

SUN SENIOR NEWS

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Marsha Runstadler — Artist and Performer

BY JENNIFER (JEN) MARTIN

The actor, Leonard DiCaprio, once said, “If you can do what you do best and be happy, you are further along in life than most people.” That sentiment certainly applies to Marsha Runstadler. She’s been a dancer, model, actress and professional model since her teens. She’s modeled for major designers like Diane Von Furstenberg, Halston and Ralph Lauren. Her art works are in galleries around the world. And she’s been a happy resident of Sun City Roseville since 2020.

Marsha was born in 1948 in Miami where she was raised with two brothers, Teddy and Cameron Clarke. Her mother was a professional dancer and ballet teacher before becoming a stay-at-home mom. Her father was an inventor, creating juice machines, as well as a cooling system for supersonic jets. When Marsha was starting high school, her father moved the family to Sacramento where he started the Clarke and Rush Air Conditioning



Marsha Runstadler

Company.

As a student at Foothill High School, Marsha made friends easily, was active on student council, chosen as Junior Prom

princess, and began dancing in musical comedies at the Studio Theater Playhouse, a dinner theater in Sacramento. After graduation, she moved to Dallas where she signed with long standing modeling and talent agency, Kim Dawson. Marsha landed the very first interview Kim sent her on, a national commercial for Leeds Shoes. Her career skyrocketed from there and she eventually did over two hundred television and radio commercials.

Some of these commercials were for Coca-Cola, Southwest Airlines, Rice-a-Roni, Pizza Hut and Macy’s to name a few. Marsha used her dancing skills to choreograph and be the lead talent in the first ever Macy’s dancing commercial. She also did many radio commercials. One for Southwest Airlines won a highly prestigious Clio award.

Besides doing commercials, Marsha modeled for well-known fashion designers. In (cont’ on page 27)

SCR Foundation 2026

BY KATHI STROPKAI, Chair

It’s amazing that we are already starting the last quarter of 2026. The Foundation has had a very busy year. We have more than doubled our Home Maintenance service calls as well as introduced some new partnerships with vendors that support homeowners needs. Sun City Roseville has long been recognized as a premier living environment for active seniors with significant amenities and a strong sense of community. Research organizations like The Blue Zone and The World Health Organization’s Age-Friendly Cities have identified the importance of connections to neighbors and engagement in community life. This is the direction the Foundation will be striving for in the upcoming year.

Most residents are familiar with the ongoing services we offer. Home Maintenance, Loaner Program for Events/Parties Items, Survivor’s Planning Guide, and Alternative Living Consideration Booklet are just a few of the services provided by your generous support. Visit the website to see more detailed information.

Please mark your calendar for November 22, which will be our final Bingo fundraiser of 2026. Pre-sale tickets will be available on October 1st at Courier Days from 8:00am-11:00am in the Timber Creek Lobby.

October is officially recognized as

(cont’ on page 31)

Drama Club

BY LENORA DAVIS

Get ready to be amazed, entertained and wowed by our line-up of sketches sure to have you in stitches laughing throughout our one-hour performance. Tickets are on sale now, so get yours while they last. Tickets



Stephens and (2) the cast of Bank Robbers, with director Lenora Davis (center).



Golf Lesson actors Bob Jorgenson and Greg Davis with director Donna.

have already sold out for the October 18 luncheon, but there are, more than likely, seats available for the October 19 evening performance. This show features theater seating. It will begin at 7:00pm, tickets are still only \$15.

Our four sketches will be presented to you as follows:

- The Golf Lesson. An avid golfer trying to help a beginner with a golf lesson. You will thoroughly enjoy this, even if you are not

familiar with golf.

- Telemarketer Torment. Telemarketers are continually hounding a woman, until she finds a clever way to deal with them.

- It’s All an Act. This sketch takes place in the 1940’s and is a sort of “play within a play”. It is cleverly written and sure to be a big hit.

- The Bank Robbery. A laugh out loud comedic sketch involving a variety of “trainees”, unsure of their job requirements

For ticket purchases, contact Susan Glover (530-388-6367) or any Drama Club member. Susan is also available for any questions you may have.

• • •

Singers

BY JACKIE PROETT

Its October and the Masquerade begins! It’s time to change costumes. Some of you guys love to keep wearing shorts, and gals

(cont’ on page 5)



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SUBMISSIONS: The Sun Senior News - Roseville welcomes announcements from

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

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Executive Director Comments

BY GEOFFREY BROWNE

As we approach the end of the first quarter of our 2026-27 fiscal year, I've taken another fresh look at our approach to operational success. While we have always been focused on keeping the pressure to raise the monthly assessments down, economic forces have been working in the opposite direction. Inflation and wage pressures, among other things, have pushed our expenses up significantly for the last few years, and it's difficult to see much relief in the short and medium terms. Why is this so important? Well, to continue to provide the highest level of service for all our amenities, programs and services, we need to understand the costs, and the benefits of the entire operation.

In the last few years, our best strategy for offsetting these increased expenses has been two-pronged: drive revenue up to match (or better) our cost increases while controlling expenses that are within our control. And all departments, including our Golf, Activities, and Food and Beverage departments, have responded exceptionally well.

If we dig a little deeper, we see a potential future limit to this strategy that we are also paying attention to. The rate of revenue increase will not always be the same – it's hard to sustain revenues without raising process or establishing new streams. Another way to say this is that our revenues will flatten at some point and, while they are still growing, they are not likely to grow at the same rate we've seen recently.

I've said for about two years that I believe we are approaching what I call our "maximum output", or what economists sometimes call

our "productive capacity". In other words, we can only "produce" so much revenue with the resources we have. For example, we can only put so many people on the golf course and we can only seat so many people at the restaurant each day, or we can only support so many special functions or catered events each week or month.

One way we can still increase revenues as we approach our "productive capacity" is to increase our prices; for example, the cost of a round of golf, or the menu/catering prices. But that is also a short-term solution since, as prices go up, our sales will drop. And let's not forget that our best customers are also our members!

But there is another way. While we have always been conscious of costs, we must continue to do better. The Management Team and I have discussed this a lot and are continuing to hone our strategies to reduce, minimize, or even eliminate expenses in every area of our operation. We are paying close attention to spending, reviewing contracts, reducing unnecessary overlap, and generally looking for opportunities to implement additional cost controls.

The trick is to do this while not cutting programs, activities, or service levels. But that is our goal, and we have committed to exploring this strategy across all departments, so we can better manage the reality of future, flatter revenues and the pressure that puts on your assessment. We thank you in advance for your support for this effort, and look forward to reporting on our progress as the year goes on.

SCR Library News

BY ELIZABETH GUSTAFSON

Library hours: Monday-Saturday 9-5, Sunday 10-4.

We have two non-fiction books this month. The Cruellest Game: Chasing Greatness in Professional Tennis is a behind-the-scenes look at current and upcoming tennis stars and the struggles they face to make it. We the Women: The Hidden Heroes Who Shaped America

gives brief sketches of unsung American women who changed the course of history from 1776 to the present.

For fans of Moriarty's Big Little Lies which was made into a popular mini-series, there is a sequel to that book, Big Little Truths. When Lemons Give You Life is the charming story of Griff, a retired chef living in an elder care facility and planning suicide until he does some secret midnight cooking for himself. It tastes (cont' on page 3)

New Location!

New Year!

New Office!

Jan 1, 2025



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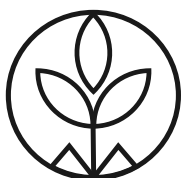
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Singers

(cont' from page 1)

adore white pants. Dump them for warmer attire! The trees outside know it's time to don red, orange and gold. It's Fall, dear ones, take heed! Snuggle into warm sweaters, hot drinks, good food, while the scent of pumpkin spice fills the air!

The Singers find that the zest of Fall, brings excitement to all our activities. We are proud to announce that Performance has titled our Concert, UNDERNEATH THE TREE. What great ideas that conjures. In the summer, under the tree for a picnic, in the Fall, to rake leaves, in winter, to find gifts are underneath the tree.

Hospitality has also come up with some fun ideas. Perhaps in October, a pumpkin decorating contest, or instead, a proper Christmas Party. Either one would be a great opportunity to enjoy each other, socially.

Most exciting of all, is the fact that we have seven new members. They are, Joan Cladianos,



Lynn Sillimin, Diane Lee, Nancy Spurlock and Joann Cladianos.

Sandi Kremer, Diane Lee, Kyle McKinney, Lynn Sillimin, Nancy Spurlock, Ed Winslow, Higher still is the fact that our tickets will be printed on Oct.1! Grab a bunch and start selling. Let's have a Christmas Concert Sell Out! Our Ticket Chair is Dennis Hellman, 916-834-3157 and he will be assisted by Steven Sanchez, 650-868-0328.

For those who would like to join us, we meet Mondays 2:30, back of the Ballroom. Meet new friends, sing Christmas music while enjoying all the colors of Fall. Welcome!

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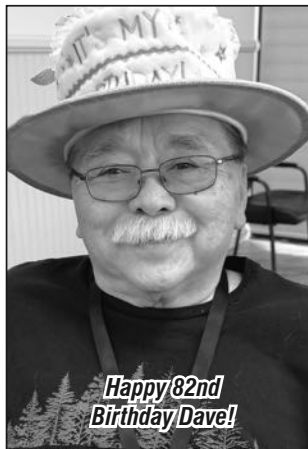
Harmonicoots

BY JOANNSTOOKSBERRY

We were busy in September having 2 performances. One was a special 82nd birthday for one of our residents and one was for the Solo Club. The audience was, as expected, fabulous!

Remember if you need us to perform call us a month in advance! The number is 916-749-4425 and ask for Jo Ann Stooksberry, our gig coordinator.

Tuesday, October 13th, is a date to put on your calendar where we will entertain you



Harmonicoots!
Harps Up!

in the Timber's Lobby from 5:30-6:30 pm. Our playlist will include our Octoberfest songs such as "Beer Barrel Polka", "Edelweiss", and maybe we'll get some dancers to the "Chicken Dance"!

If you are ready to learn something new, come by the partial Timbers Ballroom on Thursday's from 10:30-12:30 pm. We love to see new faces and the joy in their eyes playing their first song with the

• • •

Sunday Social

BY SHARI LYNN GOODWIN

Last month's group had another wonderful meal in which to indulge. It was another large turnout. With a requirement of RSVP's and prepayment, it was our largest turnout; over 95 attendees. The entertainment for the evening was bingo! Our first bingo game required players to make an "X" from B to O and must go through the FREESPACE. After much explanation, the game was under way. The final game



was Blackout. There were many winners that evening: Jill Aggersbury (who forfeited her win), Madeline Olson, Jerry Madden, and Renate Daugitt-Stoffel. The winners received a gift certificate to attend our next dinner for free!

Speaking of winners, drama club's next performance. Susan Glover, from the Sun City Roseville Second Act Studio Drama Club, shared with the audience that the next performance is approaching. The lunch performance on Sunday, October 18 is sold out, but tickets are available for the evening performance on Monday, October 19. In fact, Susan surprised the crowd with a drawing of two free tickets to the October 19 performance.

