

SUN SENIOR NEWS

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Diane Wilson — Living Consciously

BY JENNIFER (JEN) MARTIN

When Diane Wilson’s adoptive father, a physician, was delivering her at birth, she was a breach baby which meant she’d have to be “turned around.” From that day on, her father never hesitated to deliver the line that he’d had to “turn her around” throughout her life.

Diane was born in Los Angeles in 1947 and raised on the rural outskirts of L.A. with three younger siblings. Her adoptive parents, both physicians, made sure their children were raised in the Presbyterian church. During summer vacations from school, she enjoyed the family cabin at Lake Tahoe.

For eleven years, Diane was a Girl Scout (Mariner) and credits the organization with enhancing her formative years. She learned the true meaning of friendship (five of her Girl Scout friends were in her wedding). She was able to be of service (she sang and distributed art projects to senior care facilities). And she



Diane Wilson

learned the value of community. Best of all she still can recite the Girl Scout’s Promise.

At the age of 8, Diane started piano lessons which she describes as a “huge musical thread” in her life. In her teenage years, though, she was a bit rebellious and credits riding horses with “saving” her. She rode three different

horses in her pre-teen and teenage years. “I got to take care of those horses, and it was pretty amazing, actually,” she says.

Diane graduated from Palos Verdes High School in 1965 and then went to UC Davis where she majored in History (specializing in Recent European History) and minored in Spanish. She married in 1969 and started post-grad work in Education. Then, while she began teaching at Holy Rosary Catholic school in Woodland, she put her husband through law school after which he joined the Army. The couple had two children, Chad, age 51, a Perfusionist at a Fairfield hospital; and Lea, age 47, who worked as a commercial real estate appraiser and is now an RN at IVF clinic. Between the two children, they have four grandchildren, who Diane proudly describes as loving, kind and accomplished human beings.

Happy to be a stay-at-home mom, Diane found time to volunteer at the Sacramento County Parent Support Program. A life-long learner, she also became a Master Gardener. Always interested in writing, Diane began

(cont’ on page 27)

SCR Foundation 2026

By ELIZABETH JARRETT

For the first Quarter of 2026, our Home Maintenance program visited 291 homes to assist residents with minor requests. The Foundation was established over 26 years ago for this exact purpose and we are excited to continue providing this service to our homeowners.

As a 501c3 non-profit, we are able to continue this benefit by the residents’ donations and fundraisers such as, Bingo, Derby Days & Golf. But a more important benefit is the socialization that it creates. Studies have shown socialization is vital for the elderly, directly impacting cognitive function, physical health, and emotional well-being by combating isolation. Regular social interaction boosts memory, reduces depression, lowers risk of dementia, and fosters a sense of purpose. It also encourages physical activity and strengthens immune systems.

With this in mind please join us May 21st Timber Creek Ballroom, 5:00 pm for the 2nd Annual Derby Days, \$75/pp and non-residents invited, drop your checks off at 608 Blackstone Ct. Be sure and Save the Date July 12, 2026 Timber Creek Ballroom Bingo

On March 31, we had a Table at the Home and Health Fair. Judy Webster and Elizabeth Jarrett from our Community Care/Wellness Sub-Committee hosted the Table. In addition, we had Community Partners

(cont’ on page 31)

Election Committee

By NANCY MYERS, Election Committee Chair

The Election Committee is preparing for the upcoming election activities. There are three openings this year on the Board of Directors. The Election will be held on July 21.

The Election Committee will host the Candidate Forum/Meet the Candidates on June 9 at 6:00pm. This is a chance for all members of the Sun City Community Association to meet the candidates who are seeking to be elected to the Board of Directors. The Forum opens with statements by the candidates followed by a Question and Answer session with all candidates answering the same questions presented. Candidates make a final statement to the audience. Following the Election Committee Forum, members of the community have time to speak to candidates about their individual concerns. Check the Election Committee’s website for changes to the Forum.

The questions presented to the candidates at the forum are from the Question Box located at the Monitor’s Desk in the Timber’s lobby. The Question Box will be at the desk beginning May 18 thru June 5. If you have a question that you are concerned about, please submit that question by dropping it in the box.

Looking to volunteer in your community? The Election Committee will have openings. Our terms is for two years. If you are interested, you may pick up an application starting May 1. Applications must be returned to the Administration Office by June 12.

Please check the Election Committee website for Election updates as there may be changes to the schedule based on candidate applications. If you have any questions about the Election, please contact Nancy Myers, Inspector of Elections at tokruser@yahoo.com

Drama Club

By LENORA DAVIS

Every month is a busy month for the Drama Club and April was no exception. We did have a well-deserved cast party following



Penny Rome and Bob Jorgenson



Bonnie Osborne and Tom Roth

(cont’ on page 5)

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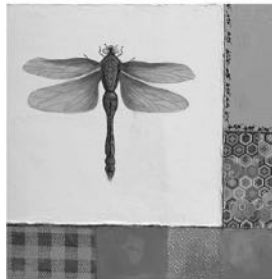
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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT & RON MASCIOVECCHIO - Program Coordinators

Sharing safety tips — As we get ready to prepare for travel leaving the comforts of our home and community, here are a few safety tips to consider excerpts from Penn State Global :

Pre-Trip Safety & Planning
 • **Secure Documents:** Make copies of your passport, ID, and insurance, and share your itinerary with someone at home.

• **Buy Insurance:** Ensure you have travel insurance, which covers emergencies like medical evacuations.

• **Prescription Medication:** If you routinely take prescription medication, be sure to pack an ample supply for your trip, and discuss with your doctor any adjustments to your medication schedule if you change time zones – both on the way out and on the way home.

• **Pack Smart:** Use luggage with TSA-approved locks and consider bringing a portable door stopper for hotel rooms.

• **Stay Healthy:** Pack a travel health kit and get necessary vaccinations.

• **Secure your home.** Have your mail & papers stopped. Inform your neighbors of your travel plans. Leave a light or two on timers inside your home and draw your curtains/blinds. Keep your maintenance going while you are going (shows activity at your home while you are gone).

During the Trip

• **Situational Awareness:** Stay alert in

crowded areas, public transport, and tourist hotspots to avoid pickpockets.

• **Avoid Flashy Clothing.** Blend in with the crowd so you are picked out as a “tourist” – easy pickins.

• **Protect Valuables:** Keep bags across your chest, wear backpacks on your front in crowds, and avoid carrying large amounts of cash.

Solo & Nighttime Safety

• **Blend In:** Dress conservatively to avoid appearing as a target for robbery.

• **Avoid Walking Alone:** Be cautious, especially at night.

• **Watch Your Drinks:** Never leave food or beverages unattended.

Petty Theft — Petty theft is much more common in foreign countries, and often targets foreigners who may be carrying valuables and are less familiar with their surroundings. Pickpockets and scammers may be prevalent in many of the places you will visit while traveling internationally. It is important to remain vigilant while in public spaces.

• **Avoid keeping valuables** (such as wallets or cell phones) in back pockets.

• **Inform your bank or credit card company** that you will be traveling overseas so that they do not freeze your account. Ask if your bank has any international banking partners where you can safely deposit or withdraw funds as needed.

Safe Travels!

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Drama Club

(cont' from page 1)

our March performances. Those performances got rave reviews and we are proud to announce that our next show is set for October 18 and 19 in the Lodge ballroom. This will feature our ever-popular Luncheon matinee and single evening performance the next day. More details will follow as they develop.

We have selected the sketches to be performed for this show and casts have already begun rehearsals (October seems like a long way off, but it will come quickly for us). We may also have a few surprises in store for the near future as our Club, and pool of actors, continues to grow. We are a creative group and the ideas are forming.

I thought you might enjoy some photos from the March performance: Penny Rome and Bob Jorgenson, from Backfire, plus Bonnie Osborne and Tom Roth from Love Connection Dot Com. We have many more photos, from this performance and many others, on our SCR website. Check us out!

Always remember: being a member means more than performing for crowds – There are so many other ways to be involved – just ask. If you want to join the fun, contact president Susan Glover (530.388.6367) or myself, Lenora Davis (707-350-1357).

• • •

Singers

BY JACKIE PROETT

It's May and the Easter eggs may be a Memory, but other big "M's" are Marching ahead. We start with Mother's Day, because



Vivian Leinio, Kathie De Vito and Sandee Drapeau. Missing are Gail Franklin, Michael Ross, and Joe Lopez.

she gave us life. We end the month on Memorial Day in respect for those who gave us a better life.

The Singers favorite M is Music and not far behind is Paul Melkonian, our Masterful director who Makes Magic out of Melody as we prepare for our June 1st. Concert, BLAST FROM THE PAST. The time is 7:00pm. At the Timber Creek Ballroom. Tickets are \$20 and Chairmen are Steve Sanchez at even.steven@att.net/ or 650-868-0328 and Gail Hixson at msgemh@aol.com or 209-479-2981. The Music of the 60's, 70's and 80's will cause some Misty tears and Many Memories! Get those tickets now!

Mastership. Time to vote on new Counsel Members. At this writing, the slate was not complete. We do know that several members will remain, but some surprises are in store. What fun!

Most fun of all, was from Marvelous Marla and her Hospitality team and The Way We Were dinner party. Wow! What a neat idea. Cheers to the table who guessed seven of the ten pictures and the way they were. The Olive Garden Food cannot be outdone. Delish!

For those who would like to join us, we meet every Monday at 2:30 at the back of the

Ballroom. You wouldn't be able to sing in this concert, but you could look at the music, make some new friends and buy a ticket to our June 1st. Concert!

• • •

Harmonicoots

BY JO ANN STOOKSBERRY

The Harmonicoots were proud to be asked to participate in the annual Timbers Art Show on March 14th. We also played for the opening softball day on March 25th. e started their season off with "The Star Spangled Banner" and "Take Me Out To The Ballgame". If you need us to play for your club,



Cory, Gary and Barbara Mills — St. Patrick's Day Performance.

group, or individual activity, call Jo Ann Stooksberry at 916-749-4425 at least one month in advance.

With our performances over for a while, we are



Ted Ball — Our favorite Leprechaun!

busy practicing new songs to entertain you. We have even started to "jam" again. A jam session is an informal gathering of musicians playing improvised or unrehearsed music together for enjoyment, rather than performance. It really is the heart of our practices.

As I am writing this in April for next month's May issue, we will be moving to the Aspen Room at the Timbers as the Fitness Center renovation is going to take over Sierra Pines for classes. We will be meeting on the same day, Thursday, but our new hours are 12-2pm.

May is a special as it hosts many significant holidays like Mother's Day, Memorial Day, and Star Wars Day (MAY the 4th be with you!). The Coots wish all moms a Happy Mother's Day and please have a fun and safe Memorial Day Weekend — Harps Up!

• • •

Music and Laughter

BY JANE BOHN

Per our normal format we opened the show with an uplifting Happy Birthday song to all those born in April. This was followed by our talented neighbors who came to Music and Laughter to share their talent: pianist Jan Given, violinist Joe Given, singer/guitarist Ken Roberts, a cappella singer Peggy Wells, singer/guitarist Bruce Ahnberg, jokester Jan Montero, a cappella singer Linda Kosut, and poet Nanci Woody.

Fun sing-a-longs were easily incorporated to the delight of our audience. Following that were our exuberant prize winners, 1st prize

(cont' on page 9)

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Sunshine Services

BY SUSIE RIVERA, *President*

As May brings warmer days, fresh blooms and a sneeze or two, it's the perfect time to refresh our homes and our personal care routines. This season of renewal reminds us that caring for ourselves is not a luxury- it's essential to maintaining independence, health, and happiness.

Personal care goes beyond the basics of grooming and hygiene. It includes caring for your body, supporting your mental well-being, and staying connected to your community. Something as simple as getting fresh air, drinking more water, or keeping a regular sleep routine can help boost both energy and mood.

May is recognized for several national health observances that highlight the importance of self-care. During Mental Health Awareness month, we're reminded to check in with ourselves and one another. Staying socially engaged- whether through a club, a class or a friendly conversation- can greatly improve emotional well-being. It's also Skin Cancer Awareness Month, a good time to remember sun protection whenever you're outside. Wearing sunscreen, a wide-brimmed hat, and lightweight long sleeves can help protect your skin from further damage while enjoying the outdoors.

In addition, National Physical Fitness and Sports Month, encourages us to keep moving! Gentle activities like walking, stretching, Bocce, water aerobics, or chair exercise can improve mobility, balance and overall health.

