

SUN SENIOR NEWS

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Gil and Nanci Woody — The Epitome of Creativity

BY JENNIFER (JEN) MARTIN

Albert Einstein once wrote, “Creativity is intelligence having fun.” If that’s true, then Gil and Nancy Woody, SCR residents since 2020, are two of the most fun-loving people on the planet.

Their creativity reveals itself in Woody’s stellar musical compositions and Nanci’s award-winning written works and in the musical they wrote and directed together—Hello to Life!—which was performed at the 24th Street Theater in Sacramento in 1995.

Nanci was born in Paxton, Illinois, in 1939, a small town surrounded by cornfields in every direction. She had four older siblings. Paxton offered Nanci a quiet place to ride her bike, master roller skating, and enjoy reading books. She attended Paxton High School where she was on the yearbook staff, was Homecoming Queen, and played basketball. After graduating in 1957, she earned a



Nanci and Gil Woody

scholarship to a teachers’ college and attended Eastern Illinois University where she majored in Business Education.

While a senior in college, Nanci married and gave birth to a daughter, Teri who currently lives in Palo Alto with her husband. After graduating from college in 1960, Nancy taught high school in Peoria, Illinois—typing, shorthand and bookkeeping—before moving with her husband and young daughter to Sacramento where she worked as a secretary for one of California’s assemblymen. Soon, an opportunity at American River College (ARC) opened for her to be part of a federal government retraining program for unemployed adults (Manpower Development and Training Act – MDTA. From 9am to 3pm each day, she taught business math, accounting, business correspondence, shorthand, filing, and adding machine skills.

When a full-time position at ARC opened up, Nanci became the youngest teacher on
(cont’ on page 21)

SCR Foundation 2026

BY ELIZABETH JARRETT—SCR Foundation Board Member

Another great turnout for the first Bingo of the year! We hope you had a fun time and for those that won, congratulations! The next Bingo is Sunday, July 12, 2026. Pre-sales will begin July 1, 2026 during Courier Days from 8:00am-11:00am and to reward you for getting up early, we’re giving you a blackout card. Stop by the table at Courier Days, Wednesday, July 1st between 8:00 am & 11:00 am to purchase your pre-sale game tickets. \$20 for one 15 game pack & \$25 for two 15 game packs. You can also purchase your Blackout cards for \$2. Doors open at noon and you can purchase your bingo cards then as. We hope to see you there.

“Save the Date” Mark your calendar for the 2nd Annual Dinner & Horse Racing Fundraiser on May 20th being held in the Timbers Ballroom. More information to follow. All proceeds generated from the fundraiser will go towards projects benefitting the community.

As you are all aware, our Board of Directors is comprised of volunteers. We will have several openings this year and are actively recruiting volunteers. Please join us on any 2nd Friday of the month at 9:00 am in the Card Room at the Timbers. It’s a great way to learn what the Foundation does for the community, as well as you’ll have the opportunity to discover where you might fit in.

(cont’ on page 26)

Drama Club

BY LENORA DAVIS

It is now a month into the new year and I hope it is going well for you. Are you exercising more and eating healthier? This year I decided to make it a goal to try new things, make new friends, and travel more. I moved here for that reason and this girl just wants to have fun whenever possible. Enter stage left...the Drama Club. It is always fun, interesting, and offering new opportunities to learn new skills and make new friends.



Directors Susan Glover, Donna Stephens and Jennifer Martin.

Our casts and crews are a tight group and are working hard together to be ready to perform for you at our production on March 24 and 25. We are always seeking to improve the audience experience and will be trying a new variation of our Cabaret seating at Sierra Pines for this show. This approximate one-hour production will consist of 3 sketches:

- Your Girlfriends Know Too Much
- Backfire
- Love Connection Dot Com

Our Council has been meeting to finalize coordination details. In addition to guiding our casts, our directors meet with stage, lighting and sound crews to discuss visuals and sounds during the performance. After many detailed discussions, it all comes together. We know you will be pleased.

Remember—this performance is at Sierra Pines, where seating is limited, so get your tickets early. They will be available beginning at the March 1 Courier Day, or from any club member after that. Tickets will NOT be available at the Activities desk. For information, contact our president, Susan Glover (530-388-6367) or myself, Lenora Davis (707-350-1357)

...

Harmonicoots

BY JO ANN STOOKSBERRY

February brings us the shortest month with many cold days, more time indoors, and a long holiday weekend honoring Presidents Day.

(cont’ on page 5)



Drama Club Council

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welcomes announcements from social clubs, charitable organizations, non-profit organizations, local government and community events. Also, editorial contributions as well as articles, cartoons and photographs are welcomed and considered for publication. Submissions should be 300 words or less and due by the 15th of the month for the following issue, unless the 15th of the month falls on a weekend or holiday, please submit prior to the 15th, or by the Friday before the weekend. Please submit via email to: SunSeniorNews@gmail.com

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

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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT & RON MASCIOVECCHIO - PROGRAM COORDINATORS

Citizens Patrol 2025 Report Card — Citizens Patrol and Neighborhood Watch are sister programs committed to keeping residents safe, crime low, and property values high. Citizens Patrol is aligned to that mission with three primary endeavors.

First, we provide a high visibility deterrent. Sun City has earned, and we try diligently to keep our reputation as a community with its “eyes and ears open and its antennae up.” Delivery people, contractors, gardeners, etc. see us drive around and the word spreads. When these people see our vehicles out patrolling day and night, they think twice about creating an issue in Sun City.

Secondly, we try to minimize opportunity, such as open garage doors. Thieves can jump out of their cars, grab something from your garage, and be gone in less than a minute. We are also mindful that an open garage door may be an indicator of a medical emergency. We

also monitor security measures, such as city street lights and lighted house number boxes.

Third, we look for suspicious people or vehicles. When we see them, we call the police. That is something we all can do, and should do — “See Something... Say Something.” Our safety, crime rates, and property values could only be affected in a positive manner.

So, how did we do? As you look over our 2025 stats below, please keep in mind that these successes were achieved by your friends and neighbors who volunteer their time to meet the mission of Citizens Patrol and perform these duties. Our mission would be impossible to reach without them. We hope that more individuals will be ready to volunteer this year by becoming a Citizens Patrol volunteer — once a month is all we ask.

We are giving all Citizens Patrol Volunteers an A+ and a huge Thank You for your service!

- 198 Lighted House Number Boxes Found broke or not lit
- 1 Flashing Porch Lights Found with no emergency
- 4 City Street Lights Found Not Working/Lit
- 85 Couriers delivered to Shut-Ins
- 2 Calls to Police on Suspicious Circumstances/Persons
- 2880 Volunteer Hours Patrolled – Day & Night
- 1098 Shift Captain Hours 2-1/2–3 hours per night volunteered to assist our Citizens Patrol Drivers. And last, but certainly not least ...
- 1188 Garage Doors Found Open – That’s Right – over 99 per month! Residents are remembering to close their garage doors.

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Jan 1, 2025

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Harmonicoots

(cont' from page 1)

Speaking of Presidents Day, some U.S. Presidents played the harmonica. Abe Lincoln, Calvin Coolidge, Ronald Reagan, and Jimmy Carter were known to blow a few tunes on their mouth harps. One of these U.S. Presidents took the stage with Willie Nelson and B.B. King at a concert to feature his skills. Can you guess who?

The rock scene in the early sixties gave us Dylan, Wonder, Springsteen, and Lennon who gave the harmonica a “bluesy” sound in pop music. This popularity led the harmonica to be the number one best selling instrument with three million harps sold in 2019.

The Guinness Book of World records report the largest harmonica ensemble was held in Hong Kong in 2009 with over 6,000 players. They played for seven minutes straight accompanied by a string orchestra. 15,000 guests gathered to listen to the symphony.

But you don't need to travel to Hong Kong to hear a great harmonica sound. Just come to the Sun City Lobby on Thursday, March 12th at 5:30 - 6:30. We will be playing and singing along to St. Patrick's Day tunes!

If you or your club or group would like us to play for you, call Jo Ann Stooksberry at 916-749-4425 at least 4 weeks in advance.

Why not become a Harmonicoot this year? You could be like Jimmy Carter and someday play a duet with a rock star! Come to the Pines on Thursdays from 1-3 and see what we are all about! We will rock you!

Harps Up!

• • •

Singers

BY JACKIE PROETT

It's February and now that you have finished the last of the Christmas cookies, eaten the last bite of candy, Christmas or otherwise, munched away at the frozen pies and other Holiday goodies, here comes Valentines Day and chocolate on your mind. Come join the Singers, we meet every Monday, 2:30pm back of the Ballroom. We will hand you a folder of Valentines, or the only thing better than chocolate, Music! This is the music of our June 1, Spring Concert. You may meet with us three times before paying dues. This music will be from the Sixties, Seventies and eighties and we have four months to prepare. Besides

music, you'll find a whole packet of new friends.

The Singers love parties almost as much as concerts, so our wonderful Hospitality Committee will be coming up with some fun ideas for entertainment. Just think, you will not only be filling your time, but will also be filling your Calander. Join us!

The Singers came trooping back to rehearsals in January after our long Christmas nap. We were welcomed back by our terrific Director, Paul Melkonian and equally terrific new Accompanist, John Hazelrigg. These two helped us to give one of our very best concerts.

So now, it's back to work again, learning new music, preparing and enjoying. Again, for newcomers who like to sing, who like to escape the world news, who want a happy place to hang your hat. Come join us. We have a seat waiting for you!

• • •

Dance Club

BY VIKKI CLARK

The Sun City Dance Club is a vibrant community organization dedicated to bringing together residents for fun, fitness, and fellowship through the joy of dancing. Located in the heart of Sun City, the club hosts various dance events throughout the year, offering a welcoming environment for people of all skill levels to enjoy. Each class is designed to foster social connections, promote healthy living, and provide a fun way to spend time with friends and neighbors.

2026 started off with a Country Couples & Line Dance Social on January 19th. Dancers rotated between easy to learn & do line dances to Country Couples dances. It was a fun time for all.



Charlie Baughman and Linda Vincent

February 16th will bring the President's Day Dance, with a Red, White & Blue theme. This will be open to all residents, and will be a regular, free-style dance. Get your tickets now at your dance classes, or tickets will be available at the door.

Beyond the social and entertainment value, dance offers numerous benefits for physical and mental health. Dancing is an excellent form of cardiovascular exercise, improving heart health, endurance, and flexibility. It also helps with coordination and balance, which is especially important as we age. Dance is known to reduce stress, boost mood, and enhance cognitive function, making it a holistic activity that nurtures both the body and the mind. For those looking to improve their fitness, dancing can be a more enjoyable and engaging alternative to traditional exercise routines.

Please visit the Dance Club website to view times of classes, events, and pictures.

Hoping to see each of you at one of the events or dance class!

