobic nature, enhance coordination and balance, promote brain health because of the constant challenge of split-second decision making while playing, and be a mood booster through the release of endorphins.

In addition to the physical benefits, the socializing that is a big part of table tennis has also proven to be beneficial to brain health.

Grace Richerson began playing with the Roseville Sun City group here in September. "I'd never played before, but thought it would be good for me (physically and mentally)," she said. This is such a friendly group to play with."

Paul Niebank said he played table tennis as a kid, and joined in the fall. "I enjoy the camaraderie here and social aspect of it," he said. "And the exercise is good, too."



Paul Niebank

(cont' on page 19)

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## Phillip Road Project

(cont' from page 3)

analysis.

A Project with Regional Impact —

The Phillips Road project also carries long-term economic implications. West Roseville currently faces a jobs-to-housing imbalance that pushes many residents to commute to East Roseville, Folsom or other areas outside the city for work. This puts tremendous pressure on Blue Oaks Blvd., Pleasant Grove Blvd., and Baseline Roads. Well-planned commercial and employment opportunities in West Roseville like the new Costco, can help reduce these commutes, create local jobs, and support a more balanced and sustainable citywide economy.

Your Voice Matters —

Sun City Roseville has a longstanding tradition of active civic engagement. The Phillips Road project presents another important opportunity to uphold that tradition. By staying informed, reviewing the DEIR, and participating in the public process, residents can help ensure that future development in West Roseville reflects the values and priorities that make our community a great place to live.

## Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT & RON MASCIOVECCHIO - Program Coordinators

Happy New Year Sun City Residents!

Here are some reminders for some helpful safety tips to start off 2026:

Emergency Numbers

Always keep a list of emergency numbers by each phone in your house. Write or type this information in large print so you can read it easily if you are in a hurry or frightened. We also have handy refrigerator cards for "Who Should I Call?" in the NW/CP office – stop by and get yours. Be sure to list:

- 911
- Poison Control: 1-800-222-1222
- Family member or friend to call in case of emergency
- Healthcare provider's name and office number

Prevent Falls —

• Don't rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up the call. It is not worth falling over to answer it.

• When walking on smooth floors, wear non-slip footwear (rubber/no-slip bottoms or flat, thin soled shoes that fit well.

• If you have a cane or a walker, use it at all times instead of holding onto walls and furniture.

• Ask your provider for simply exercise program to do at home to help strengthen

you from falls.

Safety Proof Your Home —

• Clear your walking paths in your home to avoid trip hazards.

• Tape all area rugs to the floor so they do not move or slip when you step on them.

Protect Against Fire & Related Dangers In And Around Your Home

• If you have a fire in your home or outside your home, call 911 – don't try to put it out yourself.

• When cooking, don't wear loose clothes or long sleeves.

• Don't put too many electric cords into one socket or extension cord.

• Install a smoke detector and replace the batteries twice a year. The Foundation can help you with installation or replacement.

• Never leave candles burning when leaving your home.

• Make sure standing heaters are at least 3 feet away from anything such as curtains, bedding or furniture and turn them off when you leave the room.

Avoid Bathroom Hazards —

• Set your thermostat on the water heater at 120 degrees to avoid scalding water.

• Install grab bars in the shower.

• Place rubber mats in the bathtub to prevent slipping.

Medications —

• Keep all medications in their original

containers so you don't mix up medications.

• Ask your pharmacist to print labels in large print and use pop off lids.

• Ask for a Vial of Life from your Neighborhood Watch Office to be used by Paramedics when they respond to your emergency.

Protect Against Abuse &...

• Keep your windows and doors locked at all times

• Never open the door or let a stranger into your home when you are alone.

• Keep those solicitors out – We have No Solicitating Signs in the NW/CP office.

• Avoid salespeople on the phone – always check with a friend or family member for possible Scams.

• When receiving a phone call and are asked, "Is this... that I am speaking with", do not answer YES, reply "Who is this?" Sometimes that YES can turn into recorded agreement you are making over the phone.

• Do not share your personal information, i.e., social security numbers, credit card, bank information or account passwords with people you do not know who contact you.

• Do not ever be pressured to make purchases, sign contracts or make donations. Check out Charities prior to making donations or giving to random phone calls to "Support Your Local..."

Wishing you a safe and healthy 2026!



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### Table Tennis Group

(cont' from page 17)

Motivated to lose weight and “get more involved in my community,” Annamarie Hewson in April. “Table tennis has allowed me to do both” she said.