The goal isn't intensity but consistency.

At Sunshine Services, personal care means knowing support is always nearby. Our programs are designed to support your independence while fostering strong connections within a caring community. Whether you need assistance, resources, or simply a place to engage with others at our speaker events, you are never alone.

This May, focus on you. Small acts of self-care can lead to lasting benefits. When we take care of ourselves, we are better able to enjoy each day.

Ambassador Committee

BY KAREN POWER

Greetings from the Ambassador Committee. We live in a beautiful community and there is so much that goes into keeping it that way. During the Ambassador committee's last meeting we were fortunate enough to have Steve Kimbrough, Golf Course Superintendent and Director of Landscapes, as our guest speaker. Steve gave us an interesting overview of the overall Sun City property as well as just a glimpse of what keeps the golf courses and the grounds looking their best. We also learned about the "Ramp" days. On the ramp days (details are in the golf section of the courier) residents can walk on the cart paths of the golf courses. Ramp is generally from 7-8 am.

As the newest member of the Ambassador

(cont' on page 7)

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Ambassador Committee

(cont' from page 6)

committee, I am truly impressed with the group of ladies that make up the committee. The committee is involved in so many different events and supports the community in many ways.

On March 28 we had a new resident orientation brunch, and 37 new residents attended the event. The purpose of the orientation is to introduce new residents to the amenities the community has to offer as well as give a bit of an understanding of what goes into running a successful and safe community. The attendees heard guest speakers from: the Board of Directors, IT Department, Citizen Patrol, Golf Department, Volunteerism Group, and the Sun City Foundation. The next new resident orientation will be held on Saturday, June 27.

In addition to the brunch, and other activities there was a lot of hard work that went into planning and executing the first annual "Interior Reimagined" Home Tours on April 15. The event coincided with the Sun City 30th anniversary celebration. The event was a huge success. Big thank you to the homeowners involved in this event.

We also participated in the Mix and Mingle event on April 29. This event was hosted by the Volunteerism Community Services Group. It was a great opportunity to get an understanding of all the volunteer support that goes into making Sun City Roseville such a wonderful place to call home.

Clubs & Groups

BY FRANK TOM, *Chair*

The Clubs & Groups Committee hosted a Leadership Orientation for Chartered Clubs and Resident Groups on March 3 in the Aspen and Birch Rooms. Presidents and Vice Presidents were in attendance along with other Council Members. The orientation addressed the Board approved revisions to the Chartered Club Guidelines and Bylaws, and Resident Group Guidelines. The revisions included: (1) Simplifying language in the Club/Group Guidelines, and Club Bylaws. (2) Flexibility in the Club/Group Guidelines and Club Bylaws. The orientation also addressed the roles and responsibilities of the Clubs & Groups Committee, as well as the following departments: Finance, Activities, and Information Technology. The orientation also included a review of the various Forms that Clubs and Groups must submit to the Activities Department on a regular and/or annual basis.

The Clubs & Groups Committee emailed a brief survey to all Presidents and Vice Presidents for feedback regarding the value of the Clubs/Groups Leadership Orientation. The following are highlights and recommendations:

1. Overall sentiment was positive. Ninety percent of respondents agreed they were provided with the tools (information, documents, procedures, and contacts) needed to run their club or group. Respondents indicated they were missing specific information (for example, re-chartering steps). This suggests the need for clearer documentation or easier

access to key procedures.

2. Offer a hybrid orientation format, such as written resources with an optional Q&A session.

3. Improve visibility and access to resources on the website.

The CGC will strongly consider the recommendations as stated above, and thanks to those who responded.

By the way, three CGC members will complete their term this year. As such, we would like to invite any resident who is interested in learning about how our committee supports the Chartered Clubs and Resident Groups to please attend any of our monthly meetings. We meet on the first Thursday of each month in the Cedar Room. If you have an interest, please contact Maria Woodbury at: 4woodburys@gmail.com, or call/text Maria at 530-518-3483.

.....

Library News

BY ELIZABETH GUSTAFSON

New library hours started March 1: Monday-Saturday 9-5, Sunday 10-4. We hope you are finding this helpful.

This month's books include Bloodlust, a sequel to Sandra Brown's popular romantic thriller Blood Moon. Marie Benedict's Daughter of Egypt has two timelines: 1479-1458 BC when Hatshepsut was a female pharaoh and the 1920s when Lady Evelyn Herbert, whose father was one of the finders of King

Tut's tomb, searches for Hatshepsut's tomb. Judge Stone is a courtroom drama that shows us a controversial trial in small-town Alabama through the eyes of the judge. The controversial case centers on a 13-year-old girl and the doctor who helps her and the legal and moral issues put the judge in danger.

So many books – so little time!

New Books — Fiction: Benedict, Marie - Daughter of Egypt; Brown, Sandra - Bloodlust; Finn, Patricia - The Golden Boy; Pataki, Allison - It Girl; Patterson, James & Davis, Viola - Judge Stone; Robards, Karen - The Moonlight Runner; Rollins, James - Trust No One; Stedman, M.L. - A Far-Flung Life; Steel, Danielle - Felicia's Favorites; Stevenson, Benjamin - Everyone in This Bank is a Thief.

Non-Fiction: Aikens, Sue - North of Ordinary: How One Woman Left It All Behind for Wilderness and Wonder in Alaska's Frozen Frontier (memoir).

Large Print: Brown, Sandra - Bloodlust; Finn, Patricia - The Golden Boy; McCain, Paula - Skylark; Patterson, James & Davis, Viola - Judge Stone; Quindlen, Anna - More than Enough; Sancton, Julian - Neptune's Fortune: The Billion-Dollar Shipwreck and the Ghosts of the Spanish Empire; Stedman, M L - A Far-Flung Life; Steel, Danielle - Felicia's Favorites; Sweeney, Cynthia D'Aprix - Lake Effect; Thor, Brad - Cold Zero.



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Music and Laughter

(cont' from page 5)

Shirley Roberts, 2nd Donna Jones, 3rd Jean Saunders, 4th Linda Kosut, 5th Sharon Bryant, and 6th Jay Javier.



Frank and Jane

What a fun hour. Here comes a huge thank you to our entertainers, our attentive singing audience, and our helpers Ken Roberts, Carolyn Winter, Dennis Hellman, Pam Moll and Arlette Bennett.



Peggy Wells

Once again, you have all contributed toward the success of a wonderful uplifting hour of Music and Laughter. We hope you will bring your \$1 donation for the raffle, mark your calendars and come join us at our next gathering Wednesday evening, May 13 at 7pm (doors open at 6:30pm) at our Sierra Pines Lodge located on the corner of Del Webb Blvd., and Whistlestop Way.

• • •

Dance Club

BY VIKKI CLARK

The Dance Club continues to keep our community moving, connected, and having fun this spring!

On April 20th, we enjoyed a wonderful Ballroom Dance & Workshop. It was a great opportunity for dancers of all levels to learn new steps, polish their skills, and spend time on the dance floor with friends. Events like these remind us how enjoyable it is to keep both our minds and bodies active through dance.

Looking ahead, be sure to get your tickets now for our upcoming Petals & Pastels Ball. This promises to be a beautiful and lively evening, featuring music by the always popular live band, Four Barrell. Many of you will remember them from our Halloween dance, where they kept the floor full all night long. You won't want to miss another chance to dance to their fantastic music!

Mark your calendars as well for June 15th, when we will host our Election Dinner/Dance, "Stars, Stripes & Spotlights." The evening will include dinner, dancing, and special entertainment. Cost is \$40 for members and \$45 for non-members. We'll be dancing the night away to music provided by DJ Joe, making it a fun and festive event for everyone.

With the Fitness Center closing at the end of April for remodeling, Dance Club activities offer a wonderful alternative to stay active. Dancing is not only great exercise for the body, but also keeps the mind engaged while providing meaningful social connections.

If you are looking for a convenient way to stay active without leaving Sun City, the Dance Club offers several fun class options that keep you moving while enjoying music. Dance is a great way to maintain balance, coordination, and overall fitness, while having a great time.

We look forward to seeing you on the dance floor soon!

• • •

Square Dancing

BY KRIS KNUTSON

"Square dancing is clearly the ultimate team sport-because nothing says "elite athleticism" like eight people arguing politely while walking in circles. There's strategy (remembering calls) endurance (smiling through mistakes), and teamwork (saving your corner from disaster). No benchwarmers here-just synchronized confusion, accidental collisions, and the occasional triumph when everyone ends up exactly where they're supposed to be. Magic happens weekly. Monday's Square Dancing sessions start 12:15-3:00 PM. Advanced dancing Tuesdays 3:00-5:00 PM. Round Dancing Thursdays 1:00-3:00 PM at Kilaga April 16-May 21. Round dancing time and location change for the following days, May 28, June 4, June 11, June 25. All these sessions will be at 11:30-1:30 PM at the Fine Arts Room at Orchard. Any questions regarding Round Dancing please contact Cathy Razumich 408-218-2144. For more information about Square Dancing visit our web site at <https://sclhsquares.weebly.com>

• • •

Round Dancing Group

BY CATHY RAZUMICH

Round dancing is social ballroom dancing that is choreographed (a prearranged sequence of steps) and cued (a leader calls out the upcoming steps). Because there is no improvising, leading and following are easy.

Our group round dances on Thursdays from 1 to 3 PM in the Placer Room at Kilaga Springs Lodge (1167 Sun City Blvd in Lincoln). Dancers and anyone interested in stopping by to find out more, there is an important Round Dancing time and location change. Sessions on May 28, June 4, 11, 18, and 25. will be from 11:30-1:30 PM in the Fine Arts Room at Orchard Creek Lodge (965 Orchard Creek Lane in Lincoln).

Our group is sponsored by the Sun City Squares. Round dancing is associated with square dancing because they share historical roots as 19th-century social partner dances that were frequently paired together to offer variety at dance events. While squares involve group choreography for four couples following a caller, rounds are choreographed ballroom-style couple dances that move around the room in a set pattern prompted by a cuer.

Today round and square dancing are often done at the same events. Round dances are usually alternated with square dance sets, giving everyone an opportunity to dance. While some only square dance or only round dance, there are others who enjoy both because they share the same friendly social atmosphere. There is usually a Saturday night dance in Roseville

(cont' on page 11)



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Mother's have described it as a "pain worse than labor," others compare it to passing a kidney stone.

Post Herpetic Neuralgia (PHN) is a complication following a bout of shingles and is often ranked in the top 5 most painful experience a person can endure in their lifetime. Affecting more than 18% of shingles patients, PHN causes you to experience the pain of active shingles for longer than 3 months, and in some cases, years after the rash has dissipated.

Audrey of Lincoln Hills shares her story. "I had been diagnosed with shingles, and I thought it was going to be like the flu or any other virus. I'd have it and then get over it. Two months later, the blisters were gone but the pain was so intense I was begging them to put me in the hospital and sedate me."

During active shingles, the virus injures nerves in and around the skin where the rash and blisters occur. Your immune system eventually suppresses the virus and the rash and blisters disappear. Unfortunately, nerve damage often disrupts the function of your nervous system and the damaged nerves send random, uncontrolled pain signals to the brain causing lasting, debilitating pain.

"I couldn't sleep," said Audrey, almost in tears. "I was always in pain. I couldn't leave the house. I thought this was the end of my life."

PHN pain has been described as burning, stabbing, and even gnawing. Even worse, it has a tendency to escalate to unbearable levels, episodes that Audrey referred to as "seizures." "You can actually feel them coming on, so you know you're about to be in major pain and there's nothing you can do about it."

This pain can gradually go away, return intermittently, or in worst cases, stay with you for the rest of your life.

After living with this for more than 2 years, Audrey was no longer willing to take that chance of enduring it for a lifetime and sought the expertise of RaeAnn Salvador, of Lincoln Acupuncture and Integrative Health. Sadly, we have seen an increase in PHN cases. My PHN cases are some of the most tragic cases I've seen. The pain these people experience is just beyond words. Fortunately, I am able to offer them real hope.

"I started going for treatment and everyday was better and better. After about a month, I told my husband, "I'm going to start doing our big Sunday family dinners again," shared Audrey. "It's changed my life."

While the clinic specializes in acupuncture (it's in their name after all), it's the 'Integrative Medicine' part of the practice that's a hole-in-one when treating Post Herpetic Neuralgia.