• • •

Music and Laughter

BY JANE BOHN

Hooray for talented performers who arrive to perform at our “Open Mic” format allowing music, laughter, and sing-a-longs, to



Rebecca and Dennis Hellman

continue lifting our Spirits. Here comes a huge thank you to our performers, Jan Given, Joe Given, Ken Roberts, Rebecca Hellman, Dennis Hellman, Peggy Wells, Carolyn Winter, Jean Duffin, Ed Lick and Jan Montero. Needless to say, everyone enjoyed another fun filled hour of entertainment. Congrats to our exuberant prize winners: Ed Lick, Irwin Perry, Dave Hammer and Karen Bell. We are grateful to

all our helpers, Lily Safdie, Jill Aggersbury, Carolyn Winter, Doug Hull, Ken Roberts and Dennis Hellman. We could not function without all your help and support. If you have not attended our group, we hope you'll ask around and come join us at our next gathering Wednesday evening February 10th at 7pm. Doors open at 6:30. Your cost is a whopping \$1 donation for raffle at the end of the show. For you newer folks we gather at our other lodge; Sierra Pines Lodge, located on the corner of Del Webb Blvd., and Whistlestop Way. Here's to more Music and Laughter in 2026!!

• • •

Square Dance

BY KRIS KNUTSON

The reason our square dance club meets on Mondays is because it's just the best way to start the week. You see square dancers like to fool Monday, it arrives stiff, grumpy and even blue. So, we circle up and tell it where to go. By the third do-si-do, Monday forgets to complain. By the final swing Monday is clapping and smiling to the beat nothing straightens out a crooked week faster than making Monday promenade left and bow to its partner.

If you'd like help with your Monday, you're welcome to come by Kilaga Springs (1167 Sun City Blvd Lincoln) of course on Monday from 1:00-3:00 pm. We dance mainstream and plus levels at that time. Tuesdays 3:00-5:00pm is Advanced Squares and Thursdays 1:00-3:00pm Round Dancing.

For more club information visit our website selhsquares.weebly.com. All Square Dancers welcome.

• • •

Needle Arts Club

BY PEGGY VOAKES

Our January meeting was well-attended and I loved getting back together with you all after our December break. Your Council has established a new volunteer position to help our hard-working Newsletter Editor Gail Miller publish all the info we want/need to know. Susan Fisher, a quite new member, instantly stepped up to become our Community Events Reporter! Susan will search the internet and gather information about upcoming events we may be interested in attending. If you belong to a quilting or knitting guild or are aware of

(cont' on page 7)

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Sunshine Services

BY LINDA CILENTI

This month, we want to again highlight our Sunshine Services programs, we want to take a moment to remind everyone, “We’re Here to Help.”

Medical Equipment Loan Program: If you need a wheelchair, walker, cane, knee walker, crutches, or ice machine for a short period, call us at 916-960-8091 and leave a message. A volunteer will return your call to arrange to meet our Medical Equipment storage unit. If you’re not sure if we have what you need, feel free to ask!

Arrow Discounted Ride Tickets: Arrow, operated by the City of Roseville, offers convenient door-to-door transportation with smaller, wheelchair-accessible buses that comply with the Americans with Disabilities Act (ADA) standards. Sunshine Services sells these tickets at a friendly price of \$10 each. A full-price ten-ride ticket purchased through the City of Roseville would be \$25. If you’re interested in buying a ticket, call 916-886-7008. After you have your ticket, ride reservations are made by calling the City of Roseville Transit Office at 916-745-7560.

Personal Care Home Items: We’ve received donations of new personal care items, including towelettes, adult briefs, and underpad bedding protectors. If you need any of these items or would like to donate, please call Sharon at 916-261-1181. She’ll be happy to inform you about what’s available and can assist with pickup or delivery if needed.

Cover-ups/Adult Bibs: A big thank you to Needle Arts for providing the materials to make our adult cover-ups and bibs! We’re busy sewing and currently have a limited supply available for just \$10 each. Be sure to check out our display during Courier Days!

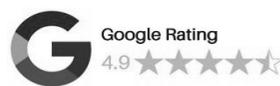
Adult Bereavement Support Group: Meets on the first Tuesday of every month from 10:00 AM to 11:30 AM in the Timber Lodge Card Room. For more details, you can contact Kate Craig, LCSW, Sutter Health at Hospice, at 916-918-3025.

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 January 19, 2026. 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.

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Needle Arts Club

(cont' from page 5)

shows, sales, etc., you can let Susan know and she will pass the info on to Gail. We are always working a month ahead on the newsletter, so the sooner the better! Susan's number is 916-539-5132.

Our January program with Roseville Police Department Detective Christena O'Shea was full of valuable information that all in attendance were grateful to have received. In addition, Detective O'Shea was a delightful presenter. Thank you to Diane Gard for the suggestion and to our VP Linda Nelson for making the arrangements.

By Association rules, our room is required to be open to all residents of Sun City every Monday, some holidays excepted, from 9:00 AM until noon. If you are curious about what Needle Arts has to offer, please stop by. A member will be on hand to answer your questions! This requirement is the reason we ask you to sign up to be a Room Monitor. If you missed the sign-up sheet at the meeting, it is located on the window shelf in the Needle Arts Room.

If you are reading this prior to Wednesday, February 4, our February meeting will be on that day, 1:30 PM, in the Ballroom. Guests always welcome. I hope to see you there!

• • •

Fine Arts Club

BY NANCY VAVUL

February is the month celebrating love, and we're loving the news and events we can share today!

Congratulations to our talented members Steve Walters, Barbara Kemp, and Pat Abraham for being selected to exhibit their stunning works in the California Watercolor International Association exhibit for 2026. This prestigious exhibit will run from January 31 to March 15 at Arts Benida in Sacramento. We are proud to have such exceptional talent representing our club!

This month in the Fine Arts room, we will showcase nature-themed works submitted by our members, alongside pieces completed in Marie Winkler's class the card room will feature the works of Nancy Vavul. It's a wonderful opportunity to appreciate the beauty of art and nature through the eyes of our own local artists.

We are excited that our annual art show gala will be held March 13, 14, and 15 in the Timbercreek Lodge. Our finest art will be on display, accompanied by a fundraiser for Acres of Hope, along with live music and wine to enhance the experience. Be sure to mark your calendar for this once-a-year event!

On February 12, join us for our general membership meeting, where Joie McClements will present her unique oil painting style and techniques. Don't miss this chance to learn from her expertise!

A full schedule of classes will continue

this month, with Donna Self teaching oils and acrylics, Renee Hawkyard leading watercolor, Maria Winkler focusing on colored pencils, Pat Jordan guiding drawing, Susan Edie teaching oil and acrylics, and Sherry Bleiweiss exploring alcohol ink. Remember to check the art room, the Spotlight, or the website for class schedules and times, and to visit the art room to sign up and pay by check.

Let's make this February a month full of creativity and inspirations.

• • •

Stamp Club

BY TIM MILES

We're into 2026 and are back to our standard routine. Our meetings are usually twice a month on Tuesday nights at 6:30 pm at the SC Roseville Lodge (7050 Del Webb Blvd). We're usually finished by 8:30 pm.

Our February meeting nights are the 10th and the 17th due to Lodge booking commitments. The March bookings are not set up yet, as of this writing.

We are the oldest stamp club in No. California as far as we can determine.

Our meetings are packed with exhibits, access to a dealer or two, any kind of supply for the philatelic collector at reduced prices to standard costs (sheets, pages, albums, protectors, etc. We have door prizes and drawings, games, and a lot of fun.

Our \$20 dues for 2026 are now being solicited.

Please note that, from time to time, we have "open garage" meetings at Al Capparelli's

house, during which you can specifically add to your collection. The dates for February are the 19th and 20th. Call him (916-771-8288) to book an appointment.

Make sure that our secretary, Lee Coen (leejcoen@gmail.com) has your email address as his emails are more timely than any of the other methods we use to communicate with you.

As we always say, if you have an "old" stamp album lying around your house, come to a meeting (no charge) and we can appraise it for you, as to current value. We have a full set of stamp catalogs at all the meetings.

• • •

Socrates Café

BY STEVEN GUSTAFSON

Our discussion last month was on "Time." Do you remember the TV Soap Opera "Days of Our Lives"? It opened with a picture of an hourglass as an announcer said, "Like sands through the hourglass, so are the days of our lives."

Our volunteer discussion facilitator had several questions for discussion inspired by an hourglass (she brought one!).

One question was based on a poem that said in part "I have only just a munuite.../ Didn't seek it, didn't choose it. / But it's up to me to use it..." The question was roughly "Am I obligated to make good use of every minute life gives me?"

Another question considered the importance of leisure time, as in "If you

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- 4 Many of our schools haven't had a major update in 50+ years.
- 5 Developer fees only build new schools, they can't fix old ones.
- 6 Small Problems today become expensive emergencies tomorrow.
- 7 The state helps, but only after we invest first.
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- 9 Our students learn real skills for real jobs.
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Share your story. Tell us what these schools mean to you on social media, at school events, or by emailing the district or your school board trustee. Every story helps our community understand why strong, safe schools matter.

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Visit the District's Facilities Needs page to get project updates and details about what our schools need: wpusd.org/departments/administrative-services/facilities

Call the Facilities Clerk: **(916) 645-5100**

Socrates Café

(cont' from page 7)

enjoyed the time you wasted, then it wasn't wasted time."

The final questions were "How should we seniors use the time we have left? Should we reward our life of work by now doing the things we enjoy?"

Should we mostly step aside and make way for the passion, fresh ideas, and vigor of younger generations? However, our experiences over a long life have given us wisdom and insights that younger generations lack---don't we have an obligation to continue providing inspiration, advice, and leadership?"

Socrates Café (usually 15-20 of us) meets at 10:00 on the first Monday of the month in the Timbers Lodge (usually the Aspen-Birch rooms). If you find questions such as those above intriguing, you are welcome to join our discussions.

• • •

Meditation Group

BY ED CERVANTES

The SCR Heart of Gold Meditation Group cordially invites you to 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 increasing insights, inner peace, and happiness. Join us for a wonderful hour of meditation, music, refreshments, and good company. The program is donation based and the meditations will be practiced seated in chairs.

Bring a friend and come make new ones.

Here are the dates and locations for our upcoming meetings.

Wednesday, February 11th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

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

Friday, March 13th 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

• • •

Solo Friends Group

BY NIKKI COMBS

Solo Friends member Eileen Van Ess kicked off our 2026 General meetings with an Overview and Update of Social Security. The history of Social Security and the changes to the program through the years were very interesting. Eileen pointed out the times Congress attempted to fix and expand the benefits. She also explained where the tax revenues are invested or withdrawn during good and bad funding years.

Eileen stated how the press is sending the wrong message about Social Security running out of funds. In actuality, the reserves are being depleted through less payroll taxes supporting the program. If Congress does not act, the benefits will be reduced to 81% in 2034. This means recipients will see a 19% reduction in their monthly payments. Eileen recommends AARP for a good source of information about Social Security. She is also available to answer questions.