Bobbi Powell, from the Creative Arts Club, shared information about an upcoming art show featuring the works of Janice McCabe

Please join us for our next Sunday Social potluck dinner which will be held on Sunday, October 4. Bring \$5 (per person), your own

beverage, along with a dish or dessert to share, and join in on the fun.

Our gatherings have a mixture of fun and games, presentations from other clubs, and informational or experimental presentations from Sun City residents and local organizations. Everyone is welcome to attend the Sunday Social get-togethers! Best of all: No dues or meetings!

If your club or group would like to share information with us or as a resident, you would like more information about the group, please contact Jill Aggersbury, email: Jilly95747@gmail.com or call 415-246-3083.

• • •

(more Club News cont' on page 8)

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Ambassador Committee

BY DAWN HASKIN

Who is ready for all things Fall? The smell of pumpkins and apples ready for harvest. All sorts of pumpkin spiced foods and drinks are available for purchase. How about picking some apples and making your own applesauce! Yum! Take a drive up to Placerville and Apple Hill and enjoy the array of fruits and vegetables of the fall harvest. Don't want to drive? Then sign up for not one, but two opportunities from the Activities department for day trips to that area! Information is available in the courier, online and at the information desk in the lodge.

Your 2026-27 Ambassador Committee is up and running. We held a New Resident Orientation on September 26 with so many new residents in attendance. We want to thank the staff who show up on their day off to give a presentation about the services of their departments. Redell Moore tells us about the IT department and the information that can be found on the resident website. Sharon Mowry or Beth Acre speak about all the activities residents can participate in. Jason Smith talks about the restaurant and regular specials that are served.

The Ambassadors are pleased to announce that we will hold our second annual Interiors Reimagined Home Tour in the spring of 2027. We are currently determining the best way to solicit applications for residents who have done full or partial remodels of their homes and have better variety of models including more that are on the smaller side. If you know someone

or are someone who has improved the interior of your home, then look for an email blast to come from the office with further instructions. Our 2026 tour was fabulous, and we know we will likely have lots of applications but limited number of homes that can be toured.

Our next NRO will be in November and will include invitations to those who were not able to attend the event right after moving in. If you wish to be included, please send an email to NewResidentOrientationSCR@gmail.com

We want to take a moment to thank Donna Edwards for her service on the committee for the past two years. We welcome our newest ambassadors; Cynthia Cecil, Vicki Bryant and Vivian Freidman. We look forward to having them assist with the various functions we hold!

Happy Fall Y'all! See you around the community!

Sports Activity Committee

BY MAUREEN BERG

The Sports Activity Committee and its purpose

The Sports Activity Committee advises the Board on all sports activity matters, except golf, such as physical fitness, team sports, and other recreational activities.

The Committee serves as a focal point for gathering and disseminating information from and to the residents regarding sports activities, including use of Recreational Facilities. The Committee may propose for Board approval,

implementation policies and procedures related to the use of the Recreational Facilities.

The Committee keeps "a finger on the pulse" on the health, trends, and activities of the various sports clubs and reports to the Board. Each Sports Activity Committee member is assigned as a liaison to a sports club's president.

The sports clubs/groups under its auspices include:

- Tennis
- Volleyball
- Bocce
- Corn Hole
- Croquet
- Table Tennis
- Pickleball
- Softball

The Sports Activity Committee's Importance to Sun City/The Clubs/Residents

Vibrant, active sports clubs are important to Sun City as an attractive magnet for potential home buyers. Sun City is in competition with many other 55+ communities, and a variety of popular, active, and well-run sports programs can differentiate Sun City from its competitors.

The importance to residents is having a broad menu of sports clubs to choose from to pursue their favorite sports or to try out new ones. Sports activities are a fun way to stay fit and can be a quick way to make friends and connect to people with common interests.

The Sports Activity Committee's importance to a sports club is to serve as the club's gateway to The Board, and the Sports Committee's liaisons can serve as another ear

to residents' concerns in addition to the Club officers. Residents should feel free to reach out to the Sports Activity Committee Chair, Bob Paese, at jbpause@gmail.com

Sunshine Services

BY SUSIE RIVERA

Important numbers:
Medical Equipment Loan Program 916-960-8091

Arrow Tickets 916-886-7008
October is here! The mornings cooler, the days shorter, and those first rainy days remind us that fall is here.

Rain can make sidewalks, driveways and walkways slippery. Add wet leaves to the mix and you have a recipe for a fall. Take a few minutes to check the areas around the home. If there is a spot that gets especially slippery when it rains, take care of it before it becomes a problem.

With cooler weather, we tend to spend more time indoors. Move things that could be tripped over, and make sure there is plenty of light in hallways and other areas where someone may be walking.

At Sunshine Services, we know caregiving is much more than the big things. It's the everyday stuff that keeps someone comfortable and helps them stay safe at home. It might be

(cont' on page 7)



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Sunshine Services

(cont' from page 6)

ensuring they have the personal care items they need or simply being there when an extra hand is needed.

October is a good time to slow down and think about what we're thankful for. As caregivers, it's easy to focus on everything that needs to get done. There are appointments, errands, meals, phone calls - a list of things that seem to never end. Sometimes you may wonder if anyone notices all the little things you do.

We notice.

The time you spend helping someone get through their day matters. Even the little things, like making sure someone has what they need before a rainy day, can make a big difference.

From all of us at Sunshine Services, we hope your October brings plenty of cozy days, safe walkways, good conversations and a few extra reasons to smile.

See What's Beneath the Surface: Groundwater Well Open House on Oct. 10

BY CITY OF ROSEVILLE

What does it take to store water underground for the future? Come see for yourself! Step inside one of Roseville's working

groundwater well sites for a behind-the-scenes look at how we store water beneath our feet and use it to help strengthen our water supply for the future.

Saturday, October 10 • 10 a.m. to noon

4030 Solaire Drive

Free and family-friendly

Drop in anytime to explore the site, meet the people who help manage Roseville's water supply, and get an up-close look at groundwater in action.

See a working groundwater well up close and learn how water is moved, monitored, and stored underground. Talk with Roseville water professionals, check out some of the equipment that keeps the system running and get your groundwater questions answered. Kids can join in with a groundwater coloring activity, and refreshments will be available.

Planning to stop by? Let us know! RSVPs aren't required, but they help us prepare for the day. RSVP to receive an event reminder, tell us how many people are coming, and even send us your groundwater questions in advance: roseville.ca.gov/GroundwaterOpenHouse.

You're still welcome to drop in anytime between 10 a.m. and noon, even if you don't RSVP.

Street parking is available near the facility. Please avoid blocking driveways or access. The event will be canceled in the event of rain or severe weather. Those who RSVP will receive an update if plans change.

For questions, contact Maurice Chaney, Public Information Officer, at mchaney@roseville.ca.us or 916-774-5539.

Senior Health and Resource Fair

BY HARRIET GARLAND

The 4th Annual Senior Health and Resource Fair will be held at McBean Park Pavillon, 65 McBean Parkway, on October 8, 2026 from 10am – 1pm. The fair is the result of the City of Lincoln and Seniors First of Placer County joining forces. This is the fourth year for the event, and it continues to grow with over 300 people visiting last year and is expected to continue to grow this year.

The event will showcase professionals from all medical areas including Walgreen's, Kaiser Permanente, UC Davis, hospice, long term care facilities, board and care facilities, home health assistance, urgent care, veteran services, Medicare services, funeral services and more. In addition to medical information vendors will be there to help with financial planning, trust and will preparation, home maintenance services. Visitors will have the opportunity to get free blood pressure readings from Lincoln Urgent Care, free flu and covid vaccinations for all seniors, insured or uninsured, provided by Walgreen's and participate in a chair massage by Esthetics 84. Best Buy Geek Squad will be on site offering a free tech clinic, online scam

The 4th Annual Senior Health and Resource Fair
McBean Park Pavillon
65 McBean Parkway
October 8, 2026
10am – 1pm.

prevention and free cell phone cleaning. UC Davis will be on hand to assist those interested in clinical trials for the treatment of Alzheimer's. Presentations will be made by the Lincoln Police Department on issues relevant for Seniors and Placer Protect, from the Placer County District Attorney's office, will speak on scams and elder abuse.

Food will be available for purchase from Sabores Mexican Food, Old Town Pizza and Saladworks. Complimentary coffee, water and cookies provided by Starbucks and the Woman's Club of Lincoln.

This event is not only relevant for seniors but is also a great resource for adult children that may have to make life decisions for their parents in the future. The goal is to try and ensure that seniors and their families have all the resource information possible to make well informed decisions for their loved ones. Admission is FREE. Sponsors of the Fair are Kaiser Permanente, Lincoln Community Foundation, Dignity Memorial, and Daycation for Seniors.

For more information, please contact Kris Wyatt, 916-768-3803 or Harriet Garland, 916-343-1937



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Space is limited, so be sure to reserve your tickets early!

Tickets will NOT be sold at the door.

Music and Laughter

BY JANE BOHN

The crowd kept coming, the entertainers were in best form and although the show ran over fifteen minutes the smiles that ensued continued to the very end. Here comes the list of talented Sun City neighbors who kept us happily entertained: Jan and Joe Given



on piano and violin, singer/guitarist Bruce Barley, comedian Ed Lick, singer/guitarist Ken Roberts, saxophonist Lem Llapitan, pianist Toni Dicapua, magician Rick Schulz, jokesters Jan Montero and Jack McGurk. Needless to say, the sing-a-longs were also an added delight. Our prize winners included: Diane Rishe, Barry Markman, Bev Moris, Elily Cole, Pavla Scardell, and Joe Given. Once again our heartfelt thanks goes to all our entertainers, our fan club, our prize winners and our steadfast helpers; Susan Glover, Jill Aggersbury, Toni Dicapua, Pam Moll, Cal Conley and Susan Edie. You continue to add joy to my life and make my job a true labor of love.

Come join us at our next gathering on Wednesday evening October 12th at 7PM (doors open at 6:30) for another hour of "Open Mic" talent. Bring your \$1 entrance fee for our prize raffle and come help us fill the Ponderosa room once again at our Sierra Pines Lodge located on the corner of Del Webb Blvd., and Whistlestop Way.

...

Dance Club

BY VIKKI CLARK

Dance Club Keeps the Good Times Rolling!

There's always something fun happening with the Dance Club! Whether you enjoy learning new steps, brushing up on old favorites, or simply getting out on the dance floor with friends, the coming months have plenty to look forward to.

On September 21, Sandi Kremer led a

Beginning Ballroom Waltz Workshop. During the 45-minute workshop, Sandi introduced participants to the basics of the waltz and helped everyone get comfortable with the steps. The lesson was followed by a called waltz dance, giving everyone a chance to enjoy their newly learned moves. If this was a fun evening for you, Sandi offers Ballroom classes every Tuesday from 2:30-3:30 p.m.

Next up is one of the most fun nights of the season—our Halloween Monster Mash Dance on October 26! DJ Tom will be spinning scary tunes and keeping the dance floor moving.