ATP Resonance BioTherapy is the real winner here. ATP treats PHN two-fold. It both eradicates residual shingles virus which reduces future episodes, and it aids in repairing damaged nerves. Nerves have the ability to regenerate and repair on their own. "Our ATP therapy ensures and supercharges that process."

It should also be noted that if ATP Resonance BioTherapy is used to treat an active case of shingles, the lifespan of the active virus and the chances that you'll develop Post Herpetic Neuralgia reduce significantly.

When asking Audrey "how do you think things would have progressed if you'd never found Lincoln Acupuncture?" Her only response, "that's for a different conversation." Audrey's husband shares, "As a person, you can only handle so much pain. Audrey is on the other side of this now and to me, that's most important. And she got the results she needed by coming here."

If you or a loved one is experiencing the pain of an active shingles outbreak or are now suffering from post-herpetic neuralgia, RaeAnn Salvador, LAc and the staff at Lincoln Acupuncture and Integrative Health are here to help.

Visit AcuLincoln.com for more information or call **916-884-0398** to schedule an appointment for an initial consultation.

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Round Dancing Group

(cont' from page 9)

twice a month. On Memorial Day weekend, the Golden State Round Up will be held in Lodi. This 3-day festival features all levels of square and round dancing.

Round dancing is a great way to spend a Thursday afternoon. No ballroom dancing experience is required. We would love to have you join our group! Contact Cathy Razumich at 408-218-2144. More club information can be found on our website sclhsquares.weebly.com

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Needle Arts Club

BY PEGGY VOAKES

May 8 is our annual Fashion Show and I am looking forward to seeing many of you there! No General Meeting in May.

I hope many new and prospective members were able to attend our April General Meeting. Our program consisted of a panel of many of our donation-oriented Special Interest Groups describing what their groups do. We also heard some wonderful history of the origins of these endeavors. If you missed it, be sure to check our newsletter for listings of all the groups and how to contact them.

Past President CJ Kidd presented our slate of officers for 2026-2027. They are: President, Susie Rivera; Co-Vice-President, Marion Jones/Linda Nelson; Secretary, Karen Porter; and, Treasurer, Nancy Dunne. A heartfelt thank you to CJ and her nominating committee for their important work in keeping our club running smoothly and to our volunteers who have agreed to serve on the Board.

Our June meeting will open the floor to any other nominations. We will vote for next year's officers, as well as to approve our proposed budget.

June also brings our Show & Tell program, one of my favorites. It is so inspiring to see what you all have created! The Back Table Challenge at Show & Tell continues, as well.

Our next General Meeting is June 3, 1:30 pm, in the Ballroom. Doors open at 1:00 pm for Back Table shopping. See you then!

• • •

Fine Arts Club

BY NANCY VAVUL

May is shaping up to be an exciting month for our fine Arts Club! First of all, mark your calendars for May 14, when our members'

meeting will feature Ryan Rhodes, a bold and surreal muralist whose stunning pieces can be spotted around Sacramento including the Crocker Museum and the Kings Arena. Don't miss this opportunity to hear from an exceptional artist!

This month, the gallery wall theme is open to any idea or medium, allowing for a diverse range of artistic expressions. Come by to see the incredible talent showcased by our members.

We are happy to announce that Renee Hawkyard will be the featured artist throughout May in the Card Room displaying her captivating work. Be sure to stop by and experience her beautiful art firsthand.

We are also delighted to share that our recent fundraiser for Acres of Hope raised \$3000 for this deserving cause. A heartfelt thank you from Donna Self and her committee goes out to all the artists who generously donated their work and to everyone who participated.

Our new web designer, Jasmin Golding, encourages club members to submit photos and YouTube videos for our website. So, if you have captured "the perfect moment" at any of our events, please be sure to share them!

Additionally, voting for secretary and treasurer will occur at our regular meeting this month, with our installation, titled "Dots and Daisies," being set for our members' meeting on June 11—so plan ahead for this always lovely event.

Finally, don't forget to check the calendar for our ongoing classes led by talented instructors: Donna Self (acrylics), Susan Edie (oils), Renee Hawkyard (watercolors), Pat Jordan (drawing), Sherry Bleiweiss (alcohol ink), and Marie Winkler's "Paintings That Changed the World." We look forward to seeing you at our events!

• • •

Roseville Stamp Club

BY TIM MILES

We're into May and we have quite a few new dates to acquaint you with for meetings, "garage days" and events. We meet twice a month at the Sun City Roseville Lodge (7050 Del Webb Blvd) on Tuesday nights at 6:30 pm. The coming dates are May 12th and May 26th and June 9th and 23rd. We're usually adjourned by 8:45 pm and on the way home. You'll find door prizes, stamp albums and

pages (when available), usually a dealer or two, page protectors, etc. If you need it, you'll find it at a meeting. We also have a complete set of catalogs available for use. We have guest speakers from time to time.

Al Capparelli (916-771-8288) also has "garage days" from time to time and you can solve a particular problem by attending one of those days (May 21st and 22nd and June 18th and 19th). Call ahead for an appointment as he gets quite a response. He has all the accouterments you would need, and he is very acquainted with the special needs of the hobbyist.

Our Secretary, Lee Coen, (leejcoen@gmail.com) sends out timely notices to all the members so be sure he has your email address. Our dues are a reasonable \$20 per year for membership in one of the oldest stamp clubs on the West Coast.

We always remind readers that, if they have that "old" album on the closet shelf, they can attend any of our meetings and get a current up-to-date "rough" value.

• • •

Travel Club

BY PAM SCHEEL-HEMINGWAY

As you read this, Lorraine Welk and her committee are hard at work planning our Spring Social. The theme is "Broadway Bash" and the doors open at 5:00pm on May 25th. Tickets are on sale at Courier Days on May 1.



Travel Club members in Sicily



Jeff Robinson celebrated his 85th birthday in style in Sorrento.

Don't miss out!

Travelers had a great time on the "Sicily and Southern Italy" and "Flavors of Portugal and Spain" trips. The food, wine, scenery and company were all fabulous. See pictures this month of the Sicily group, including a very special birthday celebration with world-famous Sorrento lemons in the cake. Look for pictures of the Portugal/Spain group next month!

Trips now available for booking for Travel Club members include:

Broadway Experience: June 8-12 (Champ Tours)

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

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

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

Spectacular Scandinavia: September 9-22 (Collette)

Catalina Island: Sept 14-17 (Alamo)

Tahiti with a Windstar Cruise: Sept 28-October 9 (Alamo)

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

Danube River Cruise: November 15-23 (Grand Circle Cruise)

New England Holiday trip: December 10-16 (Collette)

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

Panama and Costa Rica: February 19-March 3, 2027 (OAT)

Tuscany: March 13-21, 2027 (Collette)

Vietnam, Cambodia, Mekong River: October 29-November 12, 2027 (OAT)

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

The Travel Club meets the 4th Monday of most months at 3:00 pm in the Ballroom. Our next regular meeting is June 22, 2026, with Jay Fehan from Collette scheduled to speak.

• • •

Solo Friends Group

BY NIKKI COMBS

April was National Volunteer month. These Solo Friends volunteers work hard for everyone's benefit:

Council members attend meetings and help with Social Dinners. In addition, President Mary Dial welcomes new members into her home so they can form friendships.

(cont' on page 12)

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Solo Friends Group

(cont' from page 11)

Vice President Heather Kendall finds and schedules all General meeting speakers, not an easy task.

Secretary Diane Peterson stores the decoration bins saving money by Social dinner hosts reusing table pieces.

Treasurer Susan Lussier and Membership Chair Roberta Simpson keep tabs on all the numbers.

Social Chair Sharon Hearden assists Social dinner volunteers host the catered dinners. Our Social cabinet currently needs a new volunteer to maintain the stock.

Cathy Schimansky edits the newsletter. Carol Hamel checks in members, introduces new members, and conducts the Social dinner raffle at the General meetings. Gwen Weitz finds volunteers for the Solo Friends table each Courier Day; and Nancy Stevens is our Sunshine Girl, sending warm wishes to members who need a pick-me-up. Carol Quayle and Roberta Simpson create the Social dinner flyers. And yours truly writes the Courier and Sun City Senior News articles.

Leaders for Special Activities are, Book groups Nikki Combs, Jen Martin, and Mary Dial. Games: Diane Peterson, Carol Seifert, Barbara Warmerdam, Carol Meininger, Paulette Perfumo, Sharon Hearden, Laura Holeman, and Jean Saunders. Discussion facilitators are Cal Conley, Marlene Wenzler, and Jeanine Ewart. Travelers find buddies through Nancy Spurlock and Christine



Hohmann hosts Storytellers.

In addition, numerous volunteers host and work each Social dinner. They find caterers, choose a theme and entertainment, and serve. It takes a small village to produce each dinner.

April has passed, but you can still thank all these volunteers making Solo Friends an active, fun group. If you are inspired, please step up. We will all thank you. Apologies to anyone omitted.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Faye and Barry Klein for leading the Shabbat (Sabbath) Friday night service and for hosting the Oneg (a sweet table following the Shabbat service) in March.

Our wine, cheese and appetizers event in March was very nice. It was also fun playing Trivia, and prizes were won.

Our Book Club will resume on May 11 at 7:00 pm at the home of Ruth Elkins and Ray Seamans. The book that will be discussed is

“The Man in the Sharkskin Suit” by Lucette Lagnado.

Our annual BBQ will be on May 17 at 5:00 pm at Sierra Pines. We will have fun games of corn hole and a putting contest. Details will be in an email to all JFC members.

Our JFC member, Linda Lyon Kosut, and her accompaniments will entertain us with singing on June 28 at Sierra Pines. Appetizers and dessert will be served. Details will be in an email to all JFC members.

In May 2026, the Jewish holidays are LagBaOmer and Shavout. LagBaOmer begins at sundown on May 11. This festive day commemorates the passing of Rabbi Shimon bar Yochai and the end of a plague among Rabbi Akiva's students. It is often celebrated with bonfires and outdoor activities. LagBaOmer starts the counting period which ends with Shavout. Shavout begins at sundown on May 24. Shavout commemorates the giving of the Torah at Mount Sinai and is traditionally observed with all-night Torah study, reading the Book of Ruth and enjoying dairy meals. The word Shavout means “weeks”. It celebrates the completion of the seven-week Omer counting period between Passover and Shavout.

• • •

Meditation Group

BY ED CERVANTES

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

Step away from the busyness of the day and join us for a wonderful hour of meditation, music, refreshments, and good company.

Mantra Meditation welcomes you just as you are, no experience needed, only an open heart and a willingness to relax into your natural joyful state. Bring a friend and come make new ones. Our group is donation based and the meditations will be practiced seated in chairs.

Due to the construction at the SCR Fitness Center, we only have one date scheduled in the merry month of May.

Wednesday, May 13th 1:30pm - 2:30pm in the Spruce Room at Sierra Pines

Many thanks and we look forward to meeting you. Ed Cervantes and The Heart of Gold Meditation Group mantramedclub@gmail.com

• • •

Conservative Action Group

BY SHERRI SCOTT

Can you believe we will receive our mail-in ballots on or around May 4 for the June 2 primary election! It is so important that you do vote in the primary as this will decide who we can vote for in the general election.

In California we have the Top Two Open Primary which created “voter-nominated” offices for state constitutional offices, state legislative offices, and US congressional offices. This does not include candidates running for US President or local offices. All candidates running for office, regardless

(cont' on page 13)

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Conservative Action Group

(cont' from page 12)

of party or non-party preference, are on the primary ballot. Only the top two vote-getters move on to the general election. One exception in the primary election is the office of State Superintendent of Public Instruction which needs to win by a majority vote (50 percent + 1).

And we may be just beginning to understand that Sun City Roseville is now in District 6 for the primary election for US Congress. Kevin Kiley is still our Congressman for District 3 until the new session of congress starts in January of next year. He has changed his party affiliation to No Party Preference for his candidacy in our new District 6 and is still currently caucusing with Republicans to keep his appointed committee seats. If he is elected, through the top two process in the primary election, he will be sworn in as Independent next year.

Our last meeting speaker was Bonnie Gore, representing Sun City as District 1 Placer County Supervisor. She has been our successful Supervisor for eight years by focusing on public safety, balancing population growth with public/business owner investment, and actively maintaining the quality of life we



so appreciate in this area.

Our next meeting is Monday May 4, 6:30 pm, Sierra Pines. Joe Patterson, Assemblyman District 5, will join us.