Beginning in February, directly after the General meeting (Monday, February 2, 6:00 pm in the Timbers ballroom), Eileen will begin a series of workshops dealing with finances. The topic for the first meeting will be Budgeting. Eileen is open to holding workshops on whatever topic members are interested in.

January 31 was the last day to pay dues. Anyone delinquent will be removed from the roster and cannot participate in any Special Interest Group such as games and book clubs, or the monthly Social Dinners. If you have failed to pay dues, please get a check made out to Sun City Solo Friends Group for \$15.00 to Membership Chair Roberta Simpson. There is a secure drop box on her front porch at 7404 Apple Hollow Loop. You will need a membership form and must include your Sun City Activity card number.

With 255 members, Solo Friends are looking forward to an active and fun year.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Karen Levine for leading the Shabbat



(Sabbath) Friday night service and to Lois and Randy Arlen for hosting the Oneg (a sweet table following the Shabbat service) in December.

We ended the year in December with our Hanukkah dinner at Sierra Pines with traditional foods of brisket, latkes and jelly donuts. The menorah was lit, and the Hanukkah "Rock of Ages" song ("Maoz Tzur" in Hebrew) was sung. The installation of the JFC Board officers and council was eloquently presented by JFC member, Vivian Friedman, who thoughtfully expressed words of appreciation for them.

Our annual Lox and Bagel Brunch will be on February 8 at 10:00 am at Sierra Pines. This brunch is free to all paid-up JFC members with their annual membership dues of \$12.

We will have a Wine and Cheese event on March 15 at Sierra Pines.

The Book Club is taking a hiatus for now.

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

What is TuBiShevat?

TuBiShevat is a Jewish holiday that is also known as the "New Year of the Trees". It is celebrated on the 15th day of the Hebrew month of Shevat which usually falls in January or early February. In Israel people plant trees to celebrate the holiday and to symbolize the reclaiming of land for agriculture. People around the world plant trees to honor loved ones or in memory of friends. A traditional TuBiShevat meal is called a "seder", which includes eating various fruits and nuts from trees, along with wine or grape juice of different colors.

• • •

Healthcare Professionals Group

BY LINDA GORDON

The Healthcare Professional Group had our largest ever Luncheon Meeting on January 5 with 38 people. SCR Resident Renelle Jorgansen spoke to us about "End of Life Decisions & Care" and the functioning of an "End of Life Doula." Her very lively presentation was both informative and entertaining. We all learned so much useful information.

Our next Luncheon Meeting will be on

March 5 featuring Diane Wilson, a Health and Wellness Chaplain, Certified Bereavement Companion, and credentialed Adult and Child Development Educator. She will speak to "A Life Worth Living, A Legacy Worth Giving." Our Spiritual Legacy is a gift we leave behind after our well-lived lives.

The Healthcare Professionals Group is a social group of SCR residents who have worked in any way in the Healthcare Field. We 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. Guests are welcome. We ask everyone to RSVP.

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 February 11.

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

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Conservative Action Group

BY SHERRI SCOTT

Our January meeting featured speaker Heidi Matzke, the Executive Director of Alternatives Pregnancy Center in Sacramento. APC is a licensed religious non-profit medical clinic offering free medical services to women with the primary focus as a pregnancy resource center.



The clinic has been in existence for 44 years and has evolved into a full-fledged

(cont' on page 11)

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Conservative Action Group

(cont' from page 9)

OBGYN Center where complete medical care from pregnancy tests, prenatal care and adoption are provided to women who choose to give birth to their child. In addition, gynecological care, STD testing and treatment, HIV testing and referrals, and abortion pill reversal are also offered. Educational classes are available to women about abortion, contraception, and parenting. The clinic provides abortion recovery classes to those with the emotional issues surrounding the procedure, especially after a self-induced pill abortion normally takes place in a private non-medical location. Many meeting attendees did not realize the hardships, danger, and mental toll that happens to women when they opt for abortion. Abortions are not provided or referred for by APC.

As the Executive Director of the clinic, Heidi was thrust into the political world when California, through the passage of AB775 in 2016, required all pregnancy clinics to offer abortion services. As a religious organization, the APC sued the State which went all the way to the Supreme Court. The Court overturned the law in 2018. Because of Heidi's experience in California, she was also asked to testify in a Senate hearing after the Roe v. Wade decision. We are in a politically charged environment about abortions that compromises rational medical decisions about birth.

APC welcomes tours of the clinic located

on Folsom Blvd., Sacramento. Tours may be booked and for more information and donations, email alternativespc.org

Our next meeting will be held on Monday February 2 at Sierra Pines at 6:30 pm.

• • •

Computer Club

BY BARBARA EICHTEN

There will be no computer club meetings in the future. Genealogy will be on Thursday February 12, 2026 at 2:00 in the Club Room.

Photo SIG will meet on the third Friday, February 20 at 10:00 in the Club Room. Come to the meeting and see how the Photo Sig (Photo Club) does things. Only Photo SIG members will submit photos for the monthly contest. Submission of a maximum of three (3) photos sent to PhotoSIG916@gmail.com is due by Monday, February 16, 2026. The photos are judged at the regular monthly meeting. February's theme is "Textures." The time frame is within the last three years (2024-2026).

Contact Carmela Kube for further information.

OPEN SESSIONS will be at 1:00-3:00 in the Club Room on February 6, 13, 20, and 27. These sessions are to assist individual residents with their iPhone, iPad, or computer. For further information, call/text Barbara Eichten (901-626-9821) or email barbaraeichten@gmail.com

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Travel Club

BY PAM SCHEEL-HEMINGWAY

February brings a lull in our travels, but anticipation is building for those venturing across the globe for our 3 scheduled trips in March. Spring is coming and we're ready to take off!

Vice-President CJ Johnson hosted a training session for Trip Coordinators and Group Leaders. We're fortunate to have such a dedicated group of volunteers to work with our travelers!

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 1, 2026 (OAT)

Chicago and Mackinac Island: April

30-May 8, 2026 (Collette--note date change!)

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

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

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

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

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

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

Wonders of Thailand: January 14-29, 2027 (small group trip--Collette)

See the Travel Club web page on the SCR web site for details on all trips. Click on the "Trips" button for links to the flyers for all available trips.

The Travel Club meets the 4th Monday

(cont' on page 13)



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You are not alone. Nearly 38% of the world's population suffer from debilitating back pain. And even more unfortunate, the surgeries recommended to fix you have such a high failure rate that there is a medical term for it, Failed Back Surgery Syndrome (FBSS). FBSS comes with a whole host of symptoms that often make life more difficult than it was before you opted to have surgery and include persistent pain that can affect not only the back, but the neck and limbs as well.

"For our 45th anniversary our children gifted us an Alaskan cruise," shared Max G. of Wheatland, "It's the trip of a lifetime! But while the excitement of exploring the Tundra Wilderness was almost too much to bear, so was my back pain. I've had two failed surgeries and my surgeon keeps pushing for another. One of those fool-me-once situations, but I also didn't want to spend 10 days in a cramped cruise room miserable and taking pain pills."

Not all hope is lost however. We specialize in treating back pain. Whether it's from a disorder, repeated injury, osteoarthritis, or something more complex like FBSS, we are helping people live lives free from pain!

Our patients are typically individuals who have been told they should have surgery but would either have a difficult time going under the knife or have tried that route with little success and decided to explore other options. There is more to healthcare than prescription pills and scalpels. By offering several integrative therapies at Lincoln Acupuncture we are able to combat and treat your pain from several angles ensuring the possible outcome.

We have pioneered non-pharmaceutical, non-surgical innovative medical solutions that not only address the back pain itself, but its cause as well.

Acupuncture has been used for thousands of years to reduce inflammation, increase blood flow, and stimulate the release of endorphins, the body's natural painkillers. To expedite this process, we integrate a targeted microcurrent therapy called ATP Resonance BioTherapy™. This technology was originally developed by NASA to expedite healing and recovery.

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"If you would've asked me 3 months ago if I thought I would feel this good after acupuncture treatments, I would've told you, you're nuts! But I'm a believer! My wife and I are currently booking excursions for the cruise and I'm actually looking forward to it. Before I would've been hesitant to even schedule something like dog sledding knowing my pain was through the roof, but now I can't wait! Obviously I have my kids to thank for this trip but I can't help but take my hat to the team at Lincoln Acupuncture because those ladies are the reason I'm going to truly enjoy this trip."

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Travel Club

(cont' from page 11)

of most months at 3:00 pm in the Ballroom, our next regular meeting is February 23, 2026, with Kevin Haas from OAT scheduled to speak. Remember to bring any unwanted travel items (in excellent condition) for the "back table." Donated items are free to attendees on a first-come basis, so check the table as you arrive!

• • •

Veterans and Patriots

BY ELIZABETH JARRETT

It's February and Heart symbols for Valentine's Day are everywhere. It is also Heart Awareness Month which is a highlighted time to build knowledge about heart health.

In Veterans and Patriots, you do not have to look far to see Members who share their Hearts and gifts of Service with the Club. Whether it is picking donuts up, getting coupons for raffles, managing the Service Flags, taking pictures, serving on the Council or being an Officer, and many other tasks, our members continue to demonstrate a Heart for Service.

V & P was created to support resources for Veterans. It was not formed or Chartered as a political Club. Therefore, it is non-partisan. As in any group, there could be a difference of perspectives or opinions within Membership. Just as it is required in Military Service, we will continue to work together and remain committed to our Mission and Purpose which is to support resources for Members.

Originally the Club was only for Veterans. As the number of Veterans decreased over time, Membership opened to anyone that self-identified as a "patriot." Current Membership is approximately 50% Veterans and 50% Patriots. Membership is made up of Veterans, widows of Veterans, retired law enforcement and any other residents that feel connected to the Mission and Purpose of the Club. All residents are welcome.

Wednesday February 4 is our next General Meeting at 10 AM in the Ballroom. We will have a very relevant speaker from ACASA who provides in-home caregiving. ACASA is also a VA Contractor who can assist Veterans or surviving spouses to obtain earned benefits for in-home care. We work to provide useful presentations and information that support Members. We welcome input. If you have

ideas about future topics, please let us know (ejarrettmft@gmail.com)

Happy Heart Month.

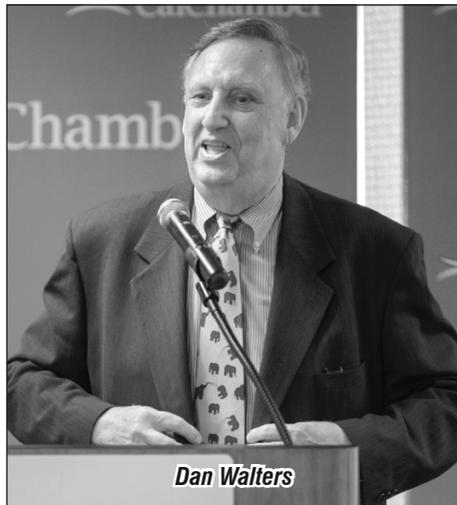
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Democrats Group

BY MARTY BOYER

A slate of terrific speakers should motivate Sun City Democrats and others to work toward the Primary and Midterm elections and a hopefully more stable balance of power next year. Following a scheduled enlightening presentation in January by David Lowe and Ryan Lillis, General Manager and Assistant General Manager respectively of KVIE-TV, PBS' Sacramento affiliate to discuss providing quality programming post-defunding, we will dive into politics.