Costumes are recommended, so start thinking about what you'll wear. Whether spooky, silly or spectacular, come ready to have a great time!

On November 16, we'll heat things up

with "Salsation," a salsa workshop led by Anna Woods from 7:00 to 9:00 p.m. Come learn some lively new moves and enjoy an evening filled with music, dancing and fun.

We'll wrap up the 2026 dance year with our Holiday Dinner/Dance. Dance Club classes will entertain us with special performances, followed by a sit-down dinner. Then it's time to clear the tables, head back to the dance floor and finish the year with plenty of open dancing and holiday cheer.

So, grab a partner—or come on your own—and join us. There's always room on the dance floor!

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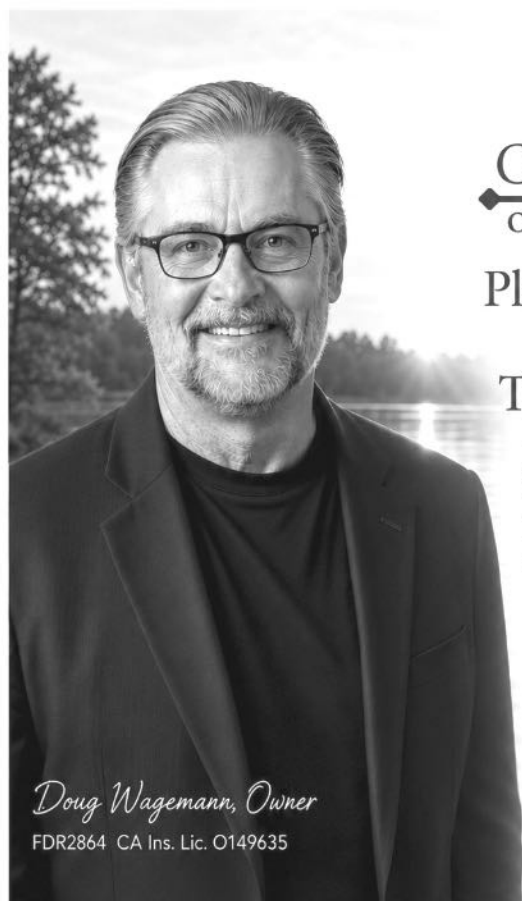
Round Dancing Group

BY CATHY RAZUMICH

What is "round dancing"? Round dancing is social ballroom dancing made easy. Unlike freestyle ballroom dancing, round dancing is not improvised. Dances have been choreographed to specific music. A leader (cuer) announces the upcoming steps as the music plays which makes leading and following very easy. All dancers perform the same steps at the same time. They move in a counter-clockwise direction around the room, which is why it is called a "round" dance.

Our group round dances on Thursdays from 1-3 PM in the Placer Room at Kilaga Springs Lodge (1167 Sun City Blvd in Lincoln). There is an important Round Dancing Time and Location Change. Sessions on 10/29, 11/5,

(cont' on page 9)



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Round Dancing Group

(cont' from page 8)

& 11/12 will be from 11:30-1:30 PM in the Fine Arts Room at Orchard Creek Lodge (965 Orchard Creek Lane in Lincoln). We would love to have you join us! Singles and couples are welcome. No dancing experience is needed. Contact Cathy Razumich at 408-218-2144.

Round dancing includes many common ballroom rhythms such as Waltz, Rumba, Cha-Cha, Foxtrot, Jive (East Coast Swing), Two-Step, and Tango. These are the rhythms our group practices with our Cuer, Marie Hathaway. Marie is knowledgeable, patient, and has a great sense of humor. She definitely adds to the enjoyment of our sessions.

For each rhythm, skill levels are categorized by difficulty. Beginners start with simple steps and advance to more complex routines. The skill levels called "Phases" range from Phase I (beginner) to Phase VI (expert). In our sessions, Marie works with us so we can dance more rhythms and progress through the phases. When you attend a round dancing event, the playlist includes a variety of rhythms at various skill levels.

Round Dancing is sponsored by the Sun City Squares. More club information can be found on our website schlsquares.weebly.com

• • •

SC Squares

BY KRIS KNUTSON

Fall is in the air, and the square dancing is easy. The sessions we attend and the calls we've learned all make the dancing so much fun. It's amazing what you can learn in 6 months.

Whether you dance at beginner level or advanced, this is a special time to dance. There are a lot of dances being held the next 2 months around our area.

Interested in square dancing for the 1st time or coming back after a few years off, we are 1 of 3 or 4 clubs that can help you get back to swinging and promenading with your partner.

Whether your single or have a partner, live in Loomis, Folsom or Roseville everyone is welcome at Lincoln Hills Squares.

We are the 1 club that dances in the afternoons so your drive home is not in the dark.

Beginning, mainstream and plus classes meet Mondays 12:00-3:00 PM. Advanced class meets Tuesdays 3:00-5:00 PM.

All meetings are held at Kilaga Springs 1167 Sun City Blvd, Lincoln.

Our website is schlsquares.weebly.com To get more information about the magic of square dancing at Lincoln call

Tom Bolton 818-321-8808

• • •

Creative Arts

BY THERESA M. RENKEN

At the Creative Arts Club, we play with many different media, including Ceramics/Pottery, Glass, and Decorative Painting. Our Dynamic Decorative Painting motto is: "If it doesn't move, paint it!" Perhaps you have an item at home, tucked away in the cavern of your closet, that could use a new look. Maybe you have a fabulous thrift-store find that could use a little "brushing up." What about those old jeans that could use a touch of "bling"? Remember the '70s? On your daily walks, if you see a strange, unique, bizarre-looking rock, grab it, bring it to class, and turn it into something spectacular. Make sure it's a rock and not a gift from Fido that someone forgot to take with them. Or how about wine bottles? Finish that great bottle of wine before you paint it or during the session, haha. Whether you see yourself as a Monet, Picasso, or just the person you hired to paint your house, we have an outlet for your creativity. Deep within your mind, there's a painter just waiting to emerge. Decorative Painting classes are held on the first and third Thursday of each month. Join the Creative Arts Club for an annual fee of \$20 and let your creativity flow! Don't forget to mark your calendars for Saturday, November 7, from 9:00 AM to 2:00 PM at the Lodge for the Annual Holiday Craft Fair hosted by the Needle Arts Club. Be sure to stop by the Creative Arts Studio to discover fabulous glass, ceramics, and decorative painting items for sale. You won't want to miss it! If you're interested in



any of the above, please contact David Moore at chronicledave@gmail.com or 925-285-0621. He will be happy to guide you in the right direction.

• • •

Fine Arts Club

BY NANCY VAVUL

As the crisp autumn air settles in, our club is buzzing with creative energy and exciting news. We have plenty to celebrate and look forward to throughout the month of October.

First, let us extend a huge congratulations to our fellow members, Donna Self and Barbara Kemp. We are incredibly proud to announce that their artwork has been selected for the prestigious KVIE art auction! You can catch the live broadcast of the auction between October 2 and 4. Be sure to tune in and show your support for their impressive achievements.

For those visiting our gallery, prepare to be challenged and inspired. The theme for our gallery walls this month is "Avant Garde or

(cont' on page 12)



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If you've already taken care of this, that's wonderful.

If you're not sure what you have, what you need, or whether your current coverage still makes sense, I'd be happy to have a simple, no-pressure conversation with you. No obligation. Just information.



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Fine Arts Club

(cont' from page 9)

Abstract.” We encourage everyone to stop by and experience these bold, expressive works. Meanwhile, the card room will feature the captivating art of Janice McCabe and Larry Codner. We invite you to join us for their artist reception during our Second Sunday Open House on October 11, from 10:00 a.m. to 2:00 p.m.

Our monthly members meeting on October 8 promises to be a highlight. We are thrilled to welcome guest speaker Ellie Gaines, a talented artist known for the beautiful murals that brighten our town. Her presentation is not to be missed!

For those looking to sharpen their skills, our popular classes in acrylics, watercolors, alcohol inks and oils, including new teacher, Tracy Bolton, will continue throughout October. Please check the current schedule to find a session that fits your needs.

Finally, looking slightly ahead, please mark your calendars for the annual Holiday Boutique sponsored by Needle Arts on November 7, from 9:00 a.m. to 2:00 p.m. It is time to start planning your contributions and participation so we can make this event a resounding success. We look forward to seeing your creativity shine!

...

Needle Arts Club

BY SUSIE RIVERA

Craft up some Halloween fun at Needle Arts! October is here, so it's the perfect excuse to get a little crafty and enjoy some creative time with friends. Our annual craft fair and bake sale will be on Saturday, November 7. We look forward to seeing you there!

Have you seen the thread catchers attached at each sewing machine? They're made by our own Rhonda Slusser. Thank you, Rhonda, for your incredible work!

Whether you're an experienced stitcher or haven't picked up a craft in years, Needle Arts has classes for every level. Nothing scary about trying something new! Check out our upcoming classes and join us.

Not a member? There's still time to pay your dues and join in our numerous fall festivities! Contact Linda Du Pree for membership questions.

At our September meeting, Detective O'Shea from the Roseville Police Department gave an eye-opening talk about scams and how to avoid becoming a victim. Now we'd love your input. What topics or speakers would you enjoy at one of our 2027 meetings? Drop



us your ideas. We're all ears.

Speaking of September, how did you do on your UFO project #4? Remember, you decide what "done" looks like. If you didn't finish, don't give up. Keep working on it! Every finished project is a victory. October's UFO Challenge is #11. You can work on your project at home and every other Sunday in the Needle Arts room.

See you at our next meeting on Wednesday, October 7, 2026.

...

Roseville Stamp Club

BY TIM MILES

The holiday season is fast approaching, and it affects us because of the lack of space at the Sun City Lodge for the seasonal events of the various groups. The rooms are claimed and there is nothing available for us in December.

However, our meeting times (Tues) for Oct are the 13th and the 27th and Nov 10th. Thanksgiving shuts us out for late November. We have no garage days scheduled also.

Our Secretary, Lee Coen (leejcoen@gmail.com), always sends out timely bulletins about club business as it gets set up so watch your emails.

Our meetings encompass door prizes, giveaways, anything in the "stamp collection" mode from pages to albums and protectors and anything in the hobby you might need. They start at 6:30 pm and we are usually going home by 8:30 pm. We also have a full set of stamps catalogs which are seldom available anywhere else.

We like to welcome anybody who is interested or has an "old" album in the closet to attend at no cost and get an idea of current value. Anybody is welcome for membership access to all of this for only \$20 per year.

The SCAPEX Stamp show in Sacramento is scheduled for Nov. 7th and 8th so there will be further mention in the Nov edition of this column.