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Veterans & Patriots

BY ELIZABETH JARRETT

Memorial Day. The words that come to mind for Memorial Day are Tradition, Remembering and Honoring. The very essence of Memorial Day reflects those words. "In Memory of many, in Honor of all, we Remember in gratitude all of those that have Served." In this Remembering, we acknowledge our human connections to others. We honor all the many personal contributions and sacrifices that have been made to Serve our Country.

Veterans and Patriots will Honor Memorial Day the entire month of May. We will have Flags for sale at our Courier Table May 1 and at our General Meeting on May 6. If you need a Flag for Memorial Day and cannot get to one at the above dates, please let a Council member know and we will get a Flag to you. We appreciate Council member Bob Wagner for volunteering to manage all the Flags. We also thank Dave Lewis for helping us to appropriately dispose of worn-out Flags. When you fly your Flag, please remember and honor Flag Protocol.

Our May General Meeting will be focused on Remembering. We will have a short presentation from Lorraine Liberty about the Veterans' Window Display Project

she is coordinating for November. We will have Brian and Tracy Carr share their ideas for acknowledging "250" on Veterans' Day. Time will be set aside for members that want to speak for up to 5 minutes each about their thoughts on Memorial Day.

We will also have a Memorial Day Flag Raising ceremony at the Timbers flagpole at 10. Navy Veteran and Roseville Mayor, Krista Bernasconi is scheduled to speak at this inspiring event.

Our next social event will be our Bar-B-Q on June 27, 3:30-7pm at Sierra Pines. Flyers will be available soon. We need helpers for this event.

We Remember and Honor with gratitude.

• • •

Healthcare Professionals Group

BY LINDA GORDON

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 & 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.

Our next meeting & luncheon will be on Wednesday May 6. Our speaker will be Luz Mascarinas RN. She is a Board Certified Nurse Coach & Holistic Nurse. She is also an Energy Medicine Practitioner currently completing certification for the Healing Touch Program. She will speak on the Healing Touch Program.

This is more than a relaxing experience, it is a research-supported approach to whole person healing.

Nurses from our group hold a Blood Pressure Clinic for Residents on the second Wednesday of the month from 9:30-11:00am to have their Blood Pressure checked and to discuss any issues they may have. While our usual location in the Fitness Center is unavailable Blood Pressures will be done in the CLUB Room in the Lodge. Our next clinic will be May 13.

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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Socrates Cafe Group

BY STEVEN GUSTAFSON

At our last meeting we discussed a timely topic: the ethics of war. We focused on "Just War Theory", which has been a philosophical topic for at least 2000 years. This theory considers three questions.

The first question is "When (if ever) is a government justified in starting a war?". We mostly agreed that a war is justified if it aims to stop an extreme moral wrong, such as a genocide (e.g., the extermination of Jews by the Nazis). However, we agreed that wars solely for territorial gain or for most abstractions (such as "state's rights") were unjustified.

The second question is "What methods can be used in a just war?". We agreed that

(cont' on page 17)

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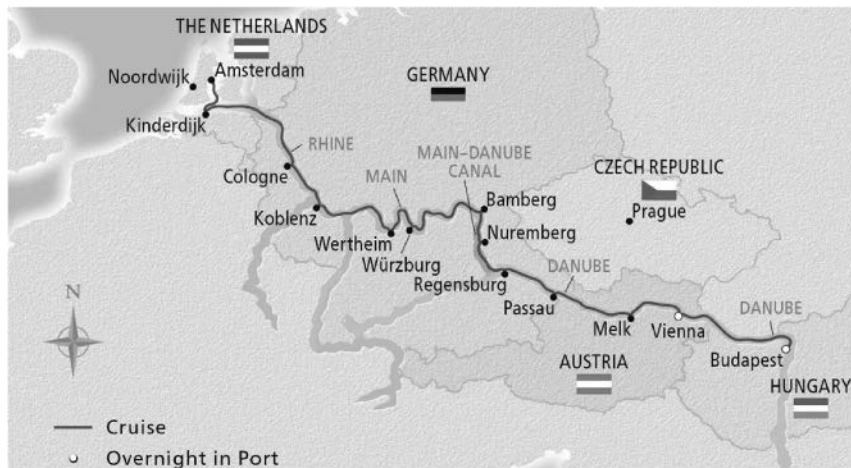
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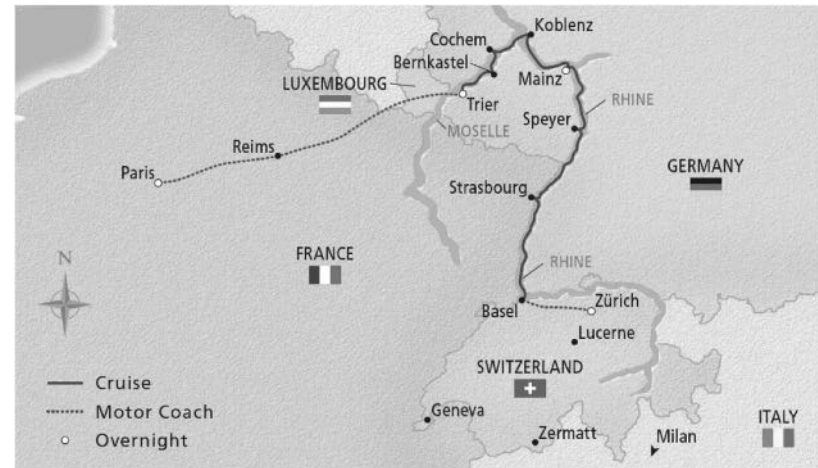
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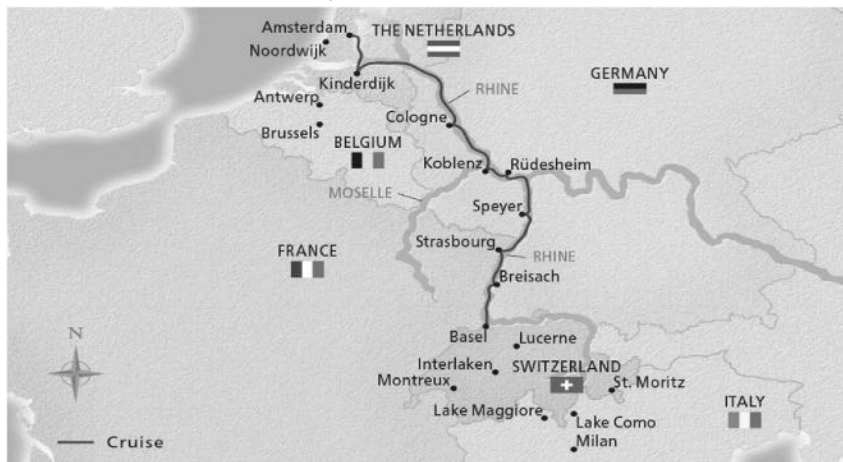
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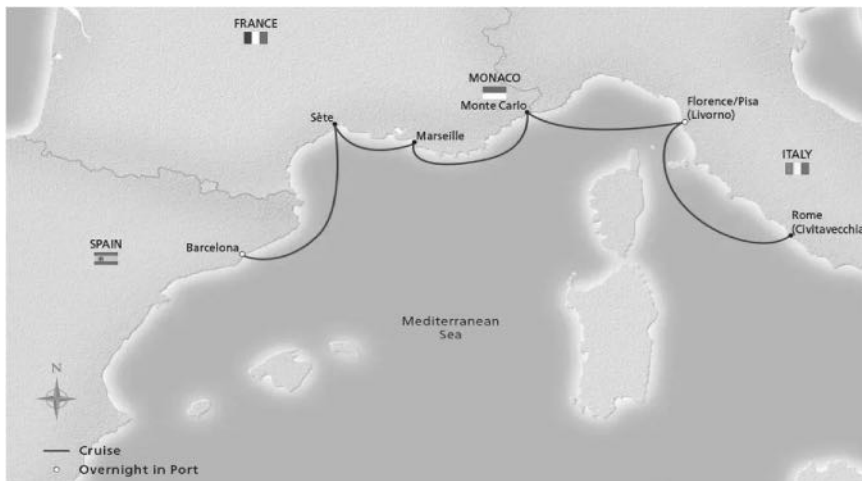


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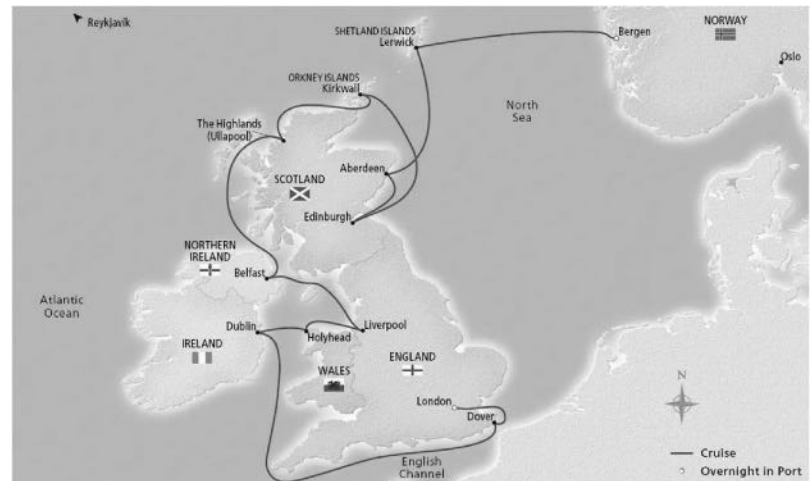
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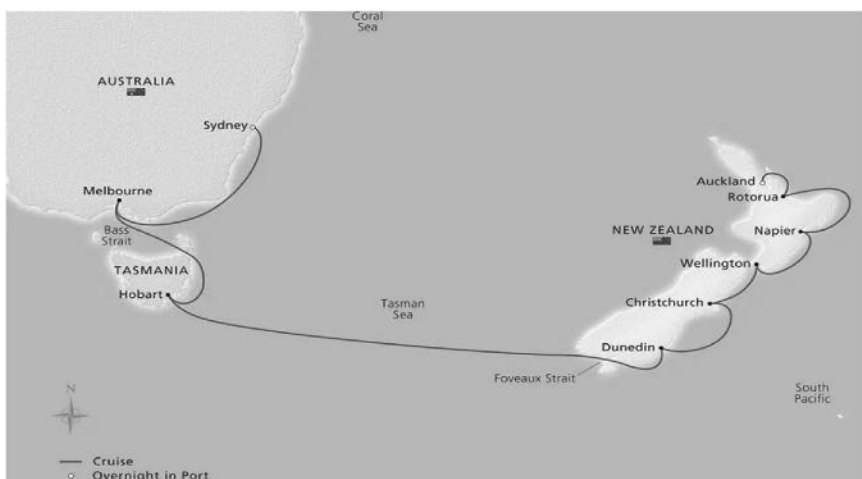
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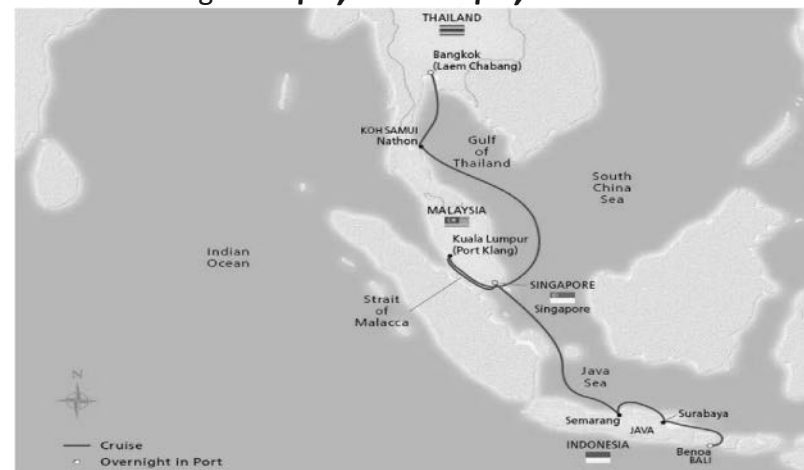
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Socrates Cafe Group

(cont' from page 13)

the methods should not cause destruction beyond that necessary to achieve a just result. Methods that kill large numbers of civilians (such as nuking or firebombing cities) were deemed to be unethical by most of us. There was some disagreement on whether “the ends justify the means” applies. For example, the two atom bombs dropped on Japan in WWII killed tens of thousands of civilians, but their use may have ended the war sooner and saved even more lives.