Legendary political columnist and pundit Dan Walters will make his second visit to our group at the February 25 evening meeting to preview the 2026 Governor's race. About 100 attended Walters' first presentation to



Sun City Democrats and rewarded him with a resounding ovation. They were drawn by his 50 years in the news business, including his long-running Sacramento Bee syndicated column, and he delivered. He now writes about California issues and politics for CalMatters.org. Meeting at Sierra Pines will begin at 6:30 p.m. Arrive early to secure seats.

Due to a complicated additional booking at Sierra Pines just before and after our March 25 morning meeting, there will be no guest speaker that day. We will have a regular meeting.

Our evening speaker April 25 has spent his career helping us laugh at the absurdity in politics. Pulitzer Prize winning political cartoonist Jack Ohman will share stories and insight about his syndicated satirical cartoons for the editorial pages of the Sacramento Bee, winning him the most coveted award in journalism. He now writes for the San Francisco Chronicle's editorial page and publishes cartoons on his Substack site, "You Betcha."

Finally, we ended last year with a casual holiday party in the Ballroom at Timbers. It was a cheerful and simple affair that allowed us to share joy and hope with members, ending a productive year.

• • •

Garden Club

BY SUZETTE AUSTIN

Have you heard the buzz? Carole Gan, of the Happy Hive, here in Roseville, will give a fascinating presentation on beekeeping at our February meeting. She will share with us pieces from her hives that we can touch and feel, including honeycomb, frames, propolis and wax. She will also show us videos of swarms (one which she gathered in 2023 from Sun City). Carole currently has three hives, all of which are from swarms she gathered last year. She has been involved in beekeeping since 2019. Bee assured, this will be a fun meeting you won't want to miss!

Sue Magill was the speaker for our January meeting. She spoke with us about winter care of roses, including pruning, new roses and tools we can use. Sue is a Master Rosarian with the American Rose Society, a Rose Horticultural Judge, and "Rose Junkie". She lives here in Sun City 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. Our next meeting will be Tuesday, February 3. 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.

• • •

Birders

BY JANET MORELLI

Last year, the 126th Annual Audubon Society Christmas Bird Count (CBC) was set for December 30, 2025, for the Lincoln Circle, one of nearly 2700 total circles and centered about 6 miles west of the city of Lincoln. Other circles are mostly in the United States, Canada, Latin America, and Caribbean locations. This year, the count date for SCR, in the Lincoln Circle, turned out to be a bitter-cold day with limited visibility due to dense fog all day. Despite less-than-ideal bird counting conditions, SCR Birders were rewarded by seeing 65 species totaling 1765 individual birds. Surprisingly, both those numbers are above those reported in recent years' CBC counts. The species with the highest counts were the Yellow-rumped Warbler with 350 and the Bushtit in second place with 99. First-time reported by SCR were the Greater Yellowlegs, White Pelican, and Cackling Goose (with a single count each) and a flock of 25 Greater White-fronted Geese.

SCR Birders took two scheduled field trips in December, one to Staten Island near Lodi and the other to the Lincoln Water Treatment Facility 6 miles north of SCR on Fiddymont Road. At Staten Island they found hundreds of Sand Hill Cranes up close, grazing in the fields, plus many other visiting migrant birds. Later in the month, Birders visited the Lincoln Water Treatment Facility on an overcast day and identified 17 species, including the Bufflehead, White-crowned Sparrow, Northern Harrier, and Greater Yellowlegs.

A scheduled field trip, to the Yolo Bypass

(cont' on page 17)

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Ruby Princess ~ 3080 Passengers	Mar 18, Oct 23, Nov 29, 2026 & Feb 12, 2027			
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				
*ROUND TRIP LINCOLN SHUTTLE TO SHIP AVAILABLE!				
10 DAY ALASKA From SFO! PRINCESS	May 23, Jul 12, Aug 11, 2026	\$1,099	\$1,599	\$1,749
Ruby Princess ~ 3080 Passengers				
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California.				
*ROUND TRIP LINCOLN SHUTTLE TO SHIP AVAILABLE!				
22 DAY PANAMA CANAL Reposition CUNARD	Sep 24, 2026	\$2,289	\$2,689	\$3,389
Queen Elizabeth~ 2081 Passengers				
Sail from Seattle, Washington to Miami, Florida visiting Los Angeles, California; Cabo San Lucas, Mexico; Puerto Quetzal, Guatemala; Fuerte Amador, Panama; Transit the Panama Canal; Willemstad, Curacao, Oranjestad, Aruba, Miami, Florida.				
16 DAY PANAMA CANAL PRINCESS	Sep 29, Oct 4, Dec 3, Dec 28, 2026	\$1,939	\$2,399	\$2,699
Various Princess Ships				
Sail from Los Angeles, California to Fort Lauderdale, Florida visiting Puerto Vallarta, Mexico; Puerto Chiapas, Mexico; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the Panama Canal; Oranjestad, Aruba; Fort Lauderdale, Florida.				
26 DAY SOUTH PACIFIC Reposition ROYAL CARIBBEAN	Sep 26, 2026	\$3,959	\$4,253	\$4,520
Quantum of the Seas ~ 4180 Passengers				
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28 DAY JAPAN Reposition HOLLAND AMERICA	Sep 13, 2026	\$4,779	\$5,249	\$6,349
Westerdam ~ 1916 Passengers				
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29 DAY CANADA, NEW ENGLAND & ICELAND	Jun 20, 2026	\$5,639	\$6,119	\$11,569
Volendam ~ 1432 Passengers HOLLAND AMERICA				
Sail round trip from Boston, Massachusetts visiting Portland, Maine; Sydney, Nova Scotia; Saint Pierre and Miquelon; St. Johns, Newfoundland (2 Days in port), Canada; Isafjordur, Iceland; Akureyri, Iceland; Seydisfjordur, Iceland; Djupivogur, Iceland; Heimaey, Westman Islands, Iceland; Reykjavik (2 Days in port), Iceland; Qaqortoq, Greenland; Nanortalik, Greenland; Corner Brook, Newfoundland, Canada; Cap-aux-Meules, Iles de la Madelein; Halifax, Nova Scotia; Boston, Massachusetts.				

Prices are per person based on double occupancy, specific sailing dates and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Please call for current availability and pricing.

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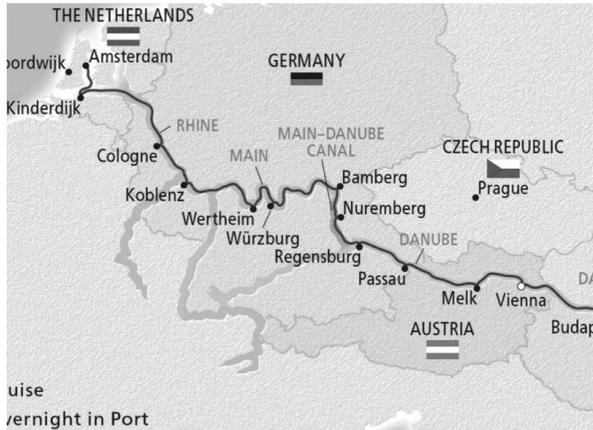
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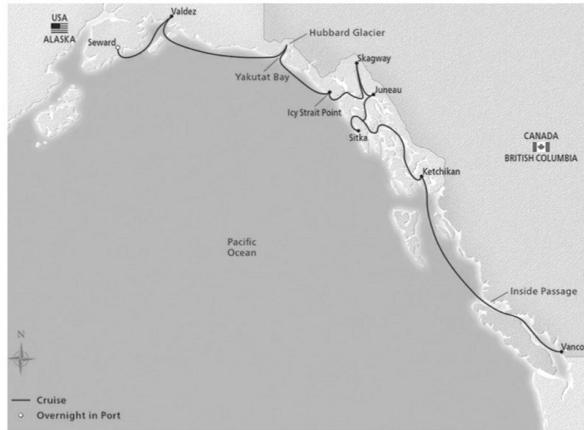
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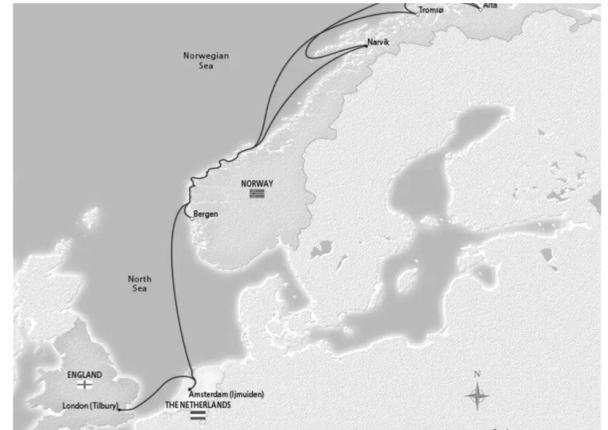
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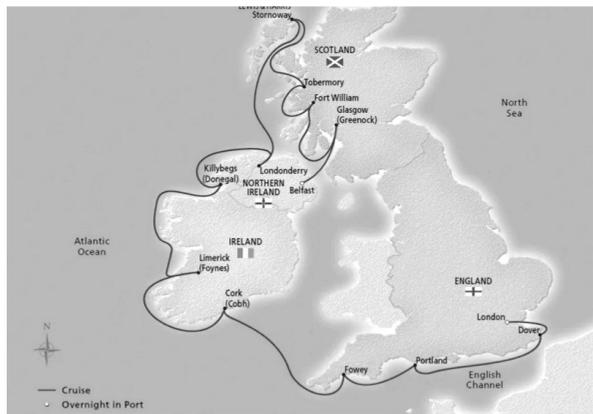
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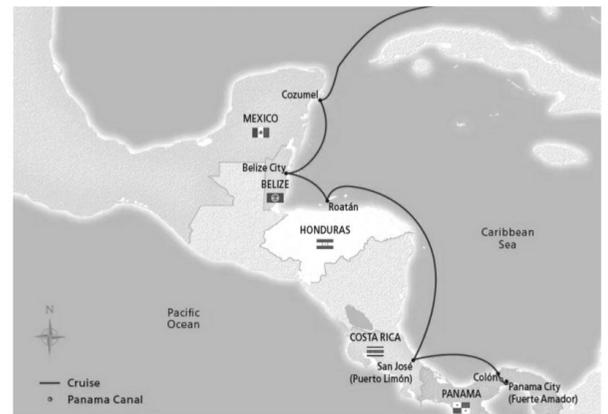
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Birders

(cont' from page 13)

Preserve (near Davis) is planned for February 5 where we expect to see many of the migrating species. Another field trip in February will be on February 19 when the Birders will visit Veterans' Park nearby SCR. For more information on the scheduled field trips, visit the Birders' website at scres.org

• • •

Hiking Group

BY SILVANA HUGHES

Recent hikes included the Assassin's Loop Trail near Applegate (no hikers were harmed on this hike!), Avery's Pond near Folsom, and Empire State Park. Our hikers captured views of blue skies above the valley fog and an abundance of colorful mushrooms.