Gerri Bennett and Grace Richerson

Gerri Bennett, who joined in August, was looking for a sporting activity she could play year round. “And table tennis is good for you brain and that’s a big reason,” she said.

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.

• • •

### He & She Golf

BY JAHNA HOLMES

Happy New Year, everyone! Hope you all have had a wonderful holiday! Our first order of business is to tell you that at our annual meeting on November, the election of officers for 2026 brought us Julie Harris as returning

President, Jahna Holmes as Vice President and Membership chair, Monica Konkel as Secretary and Don Edgar as our new Treasurer. Our 9-hole Captain, Michael Hemingway, is returning, but Rich Aug is bowing out after several years of dedicated service. However, he will be helping Barbara Simon learn the ropes as our new 18-hole Captain. Welcome, Don and Barbara, to the Council! And thank you, Rich Aug and Karen Hawkins for your many years of service to the club as 18-hole Captain and Treasurer!

As your Membership Chair, I want to remind everyone that our club dues are due in January! They are still only \$12. Our calendar is like all the golf clubs, Jan-Dec. Current/returning members do NOT need to send along an application with your check unless you have a new email or phone number. Red Membership folders are in both Pro Shops with an envelope for your check. New members MUST fill out an application, which is in the folders.

Lastly, the gala Christmas in Paris party on December 5 was a huge success! Much friendly socializing occurred during the happy hour. There were drawings for gifts from the Pro Shop and Timbers restaurant, as well as other donated gifts. The food was excellent, with a delicious dessert!! Then the Rusty Rockers played great dance music The party was well-attended and enjoyed by all! Thanks to Kathy Hamilton and Nancy Labrada for all their work and decorations!

• • •

### Sierra Pines Ladies Golf

BY JOAN ROSE

It’s a new year and a time to start anew. Clean those golf clubs, take a lesson, buy new shoes (waterproof) and get out there and work on your game. November and December were wet months on the course. But our excellent team of course maintenance has kept our course beautiful and playable. So, bundle up and get out there and play

This month there will be regular play all four Wednesdays. There will be a general meeting on January 21 at 2:00 pm at the Pines. This will be the first meeting for our new Captain, Cathy Hurst. Let us give her our support by showing up and taking an active part in our club. We are still in need of a person to write this article for the Courier and the Sun Senior News.

The chip ins for November were as follows: Mariette Araya, Yvonne Miller, and Debby Huntington all on hole #4 and Ellen Thomas on hole #9. On November 19 Denise Randall on hole #8. Good work ladies.

• • •

### Timber Creek Women’s Golf Club

BY MARY NEARN

November and December saw the beginning of chilly, wet mornings for the Timber Creek Women’s Golf Club, and with that came the challenge of winter season play which demands extra skill, patience, and plenty of layers. Crisp air, damp fairways, wet rough and soggy greens made every round an

adventure. The usual warm camaraderie kept spirits up, and rounds became a celebration of perseverance.

Amidst the camaraderie and resilience of our fall and winter play, we faced a heartfelt loss with the passing of longtime member Bev Simmons. Bev is remembered for her unwavering dedication and the warmth she brought to every Wednesday morning—a smile that lifted spirits, rain or shine. The loss of her presence within our group reminded us that, beyond the play, it is the bonds of friendship and kindness that truly define our club.



Bev Simmons

November Most Improved Players by Flight

- Flight One-Janet Lasik
- Flight Two-Mary Maclean
- Flight Three Karen Hawkins
- The Year in Review 2025

Our membership in 2025 ended with 102 Members

2025 Tournament Winners • 36 Hole Better Ball - Susan Green and Becky Green (red tees); Stephanie Tran and Raquel Godfrey (white tees) • Handicap Tournament - Pat DeCroix (red tees); Raquel Godfrey (white tees); • “Peace Love Golf” Invitational was held May 21 • Club Championship -Cindy

(cont' on page 21)

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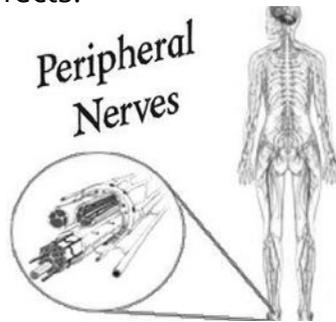
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**Figure 1: Notice the very small blood vessels surrounding each nerve.**

Peripheral neuropathy is a result of damage to the nerves, often causing weakness, pain, numbness, tingling, and the most debilitating symptom, balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet. Every part of the body relies on blood via blood vessels, for oxygen and nutrients. Without it, the body begins to lose function.