The third question is “How should the defeated population be treated?” After Germany was defeated in WWI, the victorious allies demanded reparations which are thought to have led to hyperinflation and the rise of Hitler. In contrast, after WWII the United States established “The Marshal Plan” to help Germany recover, which is thought to have led to today’s prosperous and democratic Germany.

Socrates Café (usually about twenty of us) meets on the first Monday of every month at 10:00 in the Timbers Birch room. We have a different volunteer facilitator each month who propose three questions for discussion. We have no dues or meetings other than our discussions

You are welcome to join us. You can email Gustafson.steven@gmail.com and ask to be on our membership list so you can get advance notice of the questions we will discuss.

• • •

Democrats Group

BY MARTY BOYER

Spring has sprung in a big way for the Democrats Group! Members heard from the five Democrats running for the newly configured Congressional District 6, all of whom attended our Group’s March Candidates’ Forum. Each candidate hopes to emerge from the June “jungle primary” as one of the top two headed for the November Election. All five provided powerful introductions and responses to structured questions from the moderator. They also responded to a few questions submitted by attendees.

Council members have been researching and working with the Sun City Charter Clubs and Groups Committee, which has been reviewing rules and regulations governing groups and clubs. Group councilmembers are committed to reconciling what appear to be inconsistencies between our obligations to comply with Sun City HOA rules and our affiliation with Placer County Democratic Central Committee. There are also questions that have arisen related to our Group’s registration as a Political Action Committee (PAC), which goes back more than 20 years but was unknown to Council until recently. It



is a maze that raises complicated issues, and Council is working to answer many questions and seeking professional advice to answer some. We hope to bring more details and reliable information to the membership soon, maybe at the at the May 27 morning meeting.

As of this writing, we await our April 22 Speakers Series guest, Pulitzer Prize-winning political cartoonist Jack Ohman. Ohman won his Pulitzer during his long tenure with the Sacramento Bee. He is now on the editorial staff for the San Francisco Chronicle and is a prolific cartoonist on his Substack, You Betcha!

Finally, we have begun planning for a summer social at our June 24 evening meeting at Sierra Pines. Watch for details on our Facebook page, in email blasts, and this column.

• • •

Garden Club

BY SUZETTE AUSTIN

Our 2026 Garden Tour is this Sunday, May 3, just days away. If you haven’t already bought your tickets, you can contact Linda Gordon, gaarlind77@gmail.com.

Our May 5 Meeting is our “Member Showcase” where Club members share with us a part of their landscaping that is thriving...or not. They’ll show us photos, which we project on the screen, and then discuss good or bad decisions made for their garden.

Our June 2 meeting will be the year-end wrap up with a Root Beer Float Party and our “Garden Swap.” Start gathering your extra

“stuff,” such as pots and planters, seeds and seedlings, tools and books to bring with you to this meeting. All garden related of course. No soil or chemicals please.

We would like your input for program ideas for next year. Let us know of speakers you have heard or would be interested in hearing. Also, it is time to be thinking about officers for the Garden Club for next year. We would welcome any interested members.

We do not meet in July and August and will resume meetings on September 1. Meetings are on the first Tuesday of the month and begin at 6:45 pm and end by 8:15 pm. Please join us and enjoy cookies prior to the meeting. Doors open at 6:15 pm and guests are always welcome.

At our April meeting Kevin Marini spoke to us about “Integrated Pest Management” and how to use best practices in our daily routine to manage pests in our gardens. Pests can be or a plant disease.



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 bring them to a meeting and share.

• • •

Birders

BY JANET MORELLI

This is already the last month of the SCR Birders Group bird watching season for 2025-2026. This season, mid-September (cont' on page 18)

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Birders

(cont' from page 17)

2025 to mid-May 2026, Birders scheduled 21 birdwatching field trips to various locations in the Sacramento Valley and only had to cancel 2 trips due to rain on the scheduled days. A group of Birders will create a new field trip schedule in July-August that will be available on the Birders' web site in August. In the meantime, Birders will continue to "bird", but conservatively and safely, in the summer despite adverse conditions (soaring temperatures and trees in full leafage). It's also a good time to study birding field guides, read bird magazines, and practice using birding apps to identify backyard bird visitors.

Birders visited Sierra View Country Club in Roseville on Monday March 30, and was able to identify 23 species on the golf course, including a Wood Duck, Western Kingbird, Grackle, Oak Titmouse, and Red-tailed Hawk. On April 2, the scheduled field trip was to Ferrari Ponds in Sun City Lincoln Hills where they saw 34 species including a Marsh Wren, Cooper's Hawk, California Quail and Northern Harrier.

The last 2 scheduled field trips for this season will be on May 7 when the Birders will go to Linda Creek Trail near Maidu Center in Roseville and on May 15 when the Birders will go to Natomas Regional Park in Natomas and finish with a lunch at a local restaurant. SCR residents are welcome to join the field trips. A week before each scheduled trip, an eBlast is sent to each resident listed on the

Birders' email roster. This email describes the trip (bird by auto or by foot), what to bring, and fees, if any (refuge, preserve, park and carpool driver). Call Janet Morelli, 916-782-6393 to be added to the email roster.

• • •

SCR Hiking Group

BY SILVANA HUGHES

Wildflowers are plentiful in spring and our hikers captured them in many beautiful pictures that can be viewed in the online Hiking Group photo gallery. One important wildflower is the milkweed plant which is critical for the survival of Monarch butterflies whose population has declined in recent years. They lay their eggs on milkweed plants and Monarch caterpillars feed exclusively on milkweed leaves, the only host plant species for this iconic butterfly. Milkweed and other wildflowers provide valuable nectar food sources for many native pollinators including bees, moths, beetles, skippers, flies, and other butterfly species. (nfw.org) You can help Monarch butterflies by planting milkweed in your backyard. Seeds



for milkweed and other wildflowers can be purchased at local nurseries, but be sure to choose species that are native to this region, like Narrowleaf milkweed, Showy milkweed, and Wollypod milkweed among others. (ucanr.edu/site/uc-master-gardeners-placer-county/garden-areas) Avoid pesticides that contain neonicotinoids ("neonics") which will harm not only pests but beneficial insects as well. (https://en.wikipedia.org/wiki/Neonicotinoid)

Our next meeting will be on Monday, June 8, 2026.

Below is the May schedule, subject to change depending on weather and trail conditions. Bring plenty of water, lunch, and sunscreen, and a change of shoes to keep the driver's car clean. We meet at 7:45 am in the parking lot near the tennis courts for carpooling. See the detailed schedule online (www.scores.org/Hiking-Group).

May 7: Brown's Ravine toward New York Creek, #5 (moderate), 6.5 miles, elevation gain 850 feet, \$8 carpool ride.

May 14: Jenkinson Lake, #4 (easy to moderate), 8 miles, elevation gain 500 feet, \$10 carpool ride.

May 21: Burton Creek, #5 (moderate), 6.5 miles, elevation gain 600 feet, \$12 carpool ride

May 28: Sagehen Creek, #3.5 (easy), 5.5 miles, elevation gain 275 feet, \$12 carpool ride.

• • •

Softball Club

BY RAY HARRISON

Still Swinging After 30 Years: Sun City Senior Softball Marks Milestone Season.

The Sun City Senior Softball Club is proud to celebrate its 30th Anniversary season, bringing fun, fitness, and fellowship to our community. Games are held every Wednesday morning at Mahany Park, with the first game beginning at 9:30 a.m. and the second game following approximately 90 minutes later.

One of the highlights of our season is the Annual Senior All-Star Game on Friday, May 29th at 10:00 a.m. Join us early for coffee and donuts at 9:00 am and then enjoy hot dogs and chips during the game. It's always a crowd favorite, and we go all out to create a fun and entertaining experience for everyone.

Our season includes a 15-game schedule and concludes with a single-elimination tournament, culminating in the championship game on Wednesday, July 29th at 9:00 a.m. We wrap up the season with our Annual Banquet at 6:00 p.m. at Sierra Pines, featuring a catered dinner, entertainment, and awards.

Each month, we highlight a key component of our success. In May, we proudly recognize our Team and League Sponsors—the backbone of our program. Their continued support helps make this milestone season possible.

We encourage all Sun City and Roseville residents to support these outstanding local businesses:

Team Sponsors: Oakmont of Westpark – Assisted Living and Memory Care; Your Roofing Contractor – Wesley Reimelen; The Ivy Blue Oaks – Signature Senior Living; Eskaton Village Roseville – Premier Senior Living

(cont' on page 19)

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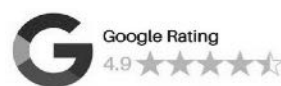
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Softball Club

(cont' from page 18)

League Sponsors: AC Girl- Air Conditioning and Heating, Laura Costello; SONRISA-Senior Living; Placor Construction, Inc. - Pete L. Atchinson.

Thank you to our sponsors, players, and fans for keeping our community active, connected, and young at heart.

• • •

Pickleball Club

BY MARILYN PLUTH

Join the Sun City Roseville Pickleball Club and come out and play Monday through Saturday from 8:00 am to Noon. As a club member you can also take part in our fun tournaments, social events, and great parties.

Welcome to our new Pickleball Club members



PB Club Members dressed in green for the St. Patrick's Day Tourney.



Tourney Winners Craig Tueller, Suzanne Crowder, and Joyce Mokhtary

Ed Araya, Fred Bremerman, Kimberly Bremerman, Linda Griffith, Scott Griffith, Monica Konkel, Keith Oltman, and Penny Rome.

Come try out Pickleball at our monthly "Rookie Play Day," being held on Saturday, May 23, 8:00 to 10:00 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 "Rookie Play Day," where the basic rules are taught to beginners who want to try out the sport, as well as court time with players at your skill level. 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.

Our first Mixed Doubles Pickleball Tournament of 2026 dubbed "St. Patrick's Day Pickleball Malarkey on the Courts" was a great success. The winners were Suzanne Crowder in 1st place, Craig Tueller in 2nd place, and Joyce Mokhtary in 3rd place. Congratulations to the winners!

• • •

Tennis Club

BY MARILYNN VANDYKE

The Tennis Club organized a St Patrick Day special event in March. "Fun on the Courts" was open to all Sun City residents. A total of 24 participants enjoyed the combined fun tennis activities followed by a pizza/salad dinner, wine, beer and games at the courts.



Fun on the Courts



Best Outfit, Michelle Weeks

We celebrated St. Patrick's Day with some lively games. Then we played short sets in a Round Robin format. Darren Hoskins and Pam Wingo tied for first place. Michelle Weeks won 'Best Green Outfit'

award and Denise Roberts won 'Most Irish' award. Overall the "luckiest" Irish was Pam Wingo. She won the most prizes! Way to go, Pam!

The Tennis Club weekday and Saturday matches continue to be a great way to get some tennis play in. As the weather is warming up, our start times have changed to 8:30 am. The matches are scheduled on a monthly basis. Like minded players are matched based on skill level and number of preferred sets. Contact Patrick at magli1@aol.com to sign-up.

Do you want to get back into tennis? Used

to play, but feel a little insecure now? The Tennis Club would like to encourage all people of all levels to give it a try. We'll give you the support and even loan you some equipment so that you can get 'back in the swing' of things. Just reach out to Ron rhousto2141@yahoo.com and he can help you get started. The tennis wall on court 5 was recently renovated. You can also use the ball machine to practice various skills. Contact Ron at rhousto2141@yahoo.com for training on the ball machine.

(cont' on page 21)

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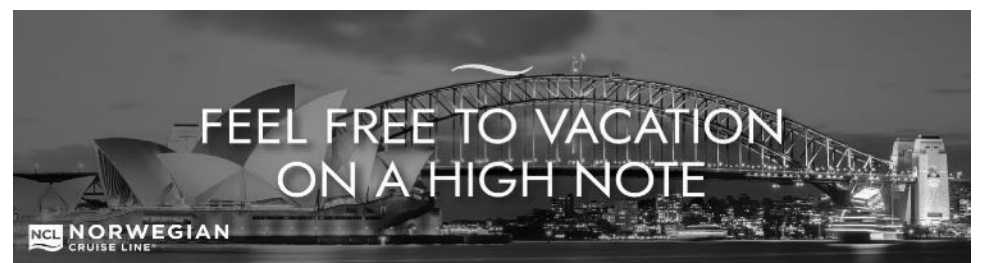
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Tennis Club

(cont' from page 19)

Mark your calendars for the following Upcoming events:

May 8, 5:30 - 8:30 pm - General Meeting and dinner at Sierra Pines.