President Pete Grady (center) 12-9-2025

Our annual holiday celebration took place on December 9, 2025, at the Solarium room at Timbers Lodge and all enjoyed the great company and good food. A big thank-you to Dori Zuchold who organized this event and to the "Cookie Elves" who provided an assortment of delicious home-baked cookies! Thanks also to our other members who volunteered their time over the past year to serve as officers, to Bill Haley for curating our picture gallery, and to our Trail Master Don Stoye and the many hike leaders who plan our hikes and lead us on our adventures. Sue Andraesen earned the prestigious "Hiker of the Year" award for completing 37 hikes, and Ray Fowler received the "Runner-up Hiker of the Year" award for 33 hikes. Great job both of you!

A special meeting was held during the

holiday party where long-time President Pete Grady announced his resignation as President of the SCR Hiking Group. The members elected Bill Haley President by an acclamation vote. The members thanked Pete for his many years of service and leadership and wished him well in retirement.

The next Hiking Group meeting will be on Monday, March 9 at Sierra Pines.

Below is the February schedule, subject to change depending on weather and trail conditions. 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 pickle ball and tennis courts for carpooling and a 9:00 am departure. All carpool rides this month are \$8.

February 5: New York Creek, #5 (moderate), 7 miles, elevation gain 900 feet.

February 12: Sureland Canal, #2.5 (easy), 5.5 miles, elevation gain 150 feet.

February 19: Stagecoach/Manzanita Loop, #4.5 (moderate), 5 miles, elevation gain 880 feet.

February 26: Hidden Falls - 7 Pools and River Otter Loops, #5 (moderate), 6.6 miles, elevation gain 1000 feet (River Otter Loop can be skipped for shorter hike with less elevation gain)

• • •

Pickleball

BY MARILYN PLUTH

Welcome to our new Pickleball Club members: Larry Abbott, Wisty Olsson, Lisa Smith, and Christian Wentworth.

The Pickleball Club had elections in December and we are pleased to congratulate Secretary Elizabeth Laverty, Treasurer Judy Corona, Vice President Mo Guinon, and President Rich Muentzer.



2026 Club Officers: Elizabeth, Judy, Mo and Rich.

2026 could be your year to try out Pickleball. Come to our monthly "Rookie Play

Day," being held on March 21, at 9 am. This event is open to all 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. Contact Marlene at 815-274-5462.

"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. Contact Mo at 530-864-6923.

News from The Kitchen: USA Pickleball introduced several changes to the official 2026 rulebook.

One is Rule 14.A.2: No more freeze in rally scoring

The new rulebook eliminates the requirement that game point must be scored while serving when using rally scoring. So, a point is a point at all times. This is how the SCR Pickleball Club has always done it since it keeps the game moving with so many players. The old rule requiring game point to be won on serve was a huge disadvantage to the team that got to game point first, and it made huge comebacks significantly more likely.

• • •

Softball Club

BY PATRICK MAGLIONE

At this writing, we have 39 registered players, with another 14 ready to pay up. That will give us 52 players; 13 per each of four teams. Of course, that means we still need additional players to serve as substitutes. All registered players who sign up no later than February 4 will be eligible for the draft, scheduled for February 13.

We are anticipating four teams with a fifteen-game season. At this time, it looks like our four team sponsors from last season will be returning to vie for those prestigious league winner and tournament winner awards. So, whether you have a favorite player on Eskaton, Oakmont, Ivy Blue Oaks, or Your Roofing Contractor, you'll be supporting your team as you enjoy some great senior softball games.

Mother Nature did not cooperate with our

intended open practices that were scheduled to commence on January 5. Nevertheless, the practices got started with much enthusiasm by those attending. Our final open practice is planned for February 11, with team practices intended to begin February 16.

We are planning the return of our typical Opening Day Celebration on March 25, with coffee, donuts, Sun City Singers, and all the fun festivities you've enjoyed over past seasons, as well as a special guest to throw out the first pitch. If you are one of our many supporters, you know how much fun Opening Day is, so you won't want to miss this one. If you just happen to be reading this article, but have not attended our activities in the past, plan to attend our Opening Day Celebration and games...you just might get hooked on Sun City Senior Slow-pitch Softball.

To be added to our email list, submit an application, or email John Woodbury at 4woodburys@gmail.com

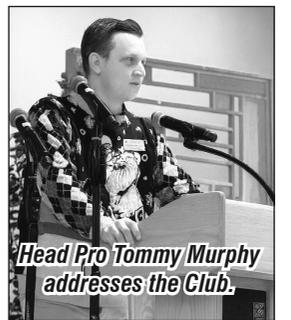
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Timber Creek Women's Golf Club

BY MARY NEARN

I want to issue an apology to the friends and family of Bev Simpson. Due to my error, Bev's last name was spelled incorrectly in the January issue both in the article and the photo caption. Bev's contribution and memories for the Club were and are an honor. —Mary Nearn

Our Holiday Luncheon was a festive occasion when we gathered in December to celebrate both the season and the club's achievements throughout 2025. During the event, we recognized outstanding members with awards with Most Improved Golfer, Eclectic Tournament Winners, Hole in Ones, and Break Pins. It was wonderful to see everyone together and enjoying the victories of the past year. For a complete list of awards, their recipients, and great photos from the event, please visit the TCWGC page



Head Pro Tommy Murphy addresses the Club.

(cont' on page 18)

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Timber Creek Women's Golf Club

(cont' from page 17)

on the Sun City Roseville member website.

December Most Improved Players—First Flight - Janet Lasick, Second Flight - Shirley Roberts, Third Flight - Carol Norris.

At the start of 2026, the club was pleased to welcome three new members: Connie Lugo, with her big sister Pam Hemingway;

Kyle Vodden, with big sister Christina Leaman; Shelley Weisman, with her big sister Karen Shahoian.

We look forward to playing 18 holes with all of you. A special thank you goes out to our Big Sisters for making our newest members feel at home!

The TCWGC Big Sister program offers a warm and supportive way for new members to integrate into the club. Whether new to golf or an experienced player, each newcomer is matched with a Big Sister to ensure a positive start and help them enjoy their golf experience from day one.

• • •

Timber Creek Men's Golf Club

BY MIKE MURPHY

Greetings from the Timber Creek Men's Golf Club! The weather has certainly been challenging for golfers this winter! Steady rains and cold temperatures have made for difficult play, but our hardier golfers have been slogging forward. Compliments to Steve Kimbrough and his crew for maintaining the courses under difficult conditions. If you

haven't renewed your membership contact Mark Gregson, our Membership Director, at 916-835-0107 or email him at 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 email. We would love to have you in the club!

We are looking forward to getting our 2026 schedule of events started. Our first tournament of the year will be the annual St. Valentines Challenge featuring the dreaded pink ball on Tuesday February 17. We should have our schedule of NCGA qualifiers and Central Valley Seniors events published shortly. If you have not participated in the CVS program in previous years, please give it a try this year, you won't be disappointed! We play a different course each month, venues include Sierra View, Yolo Flyers, Lincoln Hills, and others. The fee is \$65, which usually includes lunch or breakfast. That's a real bargain and we have a wonderful time. I also encourage you to participate in the NCGA qualifiers this year. We'd love to see you representing our club! It's a lot of fun so give it a try.

Our next general meeting will be held on Wednesday March 4. Due to the Phase B Expansion our meetings will be held in the Aspen Room in the main lodge. Doors open at 7:30, meetings begin at 8:00. See you on the links!

• • •

(more Club News cont' on page 21)

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Executive Director Comments

BY GEOFFREY BROWNE

It's February, and that means that work is underway on the Budget for 2026/2027. We will be hosting a Budget Town Hall Meeting on February 25th as well as working with the Finance Committee during Budget Week which starts on March 23rd. Prior to those meetings, staff have been working hard to prepare the foundation for those important and meaningful discussions about what I call "the business" of Sun City Roseville.

As you may know, the Sun City Roseville Community Association (SCRCA) is a registered California nonprofit, mutual-benefit Corporation. Mutual benefit corporations are formed for common gain purposes—in our case, those include managing common property, and promoting the social or economic welfare of member individuals.

Funds we use to carry out these functions come, generally, from two sources: member assessments, and revenues from our business activities, such as our golf courses, our restaurant, and our special events. Each year we must review the budget and make adjustments (based on several factors, including economic projections) so we can continue to provide the high level of service that our members expect, and deserve.

For the last several years (basically, since the beginning of the COVID-19 pandemic) there has been a lot of uncertainty and anxiety around economic projections. Most

projections are based on current laws governing spending and taxes, and are generally hard to predict. Changes to laws—particularly those affecting revenue and spending policies—can lead to economic and budgetary outcomes that are considerably different from baseline projections. Unanticipated changes in other factors (such as administrative actions, regulatory changes, and judicial decisions) also affect spending and revenues.

The general sentiment for consumer spending appears to be that 2026 will see slower growth in spending from large segments of the population. Since consumer spending represents 70% of the economy, we must review our projections for growth in our business revenue activities for the remainder of 2025-2026 and are planning to see this slowdown continue in the next budget year. In previous years, resident assessments were the majority of the Associations revenue but in recent years that has dipped to about 44%. That means we depend on business activities to generate about 56% of the revenues we need to operate.

On the expense side of the equation, we continue to maintain tight expense controls taking steps as we can to mitigate the "normal" rise in many expenses. Our goal is to continue to build on measures taken in the last several years to shift expenses and new capital costs outside of the resident monthly assessment. Our strategy of relying on Business Revenue

to fund a larger share of the rising costs needed to keep the community relevant is still valid, but must be closely monitored. As business revenue potentially softens, more pressure will be added to the monthly assessments.

To recap, we anticipate that softening revenues in our Business Sectors, as well as increased operating costs for payroll, utilities, insurance, and goods sold, will add pressure to our monthly assessments. Our approach to help offset these challenges is to continue to focus on increasing or expanding Operating Revenue and maintaining tight expense controls, including reviewing service and maintenance contracts as well as purchasing controls. The Community will need to continue to be innovative in the discussions on how to increase revenues, control expenses, and keep increases to the assessment to a minimum.

SCR Library News

BY ELIZABETH GUSTAFSON

Our library has a lot to offer, and I encourage you to visit if you have not done so. On the monitor's desk, there is a pamphlet about the library that should answer some of your questions or you can visit our website (under Amenities on the scres.org website) or chat with the monitor on duty.