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(more Club News cont' on page 13)

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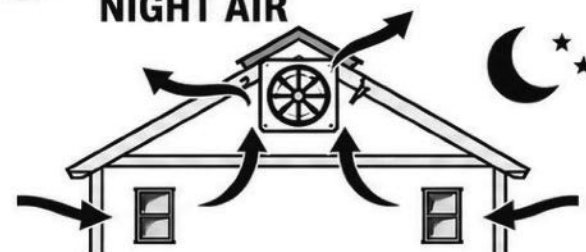
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Solo Friends Club

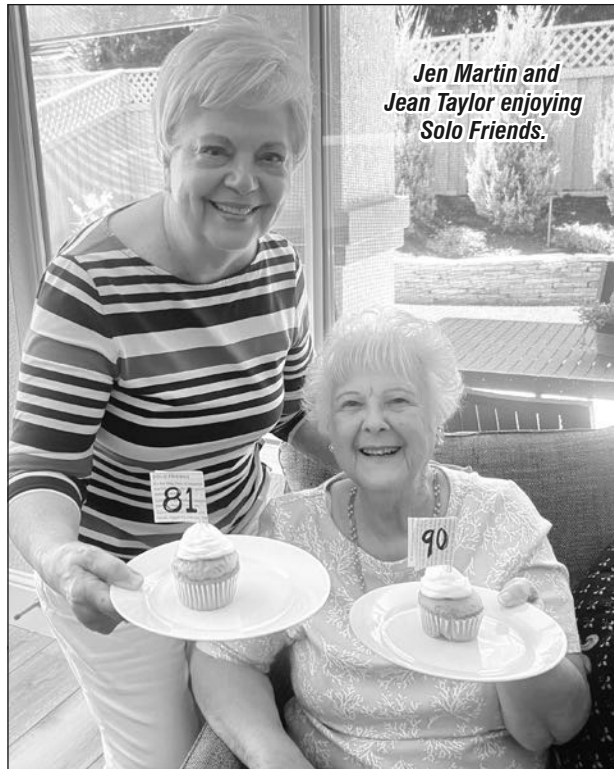
BY NIKKI COMBS

When you finished school and career, did you decide you were done and didn't need to learn or pay attention any longer? That was a mistake. Life-long learners gain many benefits that keep them healthy and independent through the years. Life-long learning improves brain health and increases happiness.

Studying new topics expands memory. Continuous mental activity delays memory loss and dementia. When the brain tackles unfamiliar concepts, neurons and their pathways are stimulated and problem solving improves. Everyday skills like math and language are maintained and creativity can improve.

Life-long learners also have higher self-esteem. They have stronger social ties, reduced stress and anxiety, and an increased sense of self-fulfillment. Continuing to expand your knowledge and learning new concepts and skills makes the golden years brighter.

Solo Friends and Sun City offer so many opportunities to be a life-long learner. The Activities Department presents talks from experts in everything from health and history to safety and resources. Look in the Courier



Jen Martin and Jean Taylor enjoying Solo Friends.

for information on upcoming speakers.

The past few Solo Friends General meetings have covered topics from the Gold Rush, taxes and Social Security, California's Prison Industries, and Outreach for Seniors. We have listened to an original Roseville native on the town's beginnings and a Wellness Chaplin on leaving a legacy.

The meetings are held (usually) on the first Monday of each month in the Timbers ballroom, 6:00 pm. In one hour, you can catch

up on your club's news and learn from a guest speaker. Birthdays are also celebrated with gifts. Afterwards, some members socialize in the Lounge.

Attending a general meeting is an easy step in being a life-long learner. Gather with friends for a quick lesson to stimulate your brain and improve social ties.

...

Jewish Fellowship Circle

BY LOIS ARLEN & KAREN LEVINE

Hard to believe that Fall is upon us already!

A special thank you with appreciation to our JFC Board members for leading the Shabbat (Sabbath) Friday night service and to Irwin Perry for hosting the Oneg (a sweet table following the Shabbat service) in August.

On October 18 we will be having our annual Jewish potluck dinner at Sierra Pines. We always have lots of traditional delicious foods that our members bring and enjoy.

Being that November is always a "dark" month for the JFC, there will be no event other than our Shabbat service on November 6.

Simchat Torah is the next Jewish holiday that is celebrated on October 2. The meaning of Simchat Torah means "Rejoicing in the Torah". This holiday marks the completion of the annual cycle of weekly Torah readings. Each week on the Sabbath a few chapters from the Torah are read starting with Genesis and working our way around to Deuteronomy. On Simchat Torah we read the last Torah portion and then proceed immediately to the

first chapter of Genesis, reminding us that the Torah is a circle and never ends. The completion of the readings is a time of great celebration. There are processions around the synagogue carrying the Torah scrolls with singing and dancing. Kids join in with flags picturing the Torah, and sometimes an apple on top as an extra special treat.

...

Healthcare Professionals Group

BY LINDA GORDON

At Healthcare Professionals Group Luncheon Meeting on September 2 the speaker was Shankan Arcot, the Executive Director of Wellness Within Cancer Support Services. This was a very interesting presentation about the nonprofit wellness center for patients, survivors, caregivers, and families affected by the trauma of cancer and the incredible programs they offer.

Our group has also taken on support for children and families dealing with abuse by working with the District Attorney's office. At the September 2 meeting members brought supplies to be used at the DA's office when interviewing these individuals. We had 2 tables full of large boxes of individual servings of popcorn, chips, granola bars, water and many other items. Jessica Waterford from the DA's office visited to pick up these items. With her she brought Toast, the first court support dog, to visit with our group while we ate lunch. It was a wonderful afternoon.

(cont' on page 15)



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Healthcare Professionals Group

(cont' from page 13)

The Healthcare Professionals Group is a social group of SCR residents who have worked in any way in the Healthcare Field. We meet the first Wednesday of every other month at 11:00 in the Spruce Room in Sierra Pines. Meeting and Speaker start at 11:30 and lunch and social time will be at 12:00. Cost is \$10 for lunch. Guests are welcome. We ask everyone to RSVP. The next luncheon meeting will be held on November 4. At this meeting we will be celebrating our 5th Anniversary as a group.

Nurses from our group hold a Blood Pressure Clinic for Residents to have their Blood Pressure checked and to discuss any issues they may have. Due to availability of rooms our usual date of the second Wednesday of every month will be changed to the first Wednesday in October and the third Wednesday in November and December. Still at Sierra Pines from 9:30-11:00am. Our next clinic will be October 7. You may drop in to have your Blood Pressure checked and discuss any questions you may have.

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

...

Meditation Group

BY ED CERVANTES

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

Come learn a simple method of meditation that uses soothing mantras and music to relieve the stress and anxieties of daily life. Life can make us a bit rough around the edges. Mantra meditation is the transcendental warmth that melts away the roughness, allowing qualities like serenity and tolerance to blossom naturally.

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. The meditations are guided and gently led so you can join at your own pace.

We will be meeting on Monday, October 26 from 3:00pm to 4:00pm in the Ponderosa Room at Sierra Pines

The program is donation based and the meditations will be practiced seated in chairs. Bring a friend and come make new ones.

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

...

Democrats Group

BY MARTY BOYER

Our October 28 Speakers Series event will update and educate us about an important movement seeking election reform. Paula



Paula Lee



Lee is a leader with Californians for Election Reform and an advocate for ranked choice voting (RCV). What are the pros and cons of the system and what other reforms are in the conversation? The meeting starts at 6:30 p.m.

November's guest speaker will be Maya Miller, award-winning political editor for CalMatters, who will provide a post-mortem of the Midterm Election just one week after the big day. What were the key takeaways and surprises from the perspective of this seasoned journalist who has covered politics in Washington, DC and major cities across the country. Please note: This meeting was moved up to Nov. 11, 9:30 a.m., at Sierra Pines to accommodate sharing the facility with the Fitness Center.

Speakers' Series guests over 2026 have enriched members' understanding of diverse issues. In August, UC Davis Director of Government Relations Brandon Minto explained the impacts on the University's world-renowned research programs when the Federal Government cut funding for vital research. While some funding was restored,

some was not, including a major grant to study Alzheimer's. Most problematic is the instability these actions bring, making it difficult to attract the talented faculty and post-graduate students who conduct research, and the cuts in funding to build and maintain the needed research infrastructure.

In July, Speakers Series guest Tom Ross unraveled the 14 State measures on the November ballot in plain, nonpartisan language.

Midterms are upon us, and our members have done their part, canvassing, phone-banking, writing postcards, attending forums, donating, and peacefully protesting. We should be proud.

...

Socrates Cafe

BY STEVEN GUSTAFSON

At Socrates Cafe last month, Peter Bosse was the discussion facilitator. He proposed several intriguing questions for us to consider, and he provided background information. Here's a summary.

1. In 2025, according to many metrics, global humanitarian aid collapsed by over 80% — at least 200 million people suffering from famine got little or no aid. Why did this collapse happen? Is allowing it to happen "passive violence"? When resources are limited, who decides who gets aid, and by what moral framework? Was the collapse driven by ideology such as "the weak suffer what they must"?

2. The Edelman Trust Barometer measures how much people in over two dozen countries trust institutions such as business, government, and the media. The 2026 report found that trust in institutions

hit new lows — people continued to retreat into self-reinforcing bubbles that heighten polarization and a sense of grievance (e.g., the wealthy benefit unfairly). Does this retreat threaten democracy? Is it a collective failure that can be mitigated?

3. Over the past two years the capabilities of AI have outpaced attempts to regulate it. But perhaps it is normal or even desirable for innovation to outpace regulation? Are "move fast and break things", faith in market self-correction, etc., forms of moral recklessness?

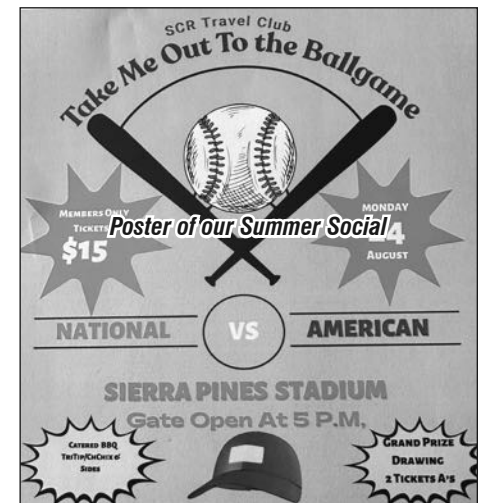
If you find questions like these interesting, you are welcome to join us. We meet for discussions at 10:00 on the first Monday of the month in the Timbers lodge (usually the Birch or Aspen rooms).

...

Travel Club

BY CATHY (CJ) JOHNSON

Lorraine Welk and her wonderful committee took us out to the ball game for our Summer Social! A good time was had by all, and the corn hole game was especially fun!! Sandy Coltharp was the grand prize winner. She won 2 tickets to an A's game!



Trips, now available for Travel Club members, include the following:

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

(cont' on page 17)

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Voices of Lincoln Poetry Contest Attracts 72 Poets from 47 Cities in 10 US States and Five Countries

BY ALAN LOWE

The 22nd Annual Voices of Lincoln Poetry Contest was very successful again this year. The theme of the contest was "Memories: Revisiting The Past Through Poetry." The five (5) contest categories included 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.