As shown in Figure 2, as the blood vessels that surround the nerves become diseased, they shrivel. This prevents the nerves from getting the nutrients necessary to survive. The nerves begin to degenerate and no longer conduct sensation adequately.

When these nerves begin to "die" they cause you to have balance problems, pain, burning, pins and needle sensation, and other symptoms.

### Three Factors to consider for Effective Neuropathy Treatment:

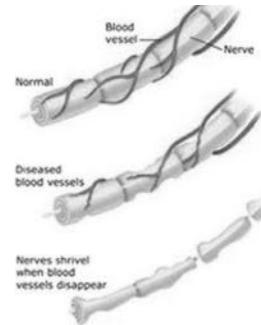
1. Underlying cause?
2. Amount of nerve damage sustained?
3. How much treatment is required?

### Three goals of treatment at Lincoln Acupuncture:

1. Increase blood flow
2. Stimulate nerve fibers
3. Decrease brain based pain

The main problem is that those with Neuropathy have been given limited options for treatment: medications which often make you feel

sick or uncomfortable, or have to come to terms with the idea of "just living with it." There is now a clinic in Lincoln that offers you hope without worrisome side effects.



**Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.**

The treatment to increase blood flow utilizes Acupuncture, ATP Resonance BioTherapy and O3 Regenerative Therapy. Acupuncture helps to stimulate the blood vessels and the peripheral nerves such that they are able to receive proper nutrients needed to heal and repair. Collectively, these treatments function to increase blood flow and expedite recovery and healing.

The amount of treatment needed to allow nerves to fully recover varies from

person to person and can only be determined after a detailed neurological and vascular evaluation.

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# Tim and Angela Levitt

(cont' from page 1)

and cheerleading, loved going out with friends and playing softball. After graduating from West Albany High School in 1980, she furthered her education at

Columbia Christian College, now known as Cascade College, in Portland, Oregon.

After graduating in 1984 with a degree in Elementary Education, Angela taught at Solano Christian Academy in Fairfield, then went on to teach K-6 grades in Vallejo and Plumas Lake. She still runs into her former students or their parents and has fond memories of her teaching career. In particular, she remembers one of her second-graders who cried every day and didn't want to come into the classroom. Angela let the little girl sit outside by the door and gave her time to adjust to the school environment. Eventually, the child found the courage to go inside and participate in class. The girl's family moved away, but the little girl never forgot Angela's kindness. She looked her up on Facebook and invited her to attend her middle school graduation. "It was a sweet moment," Angela recalls.

After their marriage in 1987, Angela and Tim became the proud parents of their daughter, Samantha, who lives in Forest Hill with her husband, Karson, and their black lab, Carmy.

When Samantha was young, she kept her parents busy as they watched her in sports (golf, tennis), perform in marching band where she was a drum major, took her to Disneyland on a yearly visit, and helped her with her FFA (Future Farmers of America) activities during which she raised a lamb and a steer and rebuilt a tractor. The family vacationed in Hawaii for years where they had fun boogie boarding. And Tim, of course, taught her to cook.



Tim Levitt's catering students in 2023.



Daughter Samantha with husband Karson and their black lab Carmy in 2025.

In the 1990's, bungee jumping was all the rage. It involves a person jumping from a great height while connected to a large elastic cord. The launching pad is usually erected on a tall structure such as a building or crane, a bridge across a deep ravine, or on a natural geographic feature such as a cliff. Tim became a bungee jumping enthusiast to the point that he even jumped off of a hot air balloon and eventually worked for a bungee jumping company.

When she and Tim moved into SCR in June of 2025, Angela had been retired from teaching for 2 years, but Tim was still working at Lindhurst High School. Angela loves her free time in our Fitness Center and has joined the Drama Club, but her main preoccupation has been renovating their home. She finds her fellow residents to be "lovely people" and looks forward to pursuing more activities once the renovation is finished.

Tim gets up at 4:30 every morning to buy groceries for his students as well as for himself since he does most of the cooking at home. His teaching day starts at 7:55 a.m. in a classroom that has nine ovens. He teaches 86 students in four regular classes and one advanced class. He first got interested in cooking when he was younger and watched Julia Childs and the Galloping Gourmet on TV and his passion for cooking rubs off on his students as they learn the many ways to prepare eggs (over easy, scrambled, hard-boiled, soft-boiled, etc.), engage in projects

such as constructing gingerbread houses for the holidays, and master their knife skills. Some students get so inspired that they actually start cooking at home for their families.