Jeffrey Archer has been publishing books for fifty years and his End Game is the final book in an eight-book series about policeman

William Warwick. At age 85, Archer says that the book he is currently writing will be his last novel although he may still write screen plays, short stories or other formats. I very much enjoyed his Clifton Chronicles series.

Please welcome our newest library monitor, Donna Mayo.

Library hours are 10-4 daily. Come visit us!
New Books—Fiction: Archer, Jeffrey - *End Game*; Bowen, Rhys - *Mrs. Endicott's Splendid Adventure*; Jance, J.A. - *The Girl From Devil's Lake*; Levi, Allen - *Theo of Golden*; Olmsted, Gail Ward - Katharine's Remarkable *Road Trip*; Parker, Robert B. - *Showdown*; Woods, Stuart - *Blown Away*.

Non-Fiction: Patterson, James - *The Last Days of Marilyn Monroe* (Crime).

Large Print: Child, Lee - *Exit Strategy*; Deaver, Jeffrey - *The Grave Artist*; *Evanovich, Janet - The King's Ransom*; Hall, Clare Leslie - *Days You Were Mine*; Jance, J.A. - *The Girl From Devil's Lake*; Newman, Catherine - *Wreck*; Patterson, James - *The Last Days of Marilyn Monroe* (Crime); Penny, Louise - *The Black Wolf*; Sorkin, Andrew Ross - *1929: Inside the Greatest Crash in Wall Street History - And How It Shattered a Nation* (History); Woods, Stuart - *Blown Away*.



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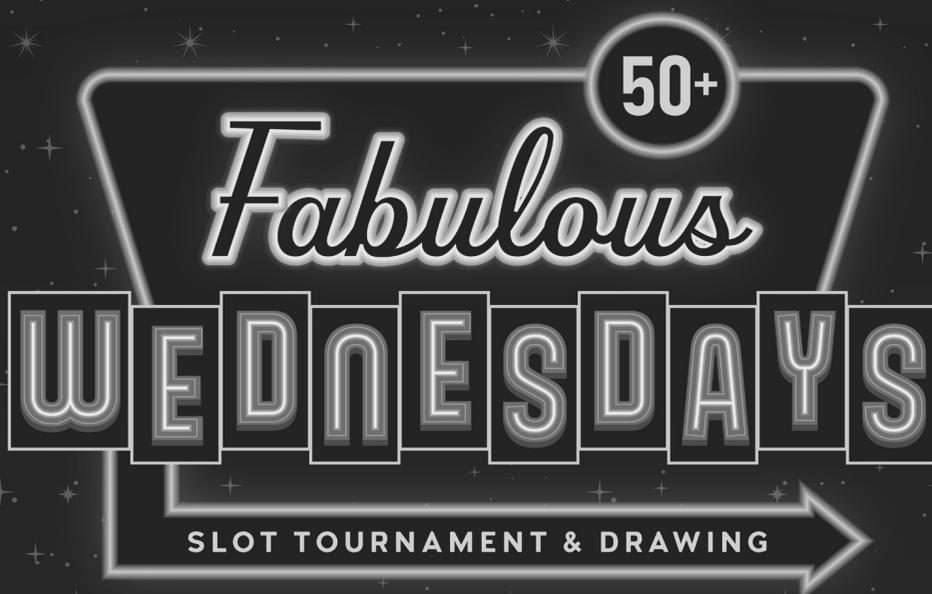
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SUN SENIOR PROFILES *Getting to know you...*

Gil and Nanci Woody

(cont' from page 1)

campus at age 25. She was hired on the condition that she got her Masters degree at Sacramento State University. Besides teaching classes, she did a myriad of other assignments such as heading the Accreditation Committee, authoring business math and accounting textbooks (some still being used in Canada) and serving as Dean of Business.

It was in this capacity, Dean of Business, that she met her future husband, Gil, when the Dean of Fine Arts at Sacramento City College, a friend of Nanci's, introduced the two of them, both single at the time. They married in 1994.

Gil was born in Porterville, California, in 1934, and had one older brother. His father was in road construction, so the family moved around a lot. Gil remembers his mother taking him to the San Francisco Symphony when

he was 10 years old and knowing instantly that he wanted to be in a symphony someday himself. He attended Vacaville High School where he excelled in tennis and won the Solano County championship. Upon graduation in 1951, he enrolled at Sacramento City College where he also played tennis, then transferred to Sacramento State University on a music composition scholarship. Yes, he played tennis at Sac State as well.

It was at Sac State that he met his mentor, Norman J. Hunt, who had just graduated from the Paris Conservatory of Music. Gil became a private trombone student under Hunt's tutelage. Playing challenging classical duets



Gil Woody and his trombone in his younger years.



Nanci Woody in front of one of her award-winning paintings.

daily with his teacher gave Gil the confidence to seek a career in music and in teaching. He got his Masters in Music in 1956 and began playing in bands which backed popular singers like Frank Sinatra, Johnny Cash and the Beach Boys. He also auditioned for and won a spot with the Sacramento Symphony—his boyhood wish come true. He also performed with, among others, the Paul Weston Orchestra in Hollywood, the State Fair Orchestra, and Sacramento Music Circus.

From 1957-1959, Gil taught music and algebra at Rio Tierra Junior High, then went on to teach for ten years at Highlands High School, both in the Sacramento area. Then he was offered the position of band director at Sacramento City College, a job which entailed producing half-time shows at the Oakland Raiders football games which were broadcast all

around the country.

Gil has six children from his first marriage and 23 grandchildren. Nanci has three children and seven grandchildren. Their offspring range from engineers to teachers to ministers to photographers.

Gil didn't start composing until he met Nanci, but now his compositions for the trombone, cello and symphony orchestras are numerous. He's written concertos, sonatas, and elegies, and three symphonies, many of which can be heard on YouTube by keying in "Gilbert Woody." "His music is beautiful," says Nanci. Her award-winning novel, Tears and Trombones, was inspired by Gil's life

journey into music.

Besides college textbooks and her novel, Nanci has written poems and short stories which have been published online and in print anthologies. "Her greatest talent," says Gil, "is her poetry."

Her poems have been published in the CWC Literary Review, the Redwood Writers Anthology and the Monterey Poetry Review, among many other publications. Her latest book of poems, Emotion Unfurled is coming out in Spring of this year.

Nanci's also an avid photographer and artist who works in oils, pastels, colored pencils and pens. One of her photos, "Supermoon," won the Juror's Award at the California State Fair in 2017. Her work has appeared in numerous juried shows in the Sacramento area and in the KVIE (Channel 6) annual on-air auctions. Their home here has many of Nanci's impressive artistic works on display.

Nanci and Gil have traveled to France, Sweden, Ireland, Argentina, England, Russia and many other countries, but their most memorable time was in 2018 in Italy where Gil's music was showcased in an International Music Festival. The program, which was held in the Church of San Giovanni in Lerici, featured a conductor from the Budapest Symphony and accomplished soloists from all over the world performing music by Bach, Bottesini and Woody. Gil laughingly remembers hearing someone in the audience saying, "Who's Woody?"

In February of 2025, Timber Creek Ballroom was chosen as the venue for An Evening of Music by Gil Woody, featuring, among other works, Gil's Adagio for Unaccompanied Trombone, two Serenades for Cello and Piano, and Concerto in C Major for Cello and String Quartet. One of Gil's trombone students, Phil Tulga, who has performed with the Sacramento Philharmonic and Opera, Broadway Sacramento/Music Circus, and jazz/pop greats including Natalie Cole, Ray Charles, Ella Fitzgerald, Paul Anka and Tony Bennett, was a featured soloist in this showcase of Gil's musical creativity.

Since moving to SCR, Nanci enjoys participating in the Fine Arts Club, the Photo Club and writing for The Courier. Woody, who is still composing music (his garage is filled with boxes of his work) also finds time to play golf (he has a handicap of 12). His tennis days are over, but he found the transition from tennis

to golf quite easy and is looking for a golfing buddy to help increase his playing time.

Throughout their married life, Nanci and Gil have been each other's cheerleaders. Nancy admires Gil's creativity and Gil admires Nanci's. "Nothing can be done creatively unless you're really happy and have a wonderful wife," Gil maintains. The couple looks forward to using their creativity to the max, writing poems and music and enjoying retirement life at SCR where they find everyone friendly and welcoming.

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

Golden Niner

BY KEN HANSEN

Firstly, happy new year 2026. It's a good time to thank Bill Pagano and Bud Haddix and the rest of the Niner council for another great year of leadership. We all benefit from such steady hands running the Niners.

In December, we had an abbreviated schedule due to weather. We averaged 72 players per week, with 49 winners per week sharing in the \$901 jackpot. Big money: Mark Dixon \$24; Bill LeDoux \$24; Jeff Mattimo \$24; Steve Hutchison \$23; Jerry Crosby \$21; and Bob Horning \$21. We have 150 members presently.

Golf is a game created by God to punish people who retire early.

You probably have never heard the name Alex Fourie, but his golf odyssey is incredible. Born in Ukraine, near Chernobyl, with one arm and double cleft pallet. He was sent to an orphanage on his birthday. He spent the next 7 years bullied, eating one meal of bread and beet stew per day. Meanwhile, an American married couple who had tried to conceive, but couldn't, decided to adopt. The husband was a pastor who had a friend in the UK who had just visited an orphanage in Ukraine. When the Fouries learned of this orphan with incredible limitations, they were overwhelmed with the desire to adopt him. They raised him to believe he could do anything—no limits. He had surgery to correct the cleft pallets. His father taught him golf, and he played all

(cont' on page 22)

SUN CITY REAL ESTATE UPDATE

While the market adjusts continually both up and down, most people don't realize the median sales price in Placer County is roughly the same today as it was in July of 2021. Our median sales price peaked in May of 2022 then fell of as we went into fall of 2022 and never came back. In fact each year since 2021 we have seen prices reach their peak for the year in early spring to early summer only to watch them retreat from August through December. I've always said, the only constant in real estate is change and this new norm for sales appears to be holding on. If you are considering selling your home or a rental, you may want to take the timing into account.



WRITTEN BY
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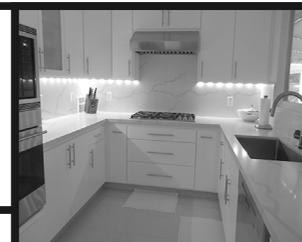


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Golden Niner

(cont' from page 21)

sports, but excelled at golf. To make a long story short, Alex became a PGA professional and won the US Adaptive Open at Pinehurst. He has started an organization named Single Hand Golf, focusing on one arm athletes and is responsible for freeing over three hundred of Ukrainian orphans from wartorn Ukraine.

...