The July 15th entry deadline attracted 72 poets. Poets submitted 153 poems in the five categories. Poets came from 31 California cities and from Tempe, AZ; Tuscan, AZ; Champaign, IL; Spring Valley, IL; Fort Wayne, IN; Barnstable, MA; Rockville, MD; Belfast, ME; Charlotte, NC; Klamath Falls, OR; Austin, TX; and Houston, TX. International submissions came from Chittagong, Bangladesh; Dundas, Ontario, Canada; London, England; and West Kowloon, Hong Kong.

Judges selected 37 winning poems, submitted by 22 poets, including 10 "Young Poets," ages 10 through 18. Seven Placer County residents, two from Lincoln, one from Penryn, one from Rocklin, and three from Roseville did very well in the competition. These seven received five 1st places, one by a young poet; three 2nd places, two by young poets; and five 3rd places, one by a young poet. Young poets came from Granite Bay High School and Rocklin High School.

The Voices of Lincoln Poetry Contest special event, at which winning poets will read their poems, will be held on Sunday, October 18, 2026, from 3-5:30 pm, at The Salt Mine, 590 Lincoln Blvd, at 6th Street (Enter building on 6th Street), Lincoln, CA. Everybody is invited. This event is free to the public.

Winners will be presented with a commemorative chapbook of the winning poems.

The Voices of Lincoln Poetry Contest is presented by the Poets Club of Lincoln.



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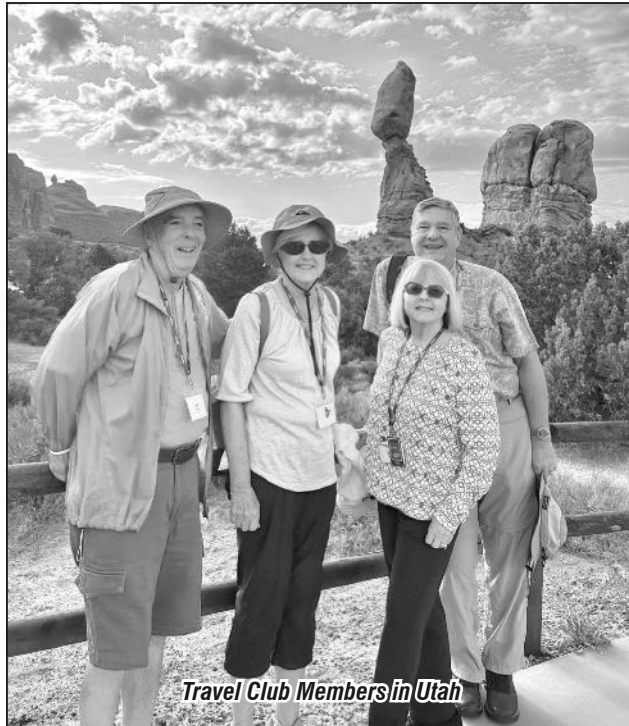
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Travel Club

(cont' from page 15)

(small group trip--Collette)
Panama and Costa Rica:
February 19-March 3, 2027
(OAT)
Scottsdale Escape: March
1-5, 2027 (Alamo)
Tuscany: March 13-21,
2027 (Collette)
Greece and Its Islands:
April 3-18, 2027 (Collette)
Amish Country: May 3-9,
2027 (Collette)
Swiss Alps and Rhine
River Cruise: May 25-June 1,
2027 (Alamo)
Peaks of Europe-Alps
and Dolomites: May 28-June
9, 2027 (Collette)
North and South Dakota:
August 27-September 3, 2027
(Collette)
South Africa, Victoria Falls and Botswana:
September 2-16, 2027 (Collette)
Niagara Falls to NYC: October 13-20,
2027 (Collette)
Vietnam, Cambodia, Mekong River:
October 29-November 12, 2027 (OAT)
Sunny Portugal: December 26-Jan 5, 2028
(Collette)
Scotland: Land of Lore & Legend May
12-May 22, 2028 (Collette)
Morocco: March 2-15, 2028 (Collette)
Southern Charm: March 2028 TBA



(Collette)
More trips are being added, see the Travel
Club web page on the SCR web site for trip
details. Click on the "Trips" link for more
information.

The Travel Club meets the 4th Monday of
most months at 3:00 pm in the Ballroom. Our
next meeting will be Oct 26. Our guest speakers
will be Dan and Myla Champ (Champ Tours)
and Jay Fehan (Collette).

See you all there!

...

Veterans and Patriots

BY STEVEN GUSTAFSON

Sun City's Veterans and Patriots hosted
a presentation by Roseville's Fire Chief, Ryan
Harrigan on September 2nd. He said that
firefighters everywhere put the number "343"
on their uniforms because 343 firefighters died
in 2001 in the 9/11 terrorist attacks.

The Roseville Fire Department gets over
20,000 calls each year. About 65% of the calls
are for medical emergencies, and many of these
calls bring a fire engine to Sun City. A fire
engine comes with three or more firefighters
who are paramedics — they can restart your
heart, give you an IV, and of course get you to
a hospital fast!

After Chief Harrigan's presentation,
Lorraine Liberty made a presentation on the
Veterans Display Window. For the month
of November (November 11th is Veterans
Day!), we will have a display window like
the display windows for Creative Art, Fine
Art, and Needlework Art. Our window will
display veteran memorabilia (uniforms,
medals, military gear but not weapons, large
photographs, etc.). If you have items that you
would like to loan for the display, please bring
them to our meeting in the Timbers ballroom
at 10:00 on Wednesday October 7th.

On Sunday October 11th at Siera Pines,
we will have our annual Fireside Chat Wine
and Cheese event. This is an opportunity for
veterans, family, and friends to sit at round
tables with wine, cheese, and finger foods to
talk about favorite stories and memories. You

can buy tickets for this event at our October
7th meeting.

November is a big month for Veterans
and Patriots. November 10th is an evening
golf cart parade (with the carts decorated with
lights) that honors veterans. On the morning
of Veterans Day there will be a flag raising
ceremony, and that evening the fantastic
Capital Pops band will inspire us!

...

Conservative Action Group

BY SHERRI SCOTT

One of the primary tenets of the
Conservative Action Group is to "inform." Group
participants can then make the
best possible personal decision when it
comes to supporting and/or voting for their
representative at every level of government,
from Federal positions to School Board
Trustees. Our monthly meetings this year have
hosted many candidates upon which Sun City
residents can vote in the November election.
Candidates provide us with their qualifications,
philosophy, and preferred policies for the
job they seek. Additionally, the question-
and-answer session further illuminates their
positions on various issues.

The conservative candidates that have
appeared at our meetings are: Bonnie Gore,
Placer County Supervisor (won her election
in the Primary); Joe Patterson, incumbent
Assemblyman – District 5; Sergey Terebkov,
incumbent Placer County Board of Education

(cont' on page 18)



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Reservoir - Sacramento River ARC Project - Northern California
Power Agency - PCWA American River Infrastructure
Relicensing - Joint Committee representing Roseville and PCWA.

Common Sense Priorities - Protecting our water future –Expanding
Cooperation with other water agencies - Fiscal responsibility and
Sustainability - Continue developing diverse water delivery systems –
Cyber Security for system reliability.

Registered Nurse - Pauline promotes strict standards to maintain
And improve our utilities, services and water supply systems.

Why I'm running: *Serving the community is why I'm running for the Placer
County Water Agency. For me, you could call it my life's second calling besides nursing.
As a registered nurse I understand the importance of clean, safe, drinking water. I was a
board member when PCWA infrastructure systems were up for renewal and helped
PCWA retain ownership of the assets to better serve their customers and stabilize rates.
I will continue serving the customers and PCWA District 1 with honesty and integrity.*

*As a 5th generation family and lifelong resident of Roseville and District One, I'm
dedicated to providing the superior water quality you expect and deserve from your
water system by serving you the customer.*

*Endorsed by Trusted Community Leader including Krista Bernasconi Mayor, Shanti
Landon Placer County Supervisor and Jill Gayaldo Rocklin City Council.*

Let's protect our water future together.

Pauline Roccucci

"Clean Water For Our Future"

VOTE Pauline Roccucci on November 3rd

Conservative Action Group

(cont' from page 17)

– Area 1; Wendy Biel, Roseville City School District (K-8) – District 4; Kevin Kiley, Congressman (incumbent District 3) – District 6. In our last meeting we hosted Jefferson



Willoughby, Placer County Water Agency Board of Directors – District 1, and Michael Franks, Roseville City Council – District 4.

Action is another part of our mission. And that we are. Members have individually taken part in campaign events, addressing envelopes for informational mailers to voters, and attending fundraisers for candidates of their choice. We are available the first day of every month at Courier Days to meet and answer questions you may have. This fall, volunteers have already signed-up for work shifts at a vote center in Roseville. We are also gearing up for additional activities as the election gets closer.

Please join us for our next meeting on October 5 at Sierra Pines starting at 6:30 pm.

• • •

Garden Club

BY SUZETTE AUSTIN

Join us for a fascinating Bonsai demonstration by Roger Steel at our next Club meeting on October 6. Roger is 35-year member of the American Bonsai Association in Sacramento, and will discuss basic Bonsai care and pruning techniques. He will turn nursery specimens into recognizable Bonsai forms and these pruned Bonsai plants will be raffled off as door prizes at the end of the meeting.

At our September meeting, Tyler Davin shared information about choosing and caring for trees. He's a Certified Arborist who currently is the Tree Service Manager for 3 locations at Moon Valley Nurseries. Mariah Sargent, who is also a certified Arborist, assisted with the presentation.



Our meetings are the first Wednesday of the month at Sierra Pines. Doors open at 6:15 pm, the meetings begin at 6:45 pm and end by 8:15 pm. Refreshments are provided and guests are welcome. We have a "Share the Bounty"

table at our meetings, so if you have extra fruit, vegetables or herbs consider sharing with other garden club members.

At each meeting we have a poster display that updates us about current garden events in our local community, as well as other information of interest to our members. The Garden Club would appreciate your input for upcoming programs. Let us know of speakers you have heard or subjects you would be interested in learning more about.

Our fiscal year begins in September, so it is time to pay your \$10 annual dues for 2026-27 if you haven't already done so. You can get the registration form at our meeting or on the Garden Club website, as well as in the Garden Club folder inside the Lodge.

• • •

Birders

BY JANET MORELLI

SCR Birders take a summer vacation every year from nine months of pre-planned birdwatching field trips. During the last half of May until the last half of September, temperatures in the greater Sacramento Valley are not comfortable for either humans or their avian friends to spend hours outdoors watching, or avoiding being watched, by each other.

A new schedule of 22 field trips has been posted to the Birders' Group website to cover this year's birdwatching season from September 10, 2026 to May 20, 2027. At the beginning and the end of each season, the destinations tend to be closer to SCR, while the trips between November and March are scheduled to take advantage of the many nature

preserves, refuges, and wildlife areas located in the Pacific Flyway ranging from Lodi, in the south, to Gridley, in the North. All but one of the field trips is scheduled for a Thursday and an eBlast is sent to all SCR residents listed on the Birders' email roster a week before each trip with more information on the destination, duration, meeting place and time, and what to bring. Residents can contact Janet Morelli (916-782-6393) to be included on the email roster.