Tim's cousin, Renelle Jorgenson, and her husband, Bob, were instrumental in getting Tim and Angela to move here. Renelle and Bob are both active in the Drama Club and invited them to see the plays they were in. So once they moved, both joined the Drama Club and even Tim doesn't have much time after he gets home from school, he found the drama club welcomed him and Angela with open arms.

This coming March, both are acting in a play, Love Connection Dot Com, about two sets of friends changing each other's dating apps' profiles with increasingly hilarious results.

Although he still finds teaching gratifying, Tim is looking forward to February 6, 2027 when he officially retires and can start expanding his love of cooking at SCR. He would like to cook for clubs and parties, is thinking about starting a cooking club and wants to join in more of the activities offered here such as pickle ball and bocce ball.

Angela plans to continue her love of reading. "When I was teaching elementary school," she says, "I became obsessed with children's books." She had more than 1,000 books when she retired and gave most of them away. So, she's hoping to find book clubs to join or maybe even start one of her own.

What does the future hold for Tim and Angela? Well, they have been to Hawaii and Paris, so they have now added the Caribbean to their bucket list as they make plans to cook up a great retirement, during which they will, no doubt, adhere to the words of Craig Claiborne, a well-known food editor, author, and restaurant critic for The New York Times—"Cooking is at once child's play and adult joy. And cooking done with care is an act of love."

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



Tim Levitt in Hawaii with his boogie board in 2025.

## Timber Creek Women's Golf Club

(cont' from page 19)

Gray retained her title as Club Champion (red tees), and Karen Shahoian had the best score (white tees); • We finished the year with the Holly Jolly Better Ball Tournament with the team of Lisa Giles, Raquel Godfrey, Mary Jorgensen, and Marsha Suter with the low net score.

Thanks to everyone who participated in the club events and made them so successful in 2025. On to the new year!

• • •

## Timber Creek Men's Golf Club

BY MIKE MURPHY

Warmest greetings from the Timber Creek Men's Golf Club! The weather has turned cold and foggy, but the course conditions are optimal. The greens are fast and true, and the fairways are in beautiful condition. If you haven't renewed your club membership, please do so by contacting Mark Gregson, our Membership Director, at 916-835-0107 or email him at [ma02bui@gmail.com](mailto:ma02bui@gmail.com). You can also leave a check in the lock box in the team room adjacent to the Pro Shop. If you are interested in joining the Timber Creek Men's Golf Club, give Mark a call or send him an e-mail. We would love to have you in the club!



Bob Pearsall (R) receives his embroidered golf bag gift from new TCMGC President Mike Murphy.

We held our annual holiday breakfast on December 3rd. It was a resounding success. Jeff Arbuckle was awarded our first annual Member of the Year Award, and our club champions were announced for both the medal and match play tournaments. Mr. Chuck Gielow was recognized as our 2025 putting

(cont' on page 22)



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### Timber Creek Men's Golf Club

(cont' from page 21)

champion. Our new officers were installed as well. For 2026 Jeff Dean will serve as Treasurer, Greg O'Neill will be Secretary, Rich Aug will be Vice President and Mike Murphy will serve as President. The club would like to thank Bob



**TCMGC Member of the Year Jeff Arbuckle (l) receives his award from 2025 president Bob Pearsall.**

Pearsall, our outgoing President. Bob served for 3 years as President, Vice President, and Secretary as well as two years as our handicap chair. He did an outstanding job in all these roles, and our club is grateful for his service. Well done, Bob! Our annual skills challenge was held after the breakfast, it was a very enjoyable event, especially for Mark "One Putt" Gregson who sank a fifty-foot snake to win the putting contest. Our next general meeting will be held in the Aspen Room in the main lodge on January 28.

See you in 2026!

• • •

### Golden Niners

BY KEN HANSEN

Anybody have a golf story to share? If so, don't be shy.

I had a golf buddy I was playing with one day who was ripping his drives right down the middle, but his putting was the worst. I said I don't usually offer advice, but if I were you I'd start putting with my driver.

We had an average of 87 players in November and 109 shared in the \$1400 paid out. The big money: Wayne Shinagawa \$35; Rick Robinson \$33; Jeff Mattimoe \$30; Stan DiOrio \$31; Fred Amador \$29.