He & She Golf

BY JAHNA HOLMES

Here we are in February, the month when we think of love. For most of us, it's a time to show our family and friends that we love them. But for we Sun City residents, we also show our love for living here by joining clubs and activities. As of January 1st, about 50 golfers sent in their \$12.00 checks to join the He and She Golf Club for 2026., You have all gotten the word that our club runs January through December! Thank you! There's plenty of time still to join. By March 31st, those who haven't paid to renew will be removed from the roster, and will no longer be eligible to play or receive the E-blasts until they pay their dues.

Due in part to unpredictable weather, January and February are open play only, no tournaments. You can still sign up, form your own foursome and show up at the assigned tee time. There will be no shotguns until regular team play resumes in March when we hopefully see some good golfing weather!

As a point of interest and trivia (and

article filler!) the word February comes from the Latin word februa or februare, meaning to cleanse or purify. The Roman festival of purification and atonement, called Februalia, was held during this last month of the Roman year to prepare for spring when their new year began in March. Let's hope that the weather and "cleansing" will be done by then and we can begin to show our love for golfing by coming out in droves at the start of spring!

...

Tennis Club

BY PATRICK MAGLIONE

On January 1, we installed a new President, Ron Houston, to lead returning officers Nancy Kasey, VP; Carol Delville, Secretary; and Connie Lugo, Treasurer; as well as two returning Council Members: Linda Gordon, Social Chair; and Pramod Sarpotdar, Sports Activity liaison. Two Council positions are unfilled at this time, Court Usage and Communications. Anyone interested in learning the responsibilities of either position or, better yet, assuming one of those positions, should contact Ron Houston.

Once our new Council gets acclimated, we intend to issue an online survey to ascertain your thoughts, ideas, and suggestions to re-energize our club both on and off the court.

This will be a follow-on survey to one that was taken at our October 1, 2025 membership meeting at which members expressed their interests, such as themed meetings and

(cont' on page 23)

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Tennis Club

(cont' from page 22)

afternoon play on the courts with a light social afterwards.

With membership approving the change from bi-monthly meetings to quarterly meetings, our new membership meeting schedule is as follows: February 4, May 8, August 5, (all at 4:30pm) and November 18 (at 5pm), all at Sierra Pines. Meeting info is posted on our club web page, but not to worry, you will also be notified in advance announcing our meeting and dinner. Plan to attend these meetings and enjoy a good meal, socializing, and fun activities.

Our weekday scheduled mixed double tennis has been going strong, despite some rain out days. We have seen an increase in the number of players and all feedback has been positive with an emphasis on "fun." So, if you haven't participated, what are you waiting for?

Plans are in the works for another "Afternoon on the Courts," tentatively planned for March 14. Once finalized, it will be announced, and you will have ample opportunity to sign up. It's lotsa fun!

• • •

Table Tennis Group

BY JEFF CARASKA

Everyone has their reasons to move to Sun City. For Bruce Ahnberg his reason was recognized as national news.

"I had bought house in Magalia in October of 2018," Ahnberg said. "One month later

the fire in Paradise happened." Magalia was among the areas affected by the devastating Camp Fire.

Ahnberg, who grew up in the South Bay, relocated back to Campbell. "A friend who lived here told me to check out Sun City," he said. Ahnberg moved here in July of 2019.

In addition to gaining a new resident, Sun City gained a musician. Ahnberg first performed at the lodge here in August of 2021. "During the pandemic they had me playing on Zoom" he said.

Ahnberg, who retired from the furniture industry, said music has been a working hobby for him much of his life. He sung in a school choir as a fourth grader. Instrumentally, he started as a drummer, both in an orchestra and school marching band, but later taught himself to play the guitar. "I started at age 14 and was in garage bands when I was 15," he said.

A few years after moving to Sun City, Ahnberg joined the Table Tennis Group. "I was really impressed at the level of play I saw by some of the people in the group," he said.

"It's a good group with good people. I enjoy the folks and the camaraderie," he said.

In addition to the good vibes, table tennis had another benefit. "It's my physical activity," Ahnberg said. "I don't go to the gym anymore. I like the level of exercise you get, and my doctor is happy with me."

The Table Tennis Group plays 2:00 pm -



Bruce Ahnberg

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

• • •

Bocce

BY DAVID MOORE

Since our last report Winter League 2025 has been completed. The competition was won by the Buzzards which consisted of Bev Lewis, Gregg Hutchison, Linda Fredericksen, Jerry Fredericksen and Frank Kilpatrick. The team compiled a perfect record in winning all 11 games.



Bev Lewis, Gregg Hutchison, Frank Kilpatrick, Jerry Fredericksen and Linda Fredericksen won the Winter League.

The second-place finisher was Debocery whose members were Ron Judd, Medina Lane, Ken Lane, Ralph Leaman and David Zan.

The Rolling Stones took third place. Lisa Aphugh, Steve Aphugh, Guy Ballis, Richard Campagna and Lynn Jones made up the team.

Fourth place was taken by Ballbarians: Ron Muentner, Teri Muentner, Mike Murphy, Sandee Murphy and Kenny Smith.

Bocce Posse placed fifth. Mike Christy, Michael Foote, Louise Knight, Bill Pagano

and Kevin Myers made up the team.

Looking ahead, the Fall Mini-league begins play on Tuesday April 7 and continues through June 1. Sign-ups are Friday March 27 at Sierra Pines.

Incidentally, to play in the Mini-league (or the tournaments or attend the awesome parties) you must be a member of the Bocce Club so please make sure your \$12 dues for 2026 are paid. Please do it soon and don't wait until the mini-league sign-up to renew. If you have questions on your dues you can e-mail scrbocce@gmail.com.

We end this report on a sad note. Weedie Nunes passed away on January 2 peacefully in her sleep. She was a sweetheart and the ladies of Tuesday bocce are missing her smile.

• • •

Croquet Club

BY JIM WILLSON

Now that we're well into the new year, we hope you are all doing well.

The Croquet Club will once again host four meetings accompanied by a catered dinner on the fourth Sunday in February, May, August and November.

For seasoned players as well as new players, a review might be helpful.

The first skill you need to practice and improve is hitting your own ball with precision.

The first stroke of every turn is a one ball shot. Players who can regularly and consistently hit their own ball with accuracy will be nearly unbeatable.

(cont' on page 25)

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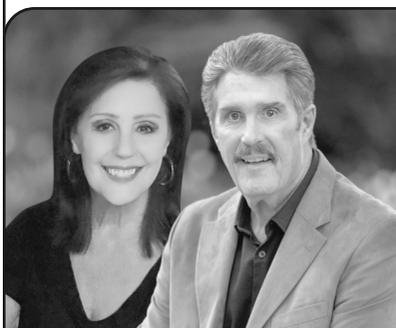
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Croquet Club

(cont' from page 23)

Hitting the ball through the wicket usually requires a straight shot. Stand several yards behind the ball and line up your shot. Once you are set take another look at the target. Take a deep breath and exhale. Take a slow, steady back swing and a fluid forward swing. It is important not to rush anything. A good follow through puts forward spin on the ball. Let the croquet mallet do the work. Avoid jabbing with the mallet as many times that will put a spin on the ball sending it in the wrong direction.

All of us in the Croquet Club strive to be enthusiastic players. In the glossary of croquet terms, there is one which is quite unusual. It refers to a player as being an Aunt Emma. An Aunt Emma is a dull, uninspired player. Fortunately, there are no Aunt Emmas in our Croquet Club.

During the wintertime, a reminder not to play or even walk on the court if there is frost on the ground. In the past 9:30am or later is a safe time to utilize the court, but if there is any question, check with the Sierra Pines golf starter.

• • •

Cornhole

BY STEVEN GUSTAFSON

You've probably seen cornhole tournaments on TV (usually ESPN). You may have noticed that the professional players toss the bag differently than we aging Sun City residents do.

They hold it flat and then toss it so it spins like a Frisbee. With this type of throw they land almost every bag on the board. And they are precise enough to make throws that block their opponent or push one of their own bags into the hole.

Of course, they are also precise enough to make lots of ringers (straight into the hole) ---a primary reason that some of them make a good living (mostly through endorsements) doing nothing but tossing bags!

In contrast, the "dirty diaper" throw is perhaps the most popular cornhole throw in Sun City---you hold the bag by a corner as if it were a smelly diaper. Then you let it swing like a pendulum and fling it toward the hole.

This technique seems to produce more consistent results. Although many "dirty

diaperers" get on average only half of their bags on the board, the technique greatly reduces the chance of a "Steve" ---holding the bag too long so it travels too high and too short.

You are welcome to give the "dirtydiaper" throw a try. We (usually 6 to 12 of us in the winter months) play cornhole every Tuesday at 3:00 on the Sierra Pines horseshoe lanes. You are welcome to join us.

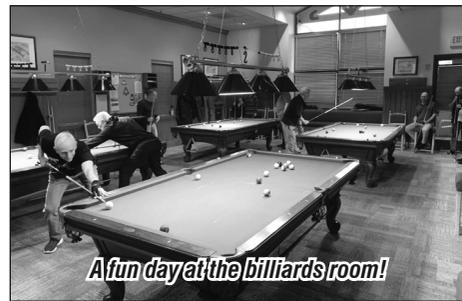
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Billiards Club

TERRY SATCHELL

Hello all and welcome to our club's January notes. Hope you all had a great time and got to be with people you wanted to be with! That month went by faster than a speeding bullet train being built?

Please come in and play! By the way, you do not have to be a member to use the Billiards room. It is open play for all residents



except for the Tuesday afternoon tournament. Please sign in when you enter the room so we can make sure we track the room usage. We in the Club would like to thank Tim Connolly for keeping the room and tables groomed and clean. Much appreciated Tim!

As a point of interest, our room usage is increasing as well as our new membership. Pretty soon we will outgrow the room!

We would really like to involve more women in the club, and we have a friendly play night on Thursday evenings. Several couples play that night as well as players who would like to try their skills against others and/or socialize.

Today I'm going to give us some chalk knowledge. Chalk increases friction between your cue tip and the cue ball. That friction prevents miscues and gives you control over spin, draw and follow shots. The better the chalk the more consistent your contact. Traditional chalk, like the Master brand we use, is made of calcium carbonate, magnesium carbonate and dye. This tends to be a softer, dustier and inexpensive chalk. The premium

chalks use silica and a blend of aluminum oxide and dye. Don't know what the chemicals are but it doesn't matter to me anyway. This combination offers higher friction, cleaner hits and is longer lasting. Master chalk averages about \$7 a dozen. A Taom V10 chalk costs about \$20 and a premium Kamui Roku costs around \$30 each. The Kamui has lasted me over a year. Let's chalk this one up to new knowledge!

December Winners: 12-2-25 Jeff Mapes and David DeNinno, 12-9-25 David DeNinno and Jerry Crosby, 12-16-25 Tony Cardosa, Ken Neal and David DeNinno, 12-23-25 Rich Berger and Ron Judd.