A California Scrub-Jay is an intelligent, noisy bird that can be commonly found year-round in dry shrublands, oak woodlands, and suburban backyards from Washington State



to Baja, California. This bird has a blue head, tail, and wings and a white throat and chest. It has a dark gray cheek patch and a medium gray back. It forages on the ground for insects, nuts, and invertebrates. They collect acorns and bury them in the ground for retrieval later in the winter. Acorns buried and forgotten often result in new growths of oak trees. California Scrub-Jays are very territorial and will challenge intruders to their area.

• • •

(more Club News cont' on page 19)

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SCR Hiking Group

BY SILVANA HUGHES

Recent hikes took us to various mountain lakes where hikers observed many colorful wildflowers, butterflies, and berries. In the fall the bright red berries and dense branches of the wax currant offer food, cover, and nesting habitat for birds and small mammals, while in spring the pink or white tubular flowers provide nectar for native bees, butterflies, moths, and hummingbirds. (<https://www.cdlandtrust.org/>)

While Mount Rushmore bears the sculpted faces of former presidents Washington,



Rock face profile 8-6-2026



Penner Lake hikers 8-13-2026

Jefferson, Roosevelt and Lincoln, hikers on the Three Lakes trail discovered on a rocky outcropping the face profile of perhaps a Native American elder pondering the majesty of the Sierra Nevada.

The October schedule features a five-mile hike around the Bobelaine Sanctuary along the Feather River. It is a good trek for all skill levels, including beginners. A popular spot for bird watchers and outdoor

enthusiasts alike, be sure to bring binoculars!

For additional information, please contact President Bill Haley (see SCR Hiking Group web page). Dress in layers and remember to bring water, sunscreen, insect repellent, and lunch. We meet at 7:45 am in the lodge parking lot near the tennis courts for carpooling. Please pack a change of shoes to keep the driver's car clean.

October 1: Bullards Bar (Vista Point to Dark Day), rated #4 (easy to moderate), 6 miles, elevation gain 600 feet, \$10.00 carpool ride.

October 8: Malakoff Diggins - rated #5 (moderate), 7 miles, elevation gain 900 feet, \$12.00 carpool ride.

October 15: Point Mariah - rated #5.5 (moderate to difficult), 6.25 miles, elevation gain 975 feet, \$12.00 carpool ride.

October 23: Lower Lola Montez Lake - #5.5 (moderate to difficult), 7 miles, elevation gain 950 feet, \$12.00 carpool ride.

October 30: Bobelaine - rated #2.5 (easy), 5 miles, elevation gain 150 feet, \$8.00 carpool ride.

...

Water Volleyball

BY DEBRA DINGMAN

The Water Volleyball Fall Social was held at the end of September with about 30 teammates who enjoyed a delicious Chinese dinner at Sierra Pines.

As the autumn weather prevails so has swim jackets and gloves that help insulate and keep some of our aging muscles and bones warm. Yes, we play year-round in a heated pool but there is always the air that your upper



Stan Johnson and Debra Dingman modeling swim jackets.

body feels. Several men and women players wear them.

Because impact forces are reduced 50 to 80-percent in the pool, this sport has a great advantage for seniors over land activities but here's some other safety tips.

Drink plenty of fluids before and during play, as indoor heated areas can still cause dehydration. Your body does sweat while in the pool but the water stops us from feeling it.

Gentle stretching of arms and legs warms up your muscles before making the transition from outdoor air to the pool.

Shoulder strain is the most common injury from serving and repetitive spiking, so doing arm circles and cross-body stretches in your warm up are valuable.

(cont' on page 20)


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Water Volleyball

(cont' from page 19)

We've all heard that jammed fingers are an unofficial badge of volleyball play but with inexpensive swim gloves, hands are more protected. Working out your fingers by slowly squeezing and releasing your fist under the water immediately after a simple jam, will help bring relief.

Wearing swim shoes will keep your feet from getting raw from rotating around the pool bottoms as well as keep you safe when coming from shower rooms to and from the pool.

Check us out! We play on Monday, Wednesday, and Friday from 11 am to 1 pm.

For more information, go to the Sun City website: scres.org, then to the Community tab, then click on Clubs & Groups, then click on Water Volleyball.

• • •

Pickleball Club

BY MARILYN PLUTH

Join the Sun City Roseville Pickleball Club and come out and play Monday through Saturday from 8:00 to Noon. Take part in our fun tournaments, social events, and great parties.

We welcome our new members JoAnn Cladianos, Carol Delville, Gary Gregson and Jan Gregson.

Join us on the Pickleball courts Saturday, October 24, from 8:00 to 9:30 am to attend a Free Clinic. We will cover safety, rules, scoring and work with you on serves. This no-obligation

clinic will satisfy your curiosity--and may just get you hooked! You must be an activity-card holding Sun City resident, and should bring water, a hat, a name tag and wear court shoes. Paddles will be available for those who don't have one. Registration is required. Contact Marlene at Marlenegrens@gmail.com

Not ready to play the most skilled players? No problem. "Step it Up" lessons are offered to club members who are considered advanced beginners. Attend this clinic to get more training on strategies and techniques to "Step Up" your game. Registration is required. Contact Mo (text only) at 530-864-6923.

Pickleball News: The Major League Pickleball Finals set an all-time MLP viewership on Sunday, August 30, with 773,000 average viewers watching the CBS broadcast, according to the league. It was the second-most watched pro pickleball event in history on any network, behind the PPA Tour Masters Sunday broadcast on CBS earlier this year. MLP said in a news release that the average viewership for this year's MLP Finals represents a 55% increase vs. last year's coverage.

• • •

Table Tennis

BY JEFF CARASKA

The table tennis group at Sun City Roseville doesn't have the number of participants of other groups and clubs here, but the sport does boast more nations (227) than any international sports federation. Here's a look at other table tennis numbers of note:

11: Table tennis officially switched to this

winning point total (from 21) on Sept. 1, 2001, essentially cutting in half the length of most regulation games.

45: Square footage of a regulation table. During the course of any given game, however, players may think the size is either too small or too big, depending which side of the table they're on.

88: Percent of Olympic gold medals won by China (37 of 42 total gold medals contested).

121: Highest recorded speed (mph) of a slam, according to the International Book of Records, by Vietnam's Nguyen Hoang Long on September 21, 2023.

140: Revolutions per second a table tennis ball can achieve when struck by an elite level player.

1988: The year table tennis was first played in an Olympics (Seoul, South Korea).

\$96,047,769: According to the-numbers.com the domestic gross of 2025's Marty Supreme, the most recent table tennis themed movie. Comedies Ping Pong Playa (2008) and Balls of Fury (2007) combined to gross \$32,886,940.

The Table Tennis Group plays 2:00 pm - 5:00 pm Tuesdays and Thursdays and 9:00 am to 12:00 pm Saturdays at Sierra Pines.

• • •

Tennis Club

BY MARILYNN VANDYKE

The Tennis Club would like to recognize Jane Monahan as one of the people who has played tennis the longest in our club. Jane has played in our club for 27 years and still



Jane Monahan

continues to play. She came back strong after a recent wrist injury. Nothing seems to stop this woman. Tennis has played an important part in Jane's life. She met her husband, Jim, on the tennis courts when she was 15 years old and he was 19. Jane has some great photos and stories from past SCR Tennis Club events like pajama parties. We may need to recreate some of these memorable events.

Please welcome our new club member John Cenicola and returning members Pam

(cont' on page 21)

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Tennis Club

(cont' from page 20)

and Ed Underwood. If you've been a member of the Tennis Club in the past, please consider joining the club again. We have scheduled matches now. We also have organized Fun on the Court events where you can play tennis or simply come to socialize and have fun. You'll find lots of support to get you back in the groove.

And here's some interesting trivia about tennis balls. Does everyone remember playing with white tennis balls in our younger years? So, when and why did they change to yellow? The yellow balls were introduced in 1972 to make the ball easier to see on color televisions. Wimbledon, however, kept white balls tradition until 1986.

Contact Information

SCR Tennis match coordinator, Patrick magli1@aol.com

Fun on the Courts socials, Pramod psarpotdar2@gmail.com

Ball Machine, Frank, frankstom6019@gmail.com

New member info, President, Ron rhousto2141@yahoo.com

Upcoming events:

Saturday, October 31: 9:00 am - 1:00 pm - Fun on the Courts; tennis, lunch and entertainment.

Wednesday, November 18: 5:30 - 8:30 pm - General Meeting and Holiday dinner at Sierra Pines.

...

Bocce

BY DAVID MOORE

Autumn is always one of the most active seasons on the Bocce Courts and this year is no exception. As you read this there are 518 competitors participating in the Fall Mini-League with 10 teams on both Sunday and Monday night, 12 all-women teams on Tuesday morning and 14 co-ed teams on Tuesday evening. Wednesday evening fields 16 teams, most of them each with six players! Thursday morning has 14 teams and Thursday evening has 12. Friday evening has 14 teams and Saturday evening has 6.

As always, Dwight and Joan Rose and their team of assistants are keeping everything running smoothly.

The Mini-League concludes at the end of October and the next of the famous bocce parties is the "Ode to Fall" on Sunday, November 15.



Bobbie Dunk, Linda Fredericksen, Arlene Lizotte, Gloria Green and Terry Lane qualified for the Women's Final Tournament.



Bud Haddix, Michael Foote, Kenny Smith, Pete DiLonardo and Kevin Myers qualified for the Men's Final Tournament.

Tournament News: The Men's Qualifying Round was held on Saturday, August 22. The results: First: Kenny Smith. Second: Kevin Myers. Third: Michael Foote. Fourth: Bud Haddix. Fifth: Pete DiLonardo. Alternate: Bill Dunk.

The Women's Qualifying Round was held the following Saturday on August 29. The results: First: Arlene Lizotte. Second:

Bobbie Dunk. Third: Terry Lane. Fourth: Linda Fredericksen. Fifth: Gloria Green. Alternate: Debbie Smith.

The Finals were September 12 with 2025 Men's Champion Lynn Jones and 2025 Women's Champion Diana Rischling defending their titles. Because of the publication deadline the 2026 results will be published in November.

The general meeting is scheduled for November 23 and will feature the election for Secretary and Vice President. After consultations with the SCR administration it was decided to elect two of the four officers each year. The President and Treasurer will be elected in 2027. This should help with transition so all four officers aren't elected in the same year.

...