The Player of the Month is actually a team. Dirk Fowler has a caddie, Kathy Fowler. Together they are the dynamic duo of Niner golf.

We have a new man, Joe Urrutia, to welcome to the club.

True story: Ian Mickel was a double amputee who lost his legs in a bike accident. He went to a pro shop to buy his best friend, Stuart, a present for his birthday. While he was there, the golf pro asked him if he would like to hit some balls. At first, he was reluctant but finally agreed to try it. Standing on the driving range on orthotic legs, 7 iron in hand, bucket of balls, he took a swing. He hit it well. Again and again he hit ball after ball. He was hooked. Soon he was taking lessons and playing regularly. His best bud, Stuart McWilliams and Ian played a bunch and made plans to play the Old Course, St. Andrew's. But before they could realize their dream, Stuart died of cancer. Undeterred, Ian brought Stuart's ashes

to Scotland. While playing the Old Course, Ian stopped at the 14th hole Hell Bunker and buried Stuart's ashes there in honor of his best friend, an avid golfer.

Happy trails to you until we meet again.

• • •

### Pickleball

BY MARILYN PLUTH

Ever wonder if playing Pickleball is for you? 2026 could be the year to find out! We've added new programs to help our members become more proficient in the sport.

Come to our monthly "Rookie Play Day," that will be resuming in March. This event is open to new members at a beginner skill level, as well as activity-card holding Sun City residents who just want to check the game out. We offer "Pickleball 101," as well as court time with players at your skill level. Plenty of seasoned members will be there to offer assistance and advice. Watch for our flyer in the club kiosk. Registration is required.

"Step it Up" lessons are offered to club members who are considered advanced beginners. Not ready to play the most skilled players? No problem. Attend this clinic to get more training on strategies and techniques to "Step up" your game. Registration is required.

New members are welcome to play on courts 1 and 2 during club hours. Or, join our "all play" rack system for a unique experience as you play against all skill levels.

\$20 membership dues are now being collected for 2026, and the deadline is January 31st. Checks only. Please drop in mail slot at

the pickleball courts shed or Mo Guinon's house at 4825 Winter Haven Way.

Check out our exclusive "Store" on the Pickleball club's Sun City website at [sces.org](http://sces.org) -> Clubs & Groups -> Pickleball Club. Purchase some great items with our club's logo. Click on the button marked "Store," and it will take you to our catalog. Happy shopping!

Club members be sure to sign up for the January 26 party, "Pickleball & Prosecco." Tickets are \$35 per person. Make checks payable to Pickleball Club and drop off at 6241 Rose Garden Lane.

• • •

### Croquet Club

BY JIM WILLSON

We hope everyone had a happy and enjoyable holiday season and your new year is starting off well.

The Croquet Club will continue to host four meetings accompanied by a catered dinner held on the fourth Sunday in February, May, August and November. During the last meeting, we elected officers for the 2026

(cont' on page 23)



**Louisa Maglione, Patrick Maglione, Susie Willson and Judith Shively.**

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## Croquet Club

(cont' from page 22)

calendar year. Three of our four officers return from 2025, playing musical chairs in a new seat: Patrick Maglione, President (formerly Treasurer); Susie Willson, Vice-President (new); Judith Shively, Secretary (formerly VP); and Louisa Maglione, Treasurer (formerly President). Our outgoing Secretary, Janice Shreve, earned a well-deserved retirement after eight years in the position. Many thanks for all her dedication and excellent work.

The sport of croquet was born in the British Isles in the mid-19th century and soon migrated to most other English-speaking countries. In the United States, manufacturers popularized a version of the sport that could be played on rough turf with lightweight, inexpensive equipment which many Americans have either played or are familiar with.

The more sophisticated sport of six-wicket croquet requiring heavier equipment, good lawns and a more intense sporting attitude was widely played in England and most Commonwealth countries but was rarely seen by Americans until the late 1970s. This, of course, is the professional version as played by our Sun City Roseville Croquet Club members.

Croquet as a public sport suffered a setback in the 1980s when the Boston clergy spoke out against the drinking, gambling and licentious behavior associated with it on the Common. Of course, our members refrain from any such behavior.

During the winter months, a frost advisory

cautions us to avoid using or even walking on the court until about 9:30 to avoid possible damage. Nevertheless, have fun and stay warm out there!