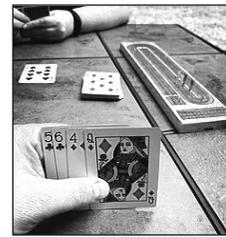
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Cribbage Club

BY BRUCE AHNBERG

Cribbage, or crib, is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted for three or four players.

Cribbage has several distinctive features: the cribbage board used for score-keeping; the crib, box, or kitty. two distinct scoring stages; and a unique scoring system, including points for groups of cards that total 15. The game has relatively few rules yet many subtleties, which accounts for its ongoing appeal and popularity. Tactical play varies, depending on which cards one's opponent has played, how many cards in the remaining pack will help the hand one holds, and what one's position on the board is. A game may be decided by a single point, and the edge often goes to an experienced player who utilizes strategy, including calculating odds and making decisions based on the relative positions of players on the board. The Cribbage Club meets every Friday in the Card Room 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. Come and join us for an enjoyable afternoon. Winners go home happy and losers just go home. Hope to see you at the table.



• • •

Bridge Club

BY JOYCE WADE

Results from the Holiday Bridge Party have been tabulated. Social bridge winners were Linda McKinsey first; Jan Killingsworth second; Paul Stooksberry third. Fun and Friendly Duplicate bridge winners were Maddi Robison and Barbara Stearns first; Irene Lynn and Marilyn Glynn second; Judith Shively and Chuck Grimm third. ACBL Duplicate bridge results for North/South were Susan Pankopf and Ella Bosse first; Marvin Arnold and Robert Slockbower second; Chantry Rodgers and Dan Blatt third. East/West winners were Sherry Hilger and Peter Bosse first; Brence Davis and Sharon Kambestad second and Shirley Starkey and Bob Yarrigle third.

Soon Monday ACBL bridge play will take place on the patio side of the Pines during the fitness center expansion.

Questions regarding future bridge lessons should be addressed to Bridge Club president Susan Pankopf at 916-262-4546.

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Safety First — Protect Yourself from Purse or Wallet Theft

BY THE ROSEVILLE POLICE DEPARTMENT

Purse theft is a common crime that can happen to anyone, often leaving victims feeling vulnerable and frustrated. Understanding how thieves operate—and taking a few simple precautions—can go a long way in keeping your belongings safe.

There are two main types of purse theft: pick-pocketing and purse snatching. Pickpockets are skilled at slipping items out of purses or pockets without the victim noticing, often striking in crowded areas such as grocery stores, markets, or public transit. Purse snatching, on the other hand, is more aggressive—thieves grab a purse and run, usually targeting people walking on the street or sitting at cafés.

Thieves often choose distracted individuals carrying loosely secured bags. They may also work in pairs, with one person creating a distraction while the other takes the

(cont' on page 27)




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SCR Foundation 2026

(cont' from page 1)

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Here's a recap of how funds were allocated in 2025 —

CPR/AED/First Aid Training: Funded by the Foundation and operated by the Association's Fitness Center, American Red Cross-certified training is provided to residents for a \$5 registration fee. The Foundation will pay the \$65 cost of training for each resident. The Foundation has committed \$10,400 for up to 8 CPR classes in 2025.

Caregiver Relief: Committed \$40,000

Temporary Relocation of City Council and Commission Meetings

BY CITY OF ROSEVILLE

Temporary Relocation of City Council and Commission Meetings

Due to the expansion of the City Council Chambers, City Council and Board/Commission meetings will be temporarily relocated until mid-2026.

Meeting Locations:

- City Council, Board of Appeals, and Planning Commission: Roseville Electric Utility Building, 1st Floor, 116 S. Grant Street.

to Del Oro Caregiver Relief nonprofit organization for relief to in-home family caregivers in Sun City.

Rehabilitation Staircase: Funded \$1,975 to SCR Fitness Center for a staircase with a trainer or independent use for pre/post operative rehabilitation, practice, and confidence and strength building,

Sunshine Services organization: Committed \$2,500 to the Sunshine Services group to provide discounted tickets for Arrow (Dial-A-Ride) transportation.

If you have any questions about our programs, services or events please call the Foundation's number at 916-774-9040.

These will be live on the City's YouTube channel.

- All other Board and Commission meetings: Civic Center, 1st Floor Conference Room, 311 Vernon Street. These will not be broadcast.

- Grants Advisory Commission: January 13 and April 14, 2026 meetings at 116 S. Grant Street. Other meetings will be held at the Civic Center.

Thank you for your patience and flexibility during this time. Your participation in meetings is vital for our community.

Keeping the Art of Speaking Alive — *One Voice at a Time*

BY MICHELLE COLLETTO

In a world of texts, sound bites, and scrolling thumbs, we are quietly losing something essential: the ability to speak well—to think deeply, organize ideas clearly, and persuade with both heart and reason. Thoughtful public speaking—once the backbone of civic life—is becoming rare. That is why the American Association of University Women (AAUW) Roseville–South Placer (AAUW-RSP is committed to preserving it. For the 17th year, AAUW-RSP presents Speech Trek, a competition between local high schoolers, on Saturday, February 21 at 10 AM at Sun City's Kilaga Presentation Hall, 1167 Sun City Blvd., Lincoln. The event is free and open to the public.

In celebration of America's Semiquincentennial, this year's Speech Trek topic challenges students to connect the ideals of 1776 to the realities of today. This year's speech Topic: Construct a compelling call

to action for the freedom envisioned in the Declaration of Independence. Inspire your peers and fellow citizens to become stewards of the freedom that was envisioned in 1776—reminding all that the work of independence remains unfinished, and that its ideals demand vigilance, courage, and unity.

Students will write and deliver a challenge to U.S. citizens, urging them to actively defend and realize the freedoms demanded in the Declaration of Independence in today's context, addressing ONE of the following:

- Which freedoms and ideals remain unfulfilled, contested, or threatened today?
- How can individuals and communities revive the spirit of civic engagement and resistance to injustice?
- What concrete social, political, or cultural actions can ensure liberty and equality for all.

All are invited to attend.

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



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SSNR WRITER...

The Funny Thing About Pain

BY JACKIE R. PROETT

I use the word funny in the title, but it could also be strange, unusual or awesome. Pain is like a magnet, and it draws many things to it. If you have ever suffered excruciating pain, you will know what I mean.

I take a medication which makes me bruise easily. One of those bruises developed into a wound on the back of my ankle and leg that I could not easily see. After some time, my daughter insisted that I go to Emergency and I spent four hours there, with tests, etc. They found no infection but insisted that I should ask my doctor to get me in the Wound Clinic. Doesn't that sound like an easy task!?

Finally, weeks later, I made to the clinic. Another medication I take does not allow me to take pain pills other than Tylenol, and most of us know that Tylenol does not touch real

pain. So here we go kids, the Wound Clinic at last and no medication to help with their brand-new pain.

Normally, I'm a good, sound sleeper, but this pain would not allow me to sleep. Now I looked and felt like a Zombie. I dropped out of all my usual activities. I stopped going places, seeing people, helping others.

Then the miracle happened. The magnet started drawing things to it. I received cards, phone calls, emails, most of all, prayers. As the days went on, family, neighbors, friends gave me the best gift of all — love.

The Wound Clinic will continue for some time, and so will the pain. But now I can sleep and the pain comes in smaller doses. I will gradually get back to all my old activities, and I will not forget the dear people who were drawn to a very special magnet, funny as it is, Pain.

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

Safety First — Protect Yourself from Purse or Wallet Theft

(cont' from page 25)

wallet or purse.

Recent incidents in Roseville highlight these tactics.

- Incident 1: While grocery shopping around 4 p.m., a woman was approached by another shopper who asked product questions. Moments later, her wallet was gone. Within an hour, her stolen cards were used to make purchases totaling \$13,000.

Prevention Tip: Keep handbags zipped and secure. Be cautious of strangers who attempt to distract you.

- Incident 2: In another case, a woman shopping around 1 p.m. was crowded in the freezer aisle by a male and a female. She later discovered her wallet was missing, and her credit card was quickly used for an \$840 purchase.

Prevention Tip: Stay alert in stores, especially when others invade your personal space.

Protect yourself:

- Use crossbody bags with locking zippers or slash-resistant straps.

- Keep purses on your lap or between your feet in cafés—never on the back of a chair.

- Stick to well-lit, busy areas, especially at night.

- Limit the amount of cash and valuables you carry.

- Never leave your purse unattended in your cart.

If your purse or wallet is stolen, report it to the police immediately and notify your bank or credit card companies.

Staying alert and taking precautions doesn't just protect your belongings—it gives you peace of mind.

ATTN: Retired Law Enforcement Officers

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

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

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

CONTRACTOR: Bathroom Remodeling, Carpentry, Electrical, Plumbing, and Sheetrock repair. Call Martin: 916 747-7888. LICENSE # 1042598.

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

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

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

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

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

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

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

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

LEAFILTER: No more cleaning out gutters. Guaranteed! LeafFilter is backed by a no-clog guarantee and lifetime transferable warranty. Call today 1-855-616-2496 to schedule a FREE inspection and no obligation estimate. Get 15% off your entire order. Plus, Military & Seniors get an additional 10% off. Limited time only. Restrictions apply, see representative for warranty and offer details.

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

FOR SALE/FREE WANTED/ANNOUNCEMENTS

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

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

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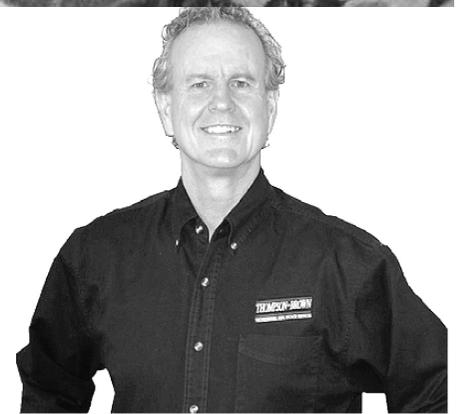
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As Broker and Owner of Thompson+Brown I have worked with thousands of sellers to achieve their goals. This year marks my 40th year in Real Estate. I have seen every market condition and I use that vast experience to make the sales process easier for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



George Brown

RECENT SALES IN LINCOLN HILLS

926 Gold Nugget Circle	1515 Sq. Ft.	\$530,000
116 Ivy Arbor Court	1473 Sq. Ft.	\$593,000
3113 Black Hawk Lane	1935 Sq. Ft.	\$635,000
2166 Walden View Lane	1793 Sq. Ft.	\$640,000
1709 Cottage Rose Lane	1873 Sq. Ft.	\$670,000
1816 Barn Valley Lane	2073 Sq. Ft.	\$700,000
1826 Beckwith Lane	2068 Sq. Ft.	\$720,000
2262 Kingfisher Lane	2513 Sq. Ft.	\$860,000
2600 Blue Heron Loop	2258 Sq. Ft.	\$880,000
1146 Secret Lake Loop	2151 Sq. Ft.	\$890,000
2283 Blue Heron Loop	2832 Sq. Ft.	\$1,035,000

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