(more Club News cont' on page 23)

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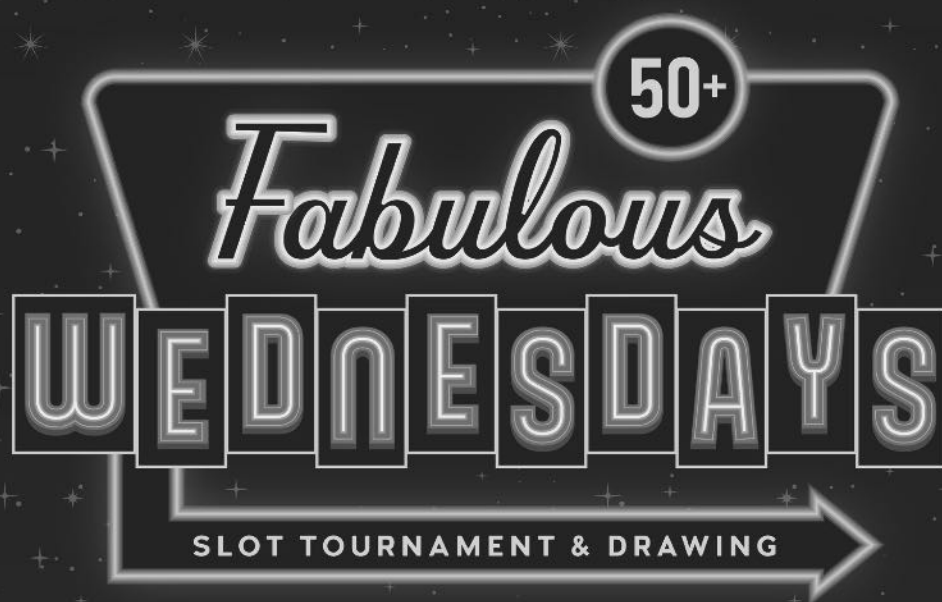
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He & She Golf

BY JAHNA HOLMES

Here it is, October already, and time to think of hobgoblins, pumpkins, and falling leaves! But we have three important events to get on your calendars! The club is throwing its annual fall party on October 14th, at the Pines in the evening, and the theme is.... Mardi Gras?? What's up with that?! Well, I'd say a good time with good food, fun music and games, maybe. It will celebrate our club's fall tournament held that same morning. So be sure to save that date for this fun social event!

The next club event to put on your calendar is the all-important general meeting on November 9th at 8:00 AM before our golf tournaments to vote for the club officers for 2027! A quorum is required, and free donuts will be available for all who come and participate! If you're thinking about running for President or Social Director, please notify any club member or Julie Harris ASAP!

The final and most well-attended annual event will be our Holiday Party. It's always held on the first Friday of December, December 4th this year, and always held in the Timber Creek Ballroom. This year's theme is "The Roaring Twenties." The décor, music, and food (and drink?!!) will reflect the mood of that interesting time. All are encouraged to dress to reflect the era as well as for the season!! More details will follow as planning progresses!

Last of all, 2026 membership will be cut off on September 30th. If new members choose to join after that, their dues will be applied to 2027 membership. They can play 3 times for the remainder of this year. By paying early, they can get the member price for our Holiday Banquet! Hope to see you all there!

• • •

Sierra Pines Ladies Golf Club

BY DANA EGGERTS

By the time you read this, the Sierra Pines Ladies Golf Club Championship and Championship Luncheon will already be history. The clubs will have been swung, the putts will have been questioned, the scores will have been counted (and possibly double-checked!), and we hope the champagne was flowing!

Unfortunately, this article had to be submitted before the big day, which means we

have absolutely no idea who won. Or at least that's what we're going to tell you! ☐

Who will be crowned our 2026 champions? Who will be celebrating with a shiny trophy? And who will be politely insisting that that one bad hole really wasn't representative of her game?

You'll have to wait until next month to get the official results. Until then, please try to contain your curiosity—and resist the urge to interrogate anyone who looks suspiciously happy after Championship Day!

A huge congratulations to everyone who participated. Championship golf is serious business, but the best part is the laughter, friendship, and good times shared along the way. And, of course, the occasional story that somehow gets better every time it's told!

August Highlights

Closest to the Pin

- August 5: Barb Fultran
- August 12: Shelley Weisman
- August 19: Connie Lego
- August 26: Sharon Lawin

Chip-Ins—Because Who Needs to Putt?

- August 12: Kyle Voddan, Hole 5; Pam Hemingway, Hole 8
- August 19: Roxanne Warloe, Hole 2
- August 26: Judy Benjamin, Hole 5

Birdie Alert! A very special congratulations to Sherrill Paul, who recorded her first birdie on Hole 2 on August 26! We're pretty sure that one deserved a little extra celebrating!

And Now for the Numbers... Sadly, no one broke 50 this month, and we had no holes-in-one. But we're not discouraged! After all, there's always next week—and if that doesn't work, there's always next month. As every good golfer knows, optimism is an important part of the game. That, and selective memory when it comes to keeping score!

Here's to September, better scores, fewer three-putts, and plenty of good laughs on the course!

• • •

Timber Creek Women's Golf Club

BY MARY NEARN

August was filled with competitions that highlighted strategic team play, stellar individual improvement in our members, and reminders that competitive golf continues to reward patience, course management, and overall experience.

Better Ball Tournament

The Better Ball Tournament was played on August 12th and 19th, showcasing what this format does best: smart partnerships, timely saves, and strategic decision-making from the first tee to the final putt. The second round was tightly contested, but both winning teams delivered remarkable final-round scores of 61 and 63, respectively, to bring home the honors.

First Place Red Tees: Julie Kim and Bonnie Brown



Julie Kim and Bonnie Brown
Red Tee Winners



Carol Norris and Peggy Mucci
White Tee Winners

First Place White Tees: Peggy Mucci and Carol Norris

Handicap Improvement Highlights

Improving a handicap is never the result

of one lucky round. It reflects better decisions, cleaner contact, sharper short-game execution, and the confidence to recover after a difficult hole. For the month of August, we recognize the following players:

Alaina Pacheco First Flight — Handicap improved from 22.1 to 19.8

Lynne Peaslee Second Flight Handicap improved from 29.4 to 29

Carol Norris Third Flight — Handicap improved from 35 to 33.8

Upcoming Tournaments

Club Championship September 30 and October 7th.

The results of this two-day event will appear in the next issue. This is a low gross tournament with a champion named for both Red and White Tees. We look forward to announcing and crowning the 2026 Champions after what promises to be two very competitive well-played rounds.

Second Annual Harvest Hootenanny October 14th

Our annual fall favorite brings the men's and women's clubs together for a friendly scramble competition, fun games, and an amazing lunch on Sierra Pines' patio. Thank you to the tournament committee that puts it all together!

The 2026 Harvest Hootenanny Tournament Committee members pictured, from left to right, are Sherry Hilger, Jay Dammeron, Scott Mortimore, Linda Stenvick, John Ladas, Karen Shahoian, Kathy Hamilton, and Bill Thyken; not pictured are Peter Tellier and Pam Tellier.

Reminder: General Meeting, October 21 at 1:30 p.m. in the Aspen/Birch Rooms.

• • •

(more Club News cont' on page 24)



Tournament Committee

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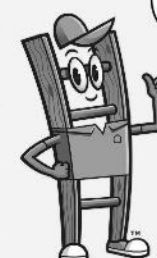
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Croquet Club

(cont' from page 24)

into a strict rule and a major tradition for the tournament.

In the beginning the all-white rule included hats, shoes, laces, socks, headbands, wrist bands and even undergarments. Today, it is not quite as strict but white is still the preferred dress code.

As the history of croquet has so much in common with Wimbledon, the white dress attire has prevailed all these years. Nevertheless, our club has made white attire optional, hoping to attract more players. So, no, whites are preferred but not required.

For additional information, please contact Patrick or Louisa Maglione, both officers of the club.

...

Cornhole

BY STEVEN GUSTAFSON

This fall a beautiful renovation of the Cornhole Arena will begin.

The horseshoe sand pits, backboards, and walkways will be removed, concrete pads will be poured so that cornhole players will no longer stand on muddy ground, and new grass will be planted between the pads.

By next spring a fine Cornhole Arena will be ready for play. Then cornhole leagues will be established.

There's no substitute for the thrill of competition!

...

Billiards Club

BY TERRY SATCHELL

Saw a few more new faces in the billiard room. The room 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. Check out the clipboards by the door. We are trying to expand the fun around the club. Lessons can be had, different games and possibly expanded tournament days!

Being thankful for the members and those that are stepping up. Thanks to Rich Cellamare who is now doing the photography



Ken Lane and Ron Judd

and posting the pics on the board. He has also volunteered to review our club website! Thanks again to Jim Calahan for stepping up to manage the room. And of course, Ken Neil who runs

tourney Tuesdays. As a reminder, please brush tables and replace the chalk.

Games On! Manteca is coming up to play, and Lincoln has invited us up to play them again. Great camaraderie. We have identified 12 players, but details have not been set up as of this writing as to how many players there are, the games



Ken Neil and David DeNinno

and rules. Thanks to the multifaceted Bob Cecil for setting this up!

Tuesday Tournament winners

Aug 4: Ken Lane and Ron Judd

Aug 11: Jerry Crosby, Wayne Peterson, Ron Judd, Rich Cellamare, David DeNinno, Gregg Slavik, Troy Cardosa, Ken Niel and Terry Satchell

Aug 18: Ron Judd, Ken Lane nice shooting again

Aug 25: Ken Neil, David DeNinno

...

Bridge Club

BY JOYCE WADE

The Bridge Club is happy to announce that Saturday lessons have returned. Dick and Susan Pankopf are co-teaching six weeks of lessons that started on September 12 and will continue through Saturday, October 19, from 10:00-noon in the card room. The bridge lessons are designed as reviews of contemporary bridge problems confronting bridge players who follow the rules of American Standard Bridge. Play of the hand boards illustrate the lessons.

Due to the construction timelines, our club will not be able to host the Lincoln Hills Bridge Club for the annual exchange luncheon and ACBL play in 2026.

Please hold Monday, December 28, for our annual club-wide holiday party and bridge play.

...

(more Club News cont' on page 30)

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

Marsha Runstadler —

(cont' from page 1)

1972, when Ralph Lauren came out with his ladies' line of clothes, Marsha was his fitting model. All his clothing in that first line were fitted on her body (and yes, he did gift her clothes). She still has an outfit given to her by an appreciative Halston.

Multi-talented and outgoing, Marsha also became the spokeswoman for major companies such as Merchants Bank, Braniff Airways, Southwest Airlines and Xerox. She narrated videos for several companies such as Lincoln Mercury and National Semiconductor Corporation. When her mother became ill, Marsha moved to Carmichael to be near her. She then signed with the modeling agency, Grimme, in San Francisco.

When she met her future husband, Kurt Runstadler, it was love at first sight. Kurt, who always dabbled in the arts, would later say it was divine intervention that they went on a camping trip to Big Sur, California. On that fateful trip, they met a man also camped there who was cutting up pieces of glass, making them into small stained-glass boxes and selling them up and down the coast to gift stores. Kurt and Marsha were fascinated and upon returning home, went to the library and checked out every book they could on making stained glass. Little boxes soon turned into lamps and windows which they would sell at local art shows and craft galleries.

Their business expanded when they began making all kinds of exotic windows and skylights with flat and slumped glass for custom homes and businesses. Eventually Marsha retired from modeling and devoted full time to working with Kurt.

They won many awards in competitions, but when the stained-glass movement became oversaturated, they pivoted again. They focused on making three-dimensional glass



Marsha Runstadler and her husband Kurt in 2005.