June 20, 8:30 - 11:00 am - Fun on the Courts; tennis, lunch and socializing.

• • •

Table Tennis Group

BY JEFF CARASKA

Growing up in Stockton, JR Ramirez didn't limit himself to participation in a single sport. He took part in high school swimming, cross country, track and field, football and baseball. Besides competing for Edison High School, he also would play handball at a nearby park.

He also "played a lot of softball" after six years in the Marines (where he started playing table tennis), and took up racquetball. Since his 2022 Sun City move, he began playing bocce and continued to golf and play table tennis.

Ramirez recently returned to the Table Tennis Group following his second knee replacement. "I had my first done in October of 2024, the second a year later," he said. "It was pretty much bone on bone with both knees" that made their replacement necessary. "I think it was from all the outdoor basketball I played on asphalt courts," he said. Ramirez returned



JR Ramirez

to the gym for upper body workouts and light leg work two months after each surgery, and was able to resume golfing after three months.

Ramirez, who retired from a tech position in Silicon Valley, also ruptured an Achilles tendon several years ago playing softball. Previous injuries include a half-dozen broken toes and a shattered heel. He still rides his bike 3-4 miles once a week and continues to weight train.

Ramirez joined the Table Tennis Group soon after moving here. "I like the energy of the game," he said. "And I want to improve my game. There are some really good players in our group. It's impressive."

The Table Tennis Group plays 2:00 pm - 5:00 pm Tuesdays and Thursdays and 9:00 am Saturdays at Sierra Pines.

• • •

He & She Golf

BY JAHNA HOLMES

Get ready to "Play Ball"! Monday, May 11th is our spring social, "Take Me Out to the Ball Game" at Sierra Pines from 5 to 9. You're encouraged to wear your favorite team's attire and colors. The menu will be ballpark favorites, maybe including fresh popcorn!! Hopefully, you're all signed up, as May 1 is the deadline. Golf in the morning, of course.

Our games in March had a variety of weather. Let's hope we're now in perfect weather for golf! The weather was a bit breezy on March 23, but cooler and lovely. The 18-hole first place winners, scoring 113, were Sol & Nancy La Brada, and Steve & Julie Harris.

Second place, scoring 115 was Jim Sherrard, Joan Munn, Connie deBlaqueuiere and that mystery guy, Blind Draw. Third place winners scoring 118 were Shirley Libis, Frank Paluch, Steve Hennessy and Jerri Lehnhoff. CTP was Bill Thyken at 15'10" and JoAnne Gregson at 6' 5". Yay for the ladies!

The 9-hole group first place team scoring 60 was Fred Festersen, Don Cook, Lisa Cryan and that sneaky Blind Draw gal. Second place was a tie at 61 between Lou Steck & Pam Cabezas, Roxanne Warloe and her busy friend, BD, and the team of Leonard & Vikki Clark and Robert Reeder & Jackie Shook. The third-place teams scoring 63 was also a tie at 63 with Barry & Gail Franklin and Andy & Paula Hau, and the all women team of Kyle Vodden, Elizabeth Gustafson, Monica Konkel and Raquel Godfrey. CTP 1st place for women was Linda Vincent at 30'6", and Leonard Clark for men at 33'9". Again, the women prevailed! Thanks to Kathy Fowler for standing in for Michael while he was away.

• • •

Sierra Pines Ladies Golf

BY DANA EGGERTS

Spring is here and our Sierra Pines Ladies Golf group has some wonderful events coming up. Be sure to mark your calendars for two exciting "save the dates"!

Our Annual Spring Social will take place on April 15, 2026, at noon at The Pines. The cost is \$15, which includes delicious salads from Elena's, along with wine and dessert. We'll also enjoy demonstrations from our golf

pros, making this both a fun and informative afternoon. The sign-up binder is available in The Pines, and the last day to sign up is April 8, 2026.

Another special event is the Rancho Marriott's Niner Invitational – "Golf's Kentucky Derby Day: Play FORE the Roses" on April 30, 2026. The \$100 entry fee includes breakfast and lunch, golf and cart, a hat contest, putting contest, and a mulligan package. Be sure to check the sign-up binder in The Pines, and remember that the registration and payment deadline is April 7, 2026.

We'd also like to celebrate our February chip-ins—great shots, ladies!

- February 4: Judy Benjamin on Hole 4
- February 4: Linda Osgood on Hole 5

Congratulations to both players on those fantastic moments on the course!

We look forward to seeing everyone out on the greens and at these upcoming events. As always, thank you for helping make Sierra Pines Ladies Golf such a welcoming and fun community.

• • •

Timber Creek Women's Golf Club

BY MARY NEARN

Timber Creek Women's Golf Club is excited to begin our summer season.

We are hosting the following events in May and June.

Sunheim Cup May 13th and May 28th TCWGC challenges Lincoln Hill Ladies in a two-day tournament.

(cont' on page 22)



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POETRY CONTEST

*** RULES AND ENTRY FORM ***

- POETS WANTED!** 1st, 2nd, and 3rd place winners will be selected in each contest category.
- The five (5) contest categories include the following: **My First Love The Best Gift I Ever Received My Greatest Accomplishment What I'd Like To Do Over Again Advice That Changed My Life**
- Poets may submit a maximum of three (3) poems. Select three (3) of the contest categories and submit one poem from each. Everyone is encouraged to enter. Poets do not have to live in Lincoln, CA. There is no entry fee.
- Poems may be in rhyme, free verse, haiku, or other accepted poetry forms and of any length, up to a maximum of 60 lines.
- Poems should be written in English. They should be typewritten and not centered (read left to right). Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of the poem page. The name of the poet should not be indicated on the poem.
- Young Poets.** 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category. Young poets should follow the same rules as noted above. However, they should include their age, grade, and school on the Entry Form.
- All poems must be submitted on hard copy to the address listed on the Entry Form below and must be received **no later than Wednesday, July 15, 2026.**
- Early submissions are appreciated. A separate Entry Form should be attached to the hard copy of each poem submitted. Duplication of the form is permitted. Questions—contact Alan Lowe at slolowe@icloud.com.
- The top three winners in each category will be contacted. They will be asked to submit their poems electronically, by email attachment. All winning poems will be printed in a commemorative chapbook, which winners will receive as a gift.

**2026 VOICES OF LINCOLN POETRY CONTEST
ENTRY FORM**
(One Per Poem – PLEASE PRINT)

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Young Poets Only--Age: _____ Grade: _____ School: _____

Contest Categories (Check appropriate category of poem submitted):
 My First Love The Best Gift I Ever Received
 My Greatest Accomplishment What I'd Like To Do Over Again Advice That Changed My Life

Title of Poem Submitted: _____

Please ensure that poems comply with all contest rules. No names should appear on the poems submitted. Include the title at the top of the poem. Place the category at the top right corner of the poem page. Use a paper clip to attach a copy of this Entry Form (cut along dotted line) to each poem submitted. Mail poems to Voices of Lincoln Poetry Contest, c/o Alan Lowe, 1235 Picket Fence Lane, Lincoln, CA 95648. Poems must be received **no later than Wednesday, July 15, 2026.** Early submissions are appreciated.

Timber Creek Women's Golf Club

(cont' from page 21)

TCWGC Invitational May 20th 'Fiesta in the Fairway'

Invitations to our friends to enjoy our course and club.

Prizes for best Fiesta outfits and cart décor!

Club Handicap Championship will happen on June 10, 17, and 24th.

Most Improved Handicap for March
 First Flight Stephanie Tran
 Second Flight Tena Johnson
 Third Flight Mary Nearn
 New Members — Please welcome two new members who joined in March.

Rosemary Stuart, with her big sister Kathi Botelho

Alaina Pacheco, with her big sister Diane Dooley.

Playing Thoughts — Hydration plays a key role in golf performance. It contributes to mental sharpness, physical stamina, and endurance. The recommended combination is to consume plain water before your round and throughout the holes. It is best to intermix this with either a sports drink or add electrolytes to one of your water drinks. Although there are assorted options available, those specifically made for sports are the most suitable choice. Juicy fruit snacks, grapes, bananas, and nuts are good to bring along to keep your energy up. Also remember to drink water or a sports drink after the round to refresh your body, this helps with recovery in the afternoon or next day.

In Memoriam — We received news that Lenora Harrison passed away. Lenora was an avid supporter of TCWGC. She was quick to step up to sponsor a hole during our Invitational and was always sitting out on the course behind her house with a table full of goodies, writing pads, water, and drinks. Lenora was an enjoyable, kind woman, and her absence will be deeply felt.

• • •

Timber Creek Men's Golf Club

BY RICH AUG

Our courses are in great shape, thanks to Steve Kimbrough and his crew. The improvements he has made are amazing. The split rail fencing really defines the course. They



take all the guesswork out of the environmental areas. Aerification is behind us. Many new trees have been planted, and much sand has been added to the traps. When you see Steve

(cont' on page 23)



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Timber Creek Men's Golf Club

(cont' from page 22)

and his crew, please thank them. Tournament season has been going well, thanks to Mike Carroll and his helpers. The Irish Shamble is behind us. We had a field of 103 players. Almost half the field were paid out. The format was really fun. Pizza and beer followed. The Putting Challenge is also behind us with 48 entries. Our new champion is Ed Van Patton. He beat Bill Thykin in a playoff! Of course, pizza and beer were included after. All and all, it's been a busy couple of months for our club, with more fun to follow. CVS, and Good Guys are well on their way. Sign ups for both have been robust. We've now also had two lunches at Mountain Mike Pizza, with good turnouts. Recent holes in ones were achieved by Jim Olson and Jeff Dean. Remember, the more you participate in club events, the more points you get towards Member of the Year!! One more reminder, our meetings are still on the 1st Wednesday of every month. Doors open at 7:30 for donuts and coffee, meeting starts at 8:00. The locations have been changing due to the Phase B construction. Make sure you check your emails on a regular basis's for the current location. Hope to see you there!

Hit'em Straight

• • •

Golden Niner

BY BILL MOORMAN

Last month we had beautiful weather for all five of our Golden Niner tournaments.

Now, with the completion of aerification and the volunteer work performed by RAMP, we are ready for a spectacular spring of golf. So, if you're a resident, come on down and sign up to join and play.

The Golden Niner's enjoyed their quarterly meeting on March 18th with a plentiful catered lunch by Elena's Kitchen and Catering. Be sure to mark your calendar for the next lunch meeting scheduled for Wed. June 17th at Sierra Pines.

Seven new players have joined the Golden Niners. Aloha to Rick Brasher, JD Dean, Gary Ferreira, Pete Franz, John Hardin, Steve Lance and Christian Wentworth. Our top money winner in March was Ken Hansen with \$40. Followed by Jerry Crosby at \$38, Duane Kreun at \$37, and Jerry Fredericksen and Paul Garcia at \$35. All five of the top winners played in all five of the March tournaments. We also had seven Poley's on the par 3's throughout the month. Terry Berardino, Don Cook, Pete Franz, David Lamon, Mark McGushin, Leon Osgood and John Pal. Congratulations! The Golden Niner's paid out \$1,905 dollars in total golf winnings, to 107 members who enjoyed 424 rounds of golf. All winning money can be spent at Sierra Pines, Timber Creek or at the lodge.

Our 1st tee scholarship fund is up to \$2,200.

Hope you can come put for a round of golf. Keep swinging and hit em long and straight.

• • •

Cornhole Group

BY STEVEN GUSTAFSON

Did you know that cornhole may be the most-played sport in America? About 20% of all Americans played cornhole last year—more than baseball, basketball, football, and many others (according to several surveys).

Also, cornhole may be the “most social” sport in America—you talk to your fellow players more often (learning about them, commenting on how they play, etc.). Other sports are more serious, and this kind of social interaction is discouraged.

In Sun City we play cornhole on the Sierra Pines horseshoe lanes every Tuesday at either 9:00 or 3:00---whichever time has the best temperature. As the summer approaches, the 9:00 time will usually be best. You are welcome to join us.

• • •

Croquet Club

BY JIM WILSON

The Croquet Club conducted the first of our four meetings this year on February 22. Our next meeting is scheduled for May 24, followed by August 23, and concluding the year on November 15. Our meetings are held in the Spruce Room at Sierra Pines and are accompanied by a catered dinner followed by fun activities.