• • •

## Bocce

BY DAVID MOORE

As 2026 begins, January looks to be a quieter time on the bocce courts because of the weather.

But looking back on 2025 it was one of the busiest years ever. The two events with the most participants were the Spring Mini League which had a record 524 players and the Fall Mini League which had almost as many with 519 players.

For dedicated competitors who don't let temperatures in the 40s or 90s stop them, there were the winter and summer leagues.

Tournaments were held a couple of times a month most of the year including a Fun Tournament, Mixed Choose Your Partner, Women Choose Women, Men Choose Men, Battle of the Sexes, Last Chance to Qualify, Mixed Blind Draw, Men's Qualifying, Women's Qualifying and culminating with the Club Championship which determined Men's 2025 Champion Lynn Jones, Kenny Smith as runner up and Gregg Hutchison in third.

The Women's Champion was Diana Rischling, who was also best in 2024. Linda Fredricksen finished second and Medina

BBQ, Bocce Ole Party and Friendsgiving.

As one can imagine, hundreds of hours of effort went into making all of this happen. It is hard to know where to begin but if anyone deserves the title of Mr. and Mrs. Bocce it is Kenny and Debie Smith. Everything connected with the bocce club ran more smoothly thanks to their effort. Two other couples who put in huge efforts are Dwight and Joan Rose, who organize the mini leagues and Ken and Medina Lane who put on the tournaments and summer and winter leagues. Key leaders are also treasurer Mike Christy, secretary Melanie Faust and social director Becky Christophersen.

• • •

## Bridge Club

BY JOYCE WADE

Our holiday buffet followed by bridge play in the ballroom was a happy occasion. In 2026 bridge classes for beginners will be offered during the winter quarter on Wednesdays from 9:00 - 11:00 in the card room. Classes will begin later in January after sign-ups are taken at Courier days. If you have some acquaintance with the game of bridge, and would like to become a player, please consider signing up.

• • •



*Like most bocce social events, the Friendsgiving party at Sierra Pines was a sell-out.*



*Becky Christophersen and her team put on one of bocce's most successful events ever at the Friendsgiving celebration.*

Lane was third. Besides all the play there were a host of sold-out social events during the year including the January Brunch, the Spring Fling, Aloha Hawaiian

(more Club News cont' on page 25)



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# SCR Library News

BY ELIZABETH GUSTAFSON

Baldacci is starting a new series with *Nash Falls*. It features Walter Nash, a happy family man working in finance before he is recruited by the FBI to bring down the firm where he works that turns out to be part of an international criminal enterprise.

Ken Follet has another great saga for fans of his cathedral-building series. *Circle of Days* is set around 2500 BCE and immerses us in the everyday lives, loves and dramas of a large cast involved in building Stonehenge.

You can read about our other new books in the library article in the Courier and there are also printed copies of that article available in the library.

Please welcome our newest library monitor, Sharon Stanners.

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

New Books – Fiction: Baldacci, David - *Nash Falls*; Child, Lee - *Exit Strategy*; Evanovich, Janet - *The King's Ransom*; Irving, John - *Queen Esther*; Kashino, Marisa - *Best Offer Wins*; Packer, Ann - *Some Bright Nowhere*; Patterson, James - *Return of the Spider*; Roberts, Nora - *The Seven Rings*; Steel, Danielle - *The Color of Hope*.

Non-Fiction: Purnell, Sonia - *Kingmaker: Pamela Harriman's Astonishing Life of Power, Seduction and Intrigue* (Bio); Henderson, Bruce - *Midnight Flyboys: The American Bomber Crews and Allied Secret Agents Who Aided the French Resistance in World War II* (History).

Large Print: Baldacci, David - *Nash Falls*; Clancy, Tom - *Executive Power*; Follett, Ken - *Circle of Days*; Kellerman, Jonathan - *Coyote Hills*; Packet, Ann - *Some Bright Nowhere*; Patterson, James - *Return of the Spider*; Ridzen, Lisa - *When Cranes Fly South*; Steel, Danielle - *The Color of Hope*.

# In Memory –

## Audrey Marie “Grams” Gardetto”

October 26, 1930 – October 14, 2025

Audrey Tremper Gardetto passed away peacefully on Tuesday, October 14, 2025 at the age 95. Her memory will continue to shine for those that knew and loved her.