Marsha Runstadler as Marilyn Monroe at party.

sculptures, combining industrial flat glass with metals and other materials. Some of these sculptures were free standing and sometimes they revolved on a metal base or were mounted on a wall. Many of these initial works are now being sold through online high end art auctions.

Kurt and Marsha's sculptures have been sold in major glass and fine art galleries throughout the US. They include commissioned pieces by corporations like Hilton Hotels, Marriott, Westin Hotels and more. Locally, our city of Roseville showcases their work in the Roseville Civic Center windows around the dome. In Sacramento, almost every piece of glass art in the UC

Davis Medical Center is their work—specifically in the Cancer Center, the Larry Ellison building and the main hospital. Some of their works are included in the permanent collection of the Crocker Museum and Corning Museum of Glass. One of their major glass commissions was for the water intake facility on Jiboom Street near Old Sacramento, on the Sacramento River. They made the towering windows with glass that changes colors and looks like giant bubbles rising from the river.

Kurt and Marsha were wed on September 1, 1979 in a sunrise ceremony by the American River in Ancil Hoffman Park. They



Marsha Runstadler during her modeling years.

in Africa, hiring their own cook and guide, sleeping in pup tents in the wild. Kurt, having a lifelong interest in the Buddhist philosophy, credited that trip as an inspiration for his series, "Spirit Guides," which began in 2000. These six-foot bronze and steel sculptures can decorate gardens or indoor spaces and had names like Birdman, Shaman and Harvester. These works of art were an instant success.

In fact, the daughter of Warren Buffet, well-known billionaire, bought six of them for her garden.

After Kurt passed away, Marsha moved to SCR in 2020. Always a gregarious person, she began getting to know her neighbors and making new friends. Two years ago, she hosted a party with friend, Daphne Rovichaud, also a SCR resident. Daphne's husband had a wine collection called Marilyn Merlot which featured pictures of Marilyn Monroe on every bottle. A few years after Daphne's husband passed away, she wanted to share the wine collection with friends, so she and Marsha threw a Marilyn Merlot party to distribute the wine to the party goers. They asked the guests to dress as their favorite movie star or character. Marsha dressed as Marilyn Monroe while Daphne became Elizabeth Taylor's Cleopatra. It was heralded as a great event.

Marsha's very glad that she picked Sun City Roseville to spend her retirement years in. Other than wanting to visit Japan someday, there isn't too much on her bucket list. She enjoys visits from her daughter, Heidi, and grandson, Brendon, who live in Arizona, plays Mah jong on Mondays at the club, and attends events at the lodge. "I think Sun City Roseville is wonderful," says Marsha. "I feel safe here and people are so welcoming. I especially enjoy the variety of the activities here."

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



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Safety First — Scammers Want Your Money and They Want it Fast

BY ROSEVILLE POLICE DEPARTMENT

According to the Federal Trade Commission (FTC), consumers reported losing more than \$4 billion to scams involving bank transfers and cryptocurrency. Many of these scams involved criminals posing as government agencies, trusted businesses, or both. While the stories scammers tell and the ways they contact you continue to evolve, one thing remains the same—they insist you pay using methods that are difficult or impossible to reverse.

Be suspicious of anyone who unexpectedly contacts you claiming you owe money, have won a prize, or must act immediately to resolve a problem—and then tells you the only way to pay is through a bank transfer, wire transfer, cryptocurrency, a payment app, or gift cards. According to the FTC, that's a major warning sign of a scam.

The FTC offers the following tips to help protect yourself:

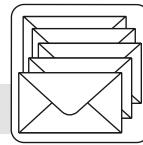
- Never send money to anyone who insists you pay using only one specific payment method, regardless of the reason they give.
- Verify the request. Search online for the company or person's name along with words like "scam," "review," or "complaint" to see what others are reporting.
- Use a credit card whenever possible. Credit cards offer stronger fraud protections

and the ability to dispute unauthorized charges.

- Act quickly if you've been scammed. Contact your bank, payment service, or financial institution immediately, report the transaction as fraud, and ask if it can be stopped or reversed.

Scammers rely on urgency and fear to pressure their victims into making quick decisions. Taking a moment to verify the request, refusing unusual payment methods, and knowing the warning signs can help protect your finances. When in doubt, stop, verify, and never let anyone rush you into sending money.

If you become the victim of a scam, report it to your local law enforcement agency and the Federal Trade Commission at ReportFraud.ftc.gov



Letters to the Editors...

Authors are solely responsible for the content of their letters.

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Dawna Hawksworth — Placer County Vote411.org Coordinator
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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 15 month (before a weekend or hof the month for the following issue.



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Cribbage Group

BY BRUCE AHNBERG

It's been a busy month for the Cribbage group. Each week has brought new players and hard-fought games. The outcome of our end of August tournament was very closely decided. The winner and second place were determined by the



Wally second place, and Brad winner.



Bruce second place high hand.

results of a separate final game that didn't include either of them! In the end, Brad was winner, and Wally took second place. Both players are sharp and hard to beat, rarely missing any scoring opportunity in pegging, and understand the odds in discarding to the crib. That adds up to winning cribbage play. Congratulations, guys. We also recognize high hand and second highest hand in our tournament. In cribbage, the "perfect" hand

is 29 points, and very rarely seen. High hand this month belonged to Jim, with a 24 point last game winner. Second place went to Bruce, who had scored a 24 earlier in the tournament, and thus was knocked out of first by Jim's last game winner. Timing is everything, they say. The Cribbage Group 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, 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. There are no membership dues. We provide the boards and cards. It's a lot of fun, and a good way to meet your fellow Sun City neighbors for some friendly competition.

• • •

SCRLibraryNews

(cont' from page 3)

so good he sticks around to share his talent with others in the facility.

Please see our Donations Policy on our Library website before bringing in your old books. You can find it at sres.org/Amenities/Library.

New Books — Fiction: Bohjalian, Chris - The Amateur; Gardner, Lisa - You'll Be Sorry; Johnston, Anna - When Lemons Give You Life; Krueger, William Kent - God's Country; Kurtzman, Sharon - The Lost Baker of Vienna; Moriarty, Liane - Big Little Truths; Patterson, James – Delusional; Russo, Richard - Under the Falls; Slaughter, Karin - The Secrets We Hide; Steel, Danielle - The True Meaning of Love.

Non-Fiction: Futterman, Matthew - The Cruellest Game (Sports); O'Donnell, Norah - We the Women (History).

Large Print: Bohjalian, Chris - The Amateur; Lapena, Shari - Getting Away with Murder; O'Donnell, Norah - We the Women; Patterson, James - The Country Road Murders; Patterson, James – Delusional; Piazza, Jo - The Parisian Heist; Russo, Richard - Under the Falls.

Remembering Martin Green

Our dear friend and longtime contributor Martin Green passed away on September 23, 2026.

For more than 25 years, Martin shared his wit with our readers through his clever "Observations" articles. We will miss his words and his friendship.

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22nd Annual

Memories

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WINNERS EVENT

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- Refreshments will be provided.

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SCR Foundation 2026

(cont' from page 1)

Emotional Wellness Month, serving as a dedicated time to assess your mental health, manage stress, and build healthy coping mechanisms.

Simple Ways to Practice Healthy Living in October

- Eat seasonal produce: Add autumn foods like squash, apples, kale, and sweet potatoes to your meals.
- Get outside daily: Take 20 to 30-minute walks to enjoy the crisp fall air.
- Check your stress: Spend 10 minutes a week reflecting on your mental health and coping strategies.
- Prioritize sleep: Keep a consistent rest schedule as the days get shorter.

Finally, we want to highlight Board Member, Judy Webster and her husband, Tom moved to Sun City Roseville six years from Gilbert, Arizona to be closer to family. Prior to retiring, Judy worked as a Registered Nurse in the areas of wellness, operating room nursing and public health in both the public and private sectors. She is involved in Health Promotion Professionals,

Compliance Committee and is an avid user of our Sun City Library. Judy joined the Foundation Board two years ago and works to support fundraising, events, community outreach, wellness, grant vetting and the Foundation Newsletter.



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FIX & BUILD HANDYMAN 916-724-5207. 25 Years Exp. Carpentry, Drywall, Cabinets, Plumbing, Hang TVs, Fans, & Pictures, Etc..

CLEANUP KING JUNK HAUL & PRESSURE WASH. Licensed, insured, & veteran-owned. Military, 1st Responder, & realtor discount! 916-699-2165.

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

FOR SALE

LA-Z-BOY ELECTRIC RECLINER, updated design, brown leather with narrow arms, \$200, 661-549-0796

QUEEN MATTRESS, Firm Posturepedic Silver Pine 15". Very clean. Used only once. \$499 949-632-6756

8X11 FEET KARASTAN RUG. Multicolor blues and cream. Excellent condition \$500. Call or text 503-703-2821.

WANTED

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 22 years. Jeffrey 916-871-4304

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.

ANNOUNCEMENTS

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

SCR NEEDLE ARTS CLUB Annual Craft Faire. Saturday, November 7, 9:00 AM to 2:00 PM in the Timber Lodge at 7050 Del Webb Blvd. Over 60 vendors will be selling their handmade goods as well as the Creative and Fine Arts Club with pottery, ceramics and paintings. Don't forget to stop by the fabulous baked goods sale and pick up some scrumptious treats to take home! We look forward to seeing you there!

ATTN: Retired Law Enforcement Officers You are invited to join us for our quarterly meetings for some camaraderie, coffee and terrific guest speakers. We were formed in 2002 and have approximately 120 members. Please contact Chuck Schmidt, the RLEO Group coordinator at: 530cms@gmail.com

SUN CITY REAL ESTATE UPDATE

Late August and early September (when I write this) is generally a bit of a ho hum period for sales. Labor day, kids going back to school or off to college all take buyers out of the market for periods of time. Which helps explain why over the past two weeks (8/26-9/10) only 6 homes went into pending sale. Inventory in Sun City Roseville has kept fairly stable with a slight rise in homes up for sale. Time on the market or DOM days on market averages have been rising and if you are thinking of selling see how many of your specific floor plan is active and on the market. That is where you will find what the value of your home is



WRITTEN BY
GEORGE BROWN
gbrown@thompson-brown.com



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



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



George Brown

RECENT SALES IN SUN CITY ROSEVILLE

7240 Pineschi Place	1198 Sq. Ft.	\$510,000
7365 Timberrose Way	1334 Sq. Ft.	\$540,000
5283 Green Grove Lane	1781 Sq. Ft.	\$604,000
7072 Hayride Lane	1658 Sq. Ft.	\$608,000
101 Southern Cross Court	1799 Sq. Ft.	\$625,000
5048 Green Grove Lane	2287 Sq. Ft.	\$675,000
6433 Rose Garden Lane	2083 Sq. Ft.	\$780,000
7170 Lost Lake Lane	2287 Sq. Ft.	\$785,000
4293 Napa Loop	1994 Sq. Ft.	\$795,000
6368 Rose Garden Lane	2362 Sq. Ft.	\$825,000
7576 Whistlestop Way	2362 Sq. Ft.	\$930,000

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