We invited the SCR Tennis Club members to a special introduction to the game of croquet on Saturday, April 18, 2026, informing them that a white outfit is no longer required and

that refreshments would be served. While we expect a good turnout for a morning filled with enjoyable activities, this event was scheduled to commence subsequent to the time of this writing, so the actual results will be reported in our June article.

Croquet may conjure images of British lawns and cucumber sandwiches or if you've read Alice in Wonderland, you might recall the phrase “Off with their heads” with the Queen using flamingoes as mallets, hedgehogs as balls and playing cards as hoops. This is just literature hyperbole, a figure of speech using intentional, extreme exaggeration to emphasize a point, not to be taken literally. Flamingoes are only used in Florida!

While most members have their own personal mallet, the Croquet Club provides all the equipment necessary to participate, so prospective members will not incur any out of pocket costs at the outset. And our club dues are still only \$10 per fiscal year.

Please check the kiosk in the Lodge for flyers or membership applications. Or you can contact Patrick or Louisa Maglione, both officers of the club. The game of croquet is physically undemanding, but strategically challenging. Plus, membership offers an excellent opportunity to meet and socialize with new friends.

Happy Mother's (Grandmother's) Day!

• • •

(more Club News cont' on page 25)



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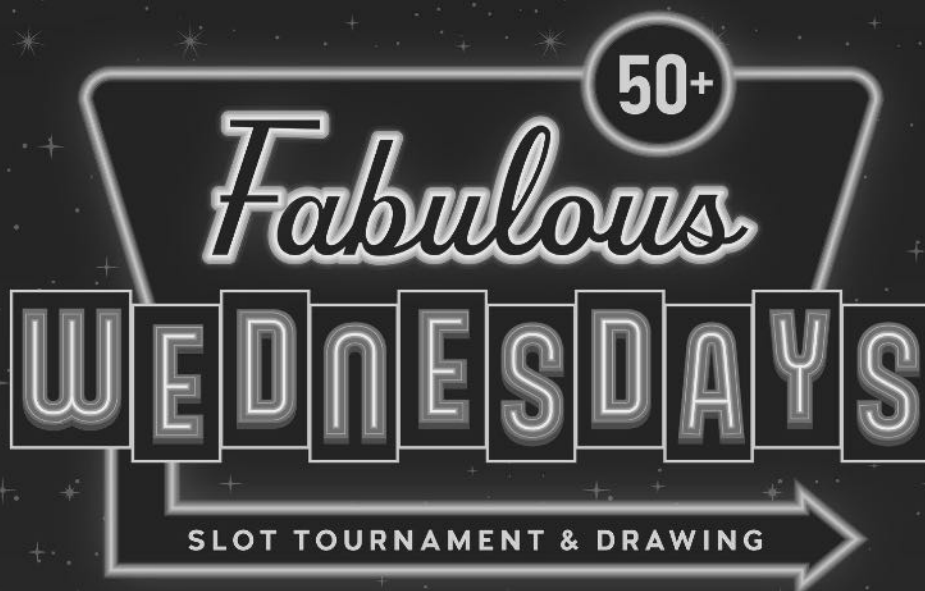
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Bocce

BY DAVID MOORE

The Spring Mini-League is in full swing with a record 559 bocce club members playing every night of the week plus in two daytime leagues. This was up from the 519 who participated in the Fall, which is usually the biggest Mini-League. The Mini-League will continue through Monday, June 1 with a hiatus during Memorial Day week. The awards party will be on June 11.



Gregg Hutchinson, Jan Shuefelt, Judith Shivley and Don Warden won the March 14 Fun Tournament.

The Feast and Beats BBQ Dinner will kick off the bocce summer season on June 14 at 5:30 p.m. at the Timber Creek Ballroom and feature BBQ Pork Ribs, Grilled BBQ Chicken, Chili Beans, Mac and Cheese, Watermelon Salad, Street Corn Salad, Potato Salad, Cornbread with Honey Butter and for dessert, Kahlua Cake.

Entertainment will be provided by DJ and Saxophone virtuoso Andrii Liesnyi. Andrii seamlessly blends smooth, soulful live saxophone with your favorite hits. Tickets (\$35) will be available May 3 to 9 on the courts before all bocce games.

There were 28 participants in the March 14 Fun Tournament. The first place finishers were

Gregg Hutchinson, Jan Shuefelt, Judith Shivley and Don Warden. Second place was won by Lynn Jones, Michael Foote, Dianne Cohn and Dan Goldstein. Third place was taken by Bill Dunk, Bobbi Dunk, Bev Lewis and George Schaezlein.

There will be three tournaments in May: The Women's Blind Draw on the 2nd, the Mixed Blind Draw on the 16th and the Women Choose Women Tournament on the 30th.

Photo 1 Caption: Gregg Hutchinson, Jan Shuefelt, Judith Shivley and Don Warden won the March 14 Fun Tournament.

• • •

Billiards Club

BY TERRY SATCHELL

Hello and welcome to Sinus season! Or as I call it "Honey Do" season. My Honey Do list has now reached three stories tall! I do like to work around the yard and see all the beauty we have in our world.

Starting to see more faces in the billiard room. Glad to see you all. Please use the room. You do not have to be a member as it is open play for all residents, except for the Tuesday afternoon tournament. If you want to play and no one is there just go to the front desk, leave your ID and get the key.

We are currently looking for new Officers and planning for the annual banquet. Please participate in your membership meetings as this is when we vote and discuss our issues. Current discussions involve the remodel of the room, leader opportunities, and additional tournaments.

So, this time I am going to ask yourselves when you first remember shooting pool? Who did you enjoy playing pool with and why? The phases of your game and how it got you here? In my case I was 9 or so and Dad bought the table from a neighbor. We all pitched in and carried it three houses up to our garage! Loser racked, so Dad called me his rack "person" until I started winning. Hope you had some fun with memories with this.



3-24 Winners John Johnson and Don Warden

Tuesdays Men's Tournament Results March

3-3: David DeNinno Jeff Mapes John Johnson

3-10: Don Warden Terry Satchell

3-17: Ken Lane Jeff Mapes David DeNinno

3-24: John Johnson Don Warden

• • •

Bridge Club

BY JOYCE WADE

The Bridge Club announces its slate of officers for 2026-27: Susan Pankopf president, Judith Shively vice president, Bob Cecil treasurer and Elaine Casal secretary. They will be approved by a membership vote at the Annual Meeting to be held on Monday, June 29, at Sierra Pines. Doors open at 11:00 with the meeting at 11:30, followed by a catered lunch, with bridge play to begin at 12:30. The annual dues of \$15 can be paid then or earlier by check made out to SCR Bridge Club. Signups and luncheon checks will be taken at Monday ACBL, Wednesday Fun & Friendly and Thursday social bridge in the coming weeks.

• • •

Cribbage Club

BY BRUCE AHNBERG

At our monthly tournament in March, Julie Mattson of Village Nine won all five games she played and took home the top honors. Julie started playing cribbage 30 years ago and has appeared in this report before as the top or near top player. Congratulations again!



Julie Mattson

The Cribbage Club meets every Friday in the Timber Creek Lodge 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 a new partner until time runs out. At the end of the month we hold our tournament, where we double the stakes. Come on in and join us. It's a lot of fun.

• • •

Mah Jongg Club

BY DEBBIE WATHEN

We had our bi-monthly luncheon of a baked potato bar which was delicious hosted by Bobbie Dunk and team good time was had by all.

You should have received your new Mah Jongg cards and have memorized it by now! It is different but we all will be on the same struggle bus.

Mah Jongg lessons will be given in May call Pat Oberlander 916-929-5582.

We play Monday afternoons from

12:30pm to 3:30pm and Friday mornings from 9:00am to 12:00pm, anyone is welcome to stop by and see how the game is played.

Club President Pat Oberlander just held a class with 9 new players. If you'd like to learn this brain-stimulating addictive game and make new friends, call Pat at 916-929-5582.

Mah-Jongg is fragrance free and name tags are encouraged.

• • •

Bunco

BY JUDY DEL GRANDE

March showed us signs of spring. A welcome site including fresh air, the smell of green lawns and budding trees and blooms.

The Monday morning Bunco group showed signs of renewed vigor meeting friends and welcoming new members.



Pat, Judy and Linda.

The Bunco group meets every 2nd and 4th Mondays of the month. The cost is \$4 to play. We meet in the Card Room in the Timbers Lodge. Sign-in begins at 8:30 AM and play begins at 9:00 AM. Everyone is welcome play. Whether you are a member or not.

Bunco is a dominos-based game and very easy to learn. If you can throw the dice, you can play bunco. It's as simple as that. It is a low-pressure game. There is no commitment to come every time. Just come and enjoy yourself. Election of officers for the coming year will take place in June. We look forward to meeting you.

• • •



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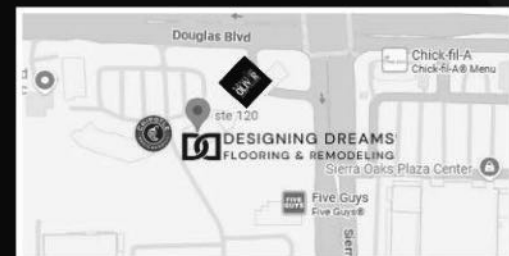
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SUN SENIOR PROFILES *Getting to know you...*

Diane Wilson

(cont' from page 1)

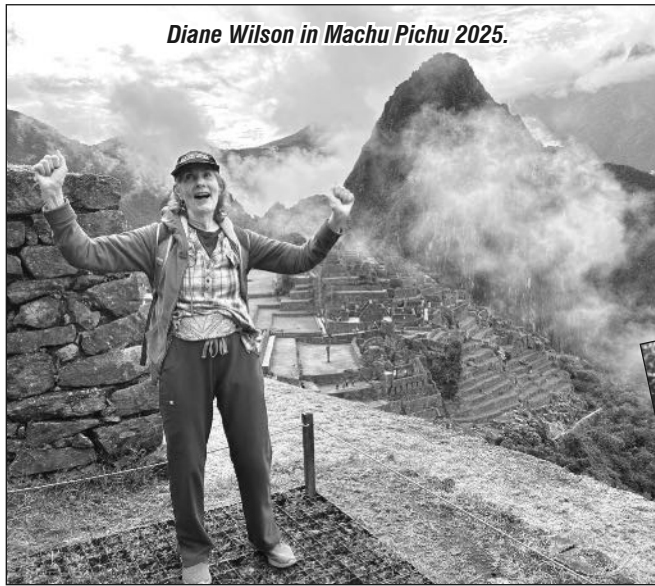
submitting articles about plants to the Garden section of the Sacramento Bee. She also started writing articles on parent education for Parents Monthly Magazine and worked in the field of Parent Education for the San Juan School District in Sacramento, Mercy Folsom Hospital, and the Family Court System in Sacramento.

In the mid-1980's, she experienced divorce and became a co-parent and single mom. Despite this drastic change, Diane says, "I still believed in marriage and the possibility of an honest, respectful, trusting partnership with a like-minded person." And so began her quest for psychological knowledge and support via human growth classes, counseling, relationship and communication books, peer groups, and many new friendships. "Healing and growth occurred and still continues today," Diane states. "A very important thing I've learned over time is that relationships don't really end; they simply change, evolve, disintegrate, or remain static. And with any relationship change, new connections come—especially meaningful friendships."

In Sacramento in 1981, Diane founded A Child's Garden—Learning Center for Children and Parents where she began to pass on the principles she had learned in her family, the church, scouting, education, and her continuing spiritual growth activities.

In 1986, Diane got serious about writing and took a class at American River College with Bud Gardner, a nationally awarded writing teacher. Today she has a workbook in progress titled "Act III: An Amazing Life Worth Living; A Spiritual Life Worth Giving." Also, she shares her transitions, losses, and life experiences with family and friends through her short story writing.

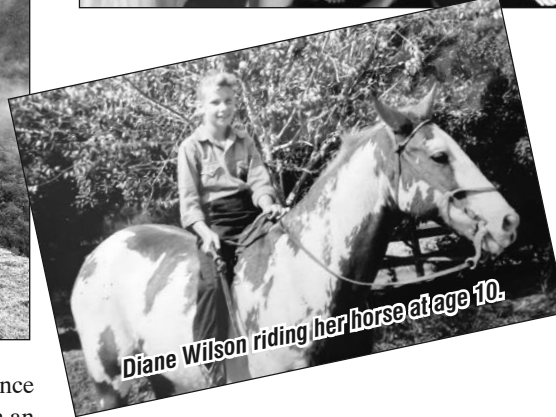
In 1997, Diane enrolled in the Pacific



Diane Wilson in Machu Pichu 2025.