Born in Napa California on October 26, 1930 to John and Veneta Tremper, Audrey and her brother Leslie, grew up in both Napa and Scotia CA. She married and moved to Eureka CA and had three children but ended in divorce. She attended night classes in Eureka to obtain a high school diploma and secured a secretarial position at Aerojet in Sacramento CA in 1960. She later met and married her soulmate Edward and was accepted with open arms to the large Italian Gardetto family of Roseville CA.

Audrey and Ed were one of the first couples to move to Sun City Roseville in 1996. They enjoyed decades of traveling, holiday parties, 4th of July fireworks, neighborhood get together and club amenities. Audrey headed the Travel Club and Volleyball teams for many years. Also joined the Sun City Bowling League with an occasional score of 200 at age 93!

Audrey is preceded in death by her husband Edward and her son William Wood. She was beloved by her devoted daughter Cindy Pomares (Richard) and loving son John Wood (Peggy); three grandchildren; and seven great grandchildren.

A Celebration of Life will be held at her Sun City Roseville residence on 01/11/2026, 2:00pm. We would love for you to join us, please RSVP at 530-305-2600.



# Cribbage Club

BY BRUCE AHNBERG

Welcome 2026! We in the Cribbage Club wish all of Sun City a healthy and prosperous New Year. We welcome players of all levels to our games in the



Timber Creek card room every Friday from 1:00 to 3:00 PM. For a small stake, 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. We hold a monthly tournament the last week of every month. Winners go home happy, while the losers dream of “next time”. Come and join us for an enjoyable afternoon.

# Mah Jongg

BY BECKY MATSON

Happy New Year 2026! If you're thinking this is your year to learn Mah Jongg, lessons are being offered January 17 and 24. You must sign up by January 9. Please contact Pat Oberlander, the Mah Jongg Club's 2026 President, by text or calling 916-929-5582. Mah Jongg is a fun and critical thinking game and each game you play can be a different experience! Come and join the fun, you'll quickly be a pro!

We play Mah Jongg on Mondays 12:30 pm to 3:30 pm and on Fridays 9:00 am to 12:00 pm. Nametags are encouraged and fragrance-free, please.

The Mah Jongg 2026 membership dues

are \$15 and we will start collecting the dues January 5, check only, made out to SCRMJC.

It's also time to order our 2026 Mah Jongg cards. There will be a folder for each, in the Card Room every Monday and Friday during January with the January 30 being the last day.

The Standard-size cards are \$14 and Large Print cards are \$15. If you do not play MJ in the Card Room, you may mail or deliver your order and check (made out to SCRMJC) to: Jackie Spencer, 7613 Timberrose Way, Roseville, CA 95747. Checks will not be cashed until the end of January. Cards will be mailed to you in the spring.

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## Wrap Up the Holidays, Not the Landfill

BY CITY OF ROSEVILLE

As you enjoy twinkling lights, decorated trees, gift exchanges, and festive gatherings, remember that recycling helps keep the holidays merry while reducing waste. Here are some easy ways to keep things bright and responsible this season.

**Box it like a boss:** Turn those leftover delivery boxes into a mini fortress or simply flatten them for recycling. Drop them off at one of our cardboard recycling sites to save space and keep your bins under control. Please be sure to flatten your boxes, first.

**Sip, sort, and score:** Gather your empty plastic bottles, glass jars, and aluminum cans, then take them to a buyback center to reclaim deposits. Check which containers qualify so you can get the most from your recycling efforts.

**Tech the halls (responsibly):** Make room for new devices by recycling old electronics. You can drop off computers, monitors, and other equipment at the landfill or schedule a convenient doorstep pickup through our program.

**The great battery roundup:** Keep old batteries out of the trash by taping the ends and dropping them off at one of Placer County's designated collection spots, including locations right here in Roseville.

**Tree-mendous farewell:** When your holiday tree has served its time, give it a green goodbye. Cut it into sections for green waste

pickup and drop it off at a local site.

**Grease, please (not down the drain):** After cooking, store leftover fats, oils, and grease in a sealable container, like an old jar, and we'll pick it up for free. Keeping grease out of your sink prevents clogs and protects our waterways.

Visit [Roseville.ca.us/trash](http://Roseville.ca.us/trash) for detailed information on trash and recycling options in your area.