Diane Wilson's family in 2025 at Greenhorn Ranch.



Diane Wilson riding her horse at age 10.

School of Theology in Berkeley to enhance her educational work. She graduated with an M.A. in Divinity and was ordained in 2000. She served as a transitional minister for four years, created the non-profit Sacred Space Retreat Ministry and served as a Hospice Chaplain for twenty years. Since 2011 Diane continues to offer individual consultations, workshops, and retreats as a Community Health and Wellness Chaplain in person or by Zoom, from Portland, Oregon, to Portland, Maine.

One of her most memorable experiences as a Chaplain was with an American Hindu couple who had emigrated from India to the Bay Area and became U.S. citizens. Both in their 80's, the couple had illustrious professorial careers, and their two adult daughters were similarly well-educated with careers in high tech. "All of them shared their life experiences, as well as utilized me for support as they prepared to face their husband/father's imminent death," Diane remembers.

"My patient assured me his death was not imminent, and he still had much to teach, share and discuss—about the past, present and future. I listened to their cultural stories, faith journey, published writings, and especially their joy and reverence for life and people. Amazingly, my 'Professor' as I called him, improved on Hospice Care at home and lived

for five more months," recalls Diane. She still is grateful for that touching immersion experience with whom she calls "such lovely human beings." "The greatest moments in my life have been sitting with people around a table or campfire, or at bedside—sharing stories, learning from each other, and simply holding space for one another."

Diane has traveled extensively, especially in the U.S. Her Spanish training came in handy when she went to Mexico, Costa Rica, Venezuela, Colombia and Peru. She was able to live with a local family while taking language immersion training, experience education and cultural exchange with South American women at colleges and churches and interact with indigenous people on their family-owned farms. Additionally at 70, she did a family heritage tour in Ireland, Scotland and England.

The last 20 years have been about deepening her family ties. After years of searching, she found her birth family and has enjoyed creating new memories with them in her family life. Meanwhile her greatest joy is being a Grammy to Matthew, 20; Anna 17; Dara, 14; and Dax, 11—sharing yoga cloud spotting, golf carting and horse riding

with them, along with occasional lessons in "paying it forward" because she believes in sharing compassion in the world.

Diane arrived in SCR in 2005 and joined Sunshine Services as their Transition and Loss Chaplain and as part of their Vision Group team. She also has participated in yoga, ballroom dancing, Solo Friends, Democrat Club, and Healthcare Professionals. She enjoys reading, Qi Gong, horse riding, and walking her Cavalier, Charlie.

Diane's future plans include more Tahoe family vacations, friend reunions and road trips, preferably in the PST zone. And at this phase of life, she wants to have less responsibility, slow down, and listen more. Reflecting on life's lessons, she hopes to continue giving to others, and move toward more joy and wisdom, always looking to the next horizon. As a lifelong learner, Diane agrees with Nathaniel Branden who once wrote: "The commitment to lifelong learning is a natural expression of the practice of living consciously."

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

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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A Message from the Volunteerism Group

An Invitation to Make a Difference!

BY KATHY CASTEN, CONNIE DEBLAQUIERE, DEE FRANCE, SHARI GOODWIN, *Group Members*

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

Now is the perfect time as our Required and Standing Committees are actively seeking members for the new term which begins on September 1. Applications to serve on a Committee are accepted from May 1 through noon on June 12.

You might be wondering, why a Committee?

Here are just a few reasons. Serving on a Committee provides Association Members with many benefits such as an opportunity to utilize their talents, ideas, and life experiences toward the goal of keeping SCR the premier active adult community in Northern California. Members gain a sense of "community" because they are a part of its success while at the same time it is a great learning experience and an opportunity to meet and work with new people. As a Committee member, you will be learning about Sun City policies, why they are in place, and why they make SCR the quality community that we all enjoy.

Would you like more information?

Committee information is available on the SCR website. On the Homepage, select

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

What do our volunteers contribute?

Approximately 650 volunteers bring their diversity, viewpoints, ideas, and talents and provide services vital to our Community. They are critical to the success of SCR and provide over one million dollars in services annually. Our volunteers are one of the reasons we are considered "The Premier Active Adult Community in Northern California".

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



Executive Director Comments

BY GEOFFREY BROWNE

Spring Updates! Once again, the annual Sun City Roseville Board election process is underway! The Election Committee mailed their 'Call for Candidate' letter on January 14 (with a reminder eblast sent out April 9) and prospective applicants had until April 15 to get their applications submitted to the Administration Department. There are three openings for the Board, and our Elections guidelines call for two potential candidates for each open position by the filing deadline. The Board President activated the Nominating Committee (appointed at the February Board Meeting) on April 2 in an effort to secure additional candidates. At the time of this article, it appeared that three candidates had submitted applications for the three positions.

Staff presented the 2026-27 draft budget to the Finance Committee in the week of March 23rd with three days of departmental budget presentations. On the fourth day, staff presented proposed Reserve equipment and project expenditures as well as proposed New Capital and Capital Improvement projects. Staff worked very hard to find savings in the Association's expenses, shaving significant costs that would have added to the assessment increase. The Board hosted a final open meeting on April 14 to listen to additional input from the community prior to approving the final budget at the regular Board Meeting on April 24.

Work on various projects around the

community continues. The Landscape Master Improvement Plan (MIP) progresses, with several projects completed at the Lodge facility and several more ongoing throughout the community on streetscapes and medians. Special Projects like the split-rail fencing added to the golf courses will resume in the fall and winter in line with our goal of revitalizing our common area landscape and enhancing the community appearance throughout the neighborhood. Approval for some work on the MIP for Golf was included in the 2026-27 Budget and that work may commence sometime after July 1 when funding permits. And we will definitely see the goats again this year – the primary goat zone will be the Central Preserve.

By the time you read this we will have already started the voter-approved Fitness Center Expansion and Renovation Phase B project, and expect it to be completed in late December this year. There will be a lot of changes to this important amenity, and we know that there will be some unavoidable interruptions to your schedules and access. Our staff has worked very hard to carry on the programs you've come to love and need, but the simple fact is we can't do the project and keep everything going at the same time. We appreciate your patience and grace in anticipation of this much-needed update to a very popular place to hang out and get well!

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- Pest service covers roaches, ants, spiders, wasps, rodents and many other pests
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- No long term contracts or cancellation fees
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"I chose Placer Pest & Termite for the special price for Sun City homes. I will stay with them because Chris always texts me the day before coming over so I can unlock the gate. He shows up on time with a smile. He asks if I have special concerns. After he leaves I get an email naming all the products that were used and a receipt. I've had other pest services but honestly Placer Pest and Termite is the best." ~ Janice F.



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Lic# 910298

SCR Foundation 2026

(cont' from page 1)

and Friends visit our table. Among those were Senior's 1st which provides numerous resources for seniors. ACASA, who provides in-home caregiving and is a V.A. Contractor. Public Health handed out materials on Fall Prevention, and our resident volunteer Dwight Rose provided information on St Vincent and their numerous available food programs in Roseville. Thanks to everyone at our table.

We also participated in Mix and Mingle on April 29. Our focus was to encourage people to learn more about the Foundation

and how it supports residents. A current need is for volunteers to join our Home Maintenance program. If you are interested in volunteering, please contact Roy Meyers at 805-558-1927.

Finally, please join us in welcoming our newest Board Member and Treasurer, Jack Porter. Jack and his wife, Mary, have lived in SCR for four years. Jack brings 45 years of experience in healthcare finance and accounting to the role and is also a Home Maintenance volunteer. A fan of restoring old cars, Jack can often be seen driving his light blue 1966 truck around the neighborhood—be sure to wave!

Come Celebrate the Dry Creek Greenway East Trail Grand Opening

Saturday, May 9 • 10 a.m. – noon

The new trailhead at 645 Riverside Avenue • Free

Let's celebrate the completion of Phase 1 of the Dry Creek Greenway East Trail. Take a stroll down the new, approximately two-mile, paved multi-use trail.

Event highlights —

- Ribbon cutting at 10:15 a.m.
- Community Booths: Nature, safety, and wellness tips
- Guided walks
- Kids Zone: Scavenger hunt, games, music, and photo booth
- Celebrate Bike Month: Join the region and log rides to win prizes

Getting to the event —

Walking and biking to the event is encouraged. View the Parks, Trails and Bikeways Map to plan your trip.

Parking — Limited parking is available at the Riverside Avenue trailhead. Additional parking can be found at Saugstad Park (0.8 miles), Royer Park (1 mile), and Downtown Roseville. Then, bike or walk south on the Miner's Ravine Trail, which becomes the Dry Creek Greenway East Trail at Darling Way.

Visit roseville.ca.us/transit or call 916-745-7560 for assistance.

Learn more about the Dry Creek Greenway East project by visiting roseville.ca.us/DryCreekEast.

SUN SENIOR NEWS CLASSIFIEDS

SERVICES

THAT GAL ESTATE SALES AND SERVICE specializing in the sale of estates for individuals and families. 10 years experience. Roxie Pool 916-308-8907.

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

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

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.

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

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

CLEANUP KING: Junk hauling & pressure washing. Fast, reliable, licensed, insured. Veteran-owned. Call 916-699-2165.

JOURNEYMAN MACHINIST. Repair, Restoration of clocks: Grand father, Antique, Cuckoo. Jim Wheeler 916-303-3459.

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.

ESL/ENGLISH LANGUAGE TUTOR. Please call Anne 916-838-7267. Experienced Sun City resident. Tutoring in my home.

WHEELER CLOCK WORKS. Certified FIX & BUILD HANDYMAN 916-724-5207 phileb@live.com 25 Years Exp. Carpentry, Drywall, Cabinets, , Plumbing, Hang TVs, Fans, & Pictures, Etc..

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FOR SALE / WANTED

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

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

WE BUY ANY CAR truck, suv, trailer, motorhome. We do all the DMV paper work. Licensed dealer. Call for free estimate at your home. LH res 22years. Jeffrey 916-871-4304.

VINTAGE MILITARY COLLECTOR PAYS CASH! (ROSEVILLE) I collect vintage military items... Looking for medals, patches, bayonets, knives, helmets, old documents, maps, military photos & more... Also collect vintage model trains. Call George 916-768-4694.

ANNOUNCEMENTS

FRIENDS OF THE BIBLE, non-denominational group, Sun City, Roseville. Interested, call/text Bali David 714-478-4789.



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SUN CITY REAL ESTATE UPDATE

The inventory of homes for sale in Sun City, both Roseville and Lincoln, has remained very constrained. The largest segment of the homes going into pending sale have been the smaller homes listed under \$600,000. While the larger homes over 1800 square feet have taken a bit longer to sell. The signs I see in the housing market in general, is that buyers are being more budget conscious and cautious about overspending. There seems to be less optimism about the health of the economy overall and certainly geopolitics is playing a role. I recall vividly how the impact of Desert Storm in 1991 affected the housing market. At that time we also had seen a surge in home purchases beginning in 1985 and peaking in 1990, so there are definitely similarities in the market conditions.



WRITTEN BY
GEORGE BROWN
gbrown@thompson-brown.com



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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, time-share/condos, etc.
- ◆ 15 words for \$35. Additional words \$1 each.
- ◆ \$90 for three months, same ad! (15 words only) additional words \$1 each

Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc.

Business Ads are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)

If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.

**HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.*

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



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



George Brown

RECENT SALES IN SUN CITY ROSEVILLE

7532 Timberrose Way	1476 Sq. Ft.	\$550,000
216 Trolleybell Court	1476 Sq. Ft.	\$563,000
7736 Rosestone Lane	1840 Sq. Ft.	\$575,000
7082 Cope Ridge Way	1476 Sq. Ft.	\$547,000
300 Cope Ridge Court	1869 Sq. Ft.	\$700,000
2112 Arlington Drive	2385 Sq. Ft.	\$723,600
7389 Goose Meadows Way	1869 Sq. Ft.	\$740,000
6030 Timberlodge Lane	2083 Sq. Ft.	\$750,000
4317 Napa Loop	2362 Sq. Ft.	\$750,000
6014 Timberlodge Lane	2030 Sq. Ft.	\$754,000
7408 Whistlestop Way	2362 Sq. Ft.	\$800,000

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