## AARP Tax Aide — Free Tax Returns

BY BOB EGGERTS

AARP Foundation volunteers will prepare and electronically file Federal and California income tax returns for low-to-middle income Sun City Roseville residents at the Timbers Lodge Club Room on Sundays. There is no charge for these services that are sponsored by the IRS and the AARP Foundation. Appointments are required and can be made by calling 916-741-0932 beginning

## SCR Foundation 2025

(cont' from page 1)

for scheduling. Holiday weeks or high-volume time, scheduling will take longer. If you feel it is an emergency, call the RFD.

Lights, smoke alarms and batteries are purchased by the Maintenance Program. Costs continue to increase. Residents are not charged for services or supplies. When you receive a Donation Request after the Maintenance Team has been at your home, it is to help subsidize and keep the Program going. No funding is received from the HOA. This program exists because of the generosity of residents.

Resident renters cannot submit Requests for Maintenance. If there is a home issue, only the legal Homeowner can submit the Request. It is also requested that the Program not be used for any maintenance work during a Sale or an Escrow of a home.

The Lobby Desk and Administration Office are not involved in Program specifics. If residents have questions, please call the Foundation phone line 916-774-9040 or go to [SCRFoundation.org](http://SCRFoundation.org)

We thank all committed volunteers and teams. With so many requests, volunteer team members are always needed. We invite anyone interested to contact the Foundation.

January 19, 2025. Appointments will be made for Sundays from February 8th through April 12th. This appointment line makes appointments for several sites in Roseville so if you want your appointment to be at Sun City, you must mention that when you leave your appointment request.

## ATTN: Retired Law Enforcement Officers

You are invited to join us for our quarterly meetings for some camaraderie, coffee and terrific guest speakers.

We were formed in 2002 and have approximately 120 members.

Please contact Chuck Schmidt, the RLEO Group coordinator at: [530cms@gmail.com](mailto:530cms@gmail.com)

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# Observations on Being Happy

BY MARTIN GREEN

It's a new year and tradition dictates that we discard the old year with all of its ills (and there were plenty of them) and look to make the new year a better one. So how do we oldsters do this? For some answers I of course went to Google, which has an answer to everything.

First and foremost is to maintain social connections. I've written about this before in connection with a Harvard study which confirmed this. The problem with us oldsters is that as we get older we lose friends and family and as we don't get around much any more lead a much more restricted life. I guess the answer is to keep up connections, even if it's only by telephone and e-mail.

Then Google says to stay physically active, again something that becomes more difficult as we age. Google also says to embrace new technology. Actually, we have no choice but to do this as we now depend on computers, laptops iPads and of course iPhones for much of our daily living. The trouble, as has been noted here, is that all is fine as long as our technogadgets are working but if they don't it's a disaster. So, I can't say I've embraced new technology, just that I've tried to keep up with it.

I've suggested here that it's good to have some goal in your life, a limited one that you can achieve. Others have suggested having a pet or pets and I know my life has been enriched by having a cat or cats and I wish I didn't feel I was too old now to get another one.

Then there's another thing. I've recently made the donations from the fund I set up in

my wife Beverly's name. Beverly was a skilled watercolor artist so there's a donation to a Roseville art group. She also enjoyed singing and was for many years a member of the Sun City chorus so there's a donation to a choral group. As I've mentioned we had cats for many years so there's a donation to the Placer SPCA. There are also donations to Meals on Wheels and the Placer Food Bank, which help provide food directly to people.

I mention this because after I've made these donations I find that I feel pretty good and I don't think it's just the self-satisfaction of thinking "Boy, am I good guy." So I once again went to Google and found that there are reasons that giving make you feel good. To quote: "It activates the brain's reward system, releasing 'feel good' chemicals like dopamine, serotonin and oxytocin which create a sense of pleasure and well-being known as the 'helpers high'."

There's more. Giving reduces stress and anxiety and contributes to a longer and healthier life. It can even reduce your blood pressure. I don't know if it can make you taller and grow new hair but all that's good enough for me. Giving not only benefits the charities and organizations I give to but also benefits myself. I'll consider increasing the Beverly Green Fund's contributions in the new year. Giving will also continue Beverly's legacy.

So now you know how to make the new year better for you---and for others. Give what you can. Happy 2026.

*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*

## SUN SENIOR NEWS CLASSIFIEDS

### SERVICES

**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.

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**FOLSOM QUILT & Fiber Guild** "Ruby Celebration Quilt Show" • February 6-8, 2026 10AM to 4PM Daily. Admission \$10 and Children under 10 are FREE. Folsom Community Center. 52 Natoma Street, Folsom, CA.

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.

**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:

- ◆ 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

**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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**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.**



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