

FAB Club Newsletter

March-April



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FAB is a membership run club. There are many perks to having a FAB Membership including access to free workshops, presentations, reduced rates on day trips and events, membership appreciation luncheons, potlucks, and ice cream socials.

FAB has officially moved West! The FAB Club now has two locations, the Maidu Community Center and the Mahany Fitness Center! Your FAB annual membership gives you access to both facilities.

Maidu Community Center
1550 Maidu Drive Roseville, 95661
(916) 772-7529, option 4
Roseville.ca.us/FAB50

Maidu Community Center Social Activities

Clubs

Maidu Singers

Mondays, 11:30am-12:45pm

Live your life in voice and song. Join the Maidu Singers in serving the seniors of Roseville and surrounding communities. Under the direction of pianist Gary Haight.

Roseville Genealogical Society

2nd Tuesday of the month, 1:00-3:00pm

For the meeting topics and more information, visit <https://srgcouncil.org>

Trivia

3rd Friday of the month, 1:00-2:00pm

Join us for an afternoon of fun competition of who knows the most little-known facts on important or unimportant subjects. All are welcome!

Discussion Groups

Socrates Café

2nd Monday of the month 10:00-11:30am

Enjoy a philosophical discussion.



Active Programs

Maidu Walkers

Mondays-Fridays, 8:30am

The group meets on the sidewalk near the Rose Garden and the Korean War monument at Maidu Park for a walk around the park.

Wii Sports

Thursdays, 1:00-3:00pm

Drop in for some fun and friendly competition with Wii bowling, fencing, archery and more. No experience needed!

Bocce Ball

All levels are welcome!

Tuesdays, 9:00am

Bocce Ball Courts at Harry Crabb Park.

Fridays, 10:00am

Maidu Covered Soccer Arena.



PRL Scholarship Program

Did you know that Roseville Parks, Recreation & Libraries offers a scholarship program for Roseville residents? This scholarship program allows individuals meeting income guidelines to receive financial assistance with programs.

For more information: www.roseville.ca.us/scholarship

Maidu Workshops & Presentations

Workshops



Tech Support with Ashu

1st & 3rd Thursday of the month
from 10:00am-12:00pm.

On the first Thursday of the month, Ashu hosts a group workshop. You can then schedule 1:1 time with Ashu for additional technology support taking place the 3rd Thursday of the month. **Sign-ups are required for 1:1 support.**



Quilt Workshop

2nd Wednesday of the
month 9:00-11:00 am



Presentations



A Long Healthy Life

Maidu Community Center
March 27th, 10:00am-11:30am
A Long Healthy Life Presentation
Victor Nava, a retired plastic surgeon, medical director, and certified personal training and nutritionist, talks about the causes of death before and now, aging and degenerative diseases, nutrition, hydration, supplements and exercise.



Roseville Police Department Presents: Senior Safety

Maidu Community Center
April. 17, 9:00am-10:30am
Join Roseville Police Department as they go over how to recognize and avoid fraud, scams, elder abuse and other crimes that target seniors.

Sign-ups are required for Presentations/Workshops. Sign-up sheets are located at the Maidu Community Center Senior Volunteer Desk.

Parkinson's Support Group

1st Tuesday of the month, 1:30-3:00pm.

Looking Forward (Low Vision & Blind) Support Group

3rd Wednesday of the month, 1:00pm.

This support group is available to blind, low vision persons, caregivers and family members. For more information, call (916) 474-5053.

Widowed Person Support Group

Fridays, 10:00-11:30am.

Losing a loved one is a life changing and challenging experience. Come join others to share uplifting and hopeful conversations and find a new path to a new life.

Alzheimer's Caregivers Support Group

4th Friday of the month, 1:00- 3:00pm.

Conducted by trained facilitators, this is a safe place for caregivers, family and friends of persons with dementia to exchange practical information on caregiving challenges and possible solutions.

Upcoming Programs

Let's Get Crafty: Tape Art at Maidu

Wednesday, March 13th 9:00-11:00am.

Join us as we explore the world of tape art! Enjoy the morning creating unique artwork with no experience required. Registration includes a 16x20 canvas, paint, paintbrushes, and all tape used. Registration is required to attend. Member: \$20.00 Non Member: \$25.00

Watercolor Painting Workshop at Maidu

Wednesday, March 20th 9:00-11:00am.

Come experience the magic of watercolor! Join us as we paint a landscape through step-by-step instruction and live demonstrations. No experience necessary. Register for class at the Maidu Front Desk. Fee includes all supplies (paint, paint brushes, etc.) and 2-hour instruction led by a Sierra College Professor. Member: \$50.00 Non-Member: \$55.00

Senior Commission

Next Meeting: May 8th at 2:00 pm

Council Chambers (311 Vernon Street, 95678)

The seven-member commission studies issues and concerns and makes recommendations relative to older adults, including but not limited to: education, recreation, housing, transportation, health & wellness, and volunteer programs.

CURRENT MEMBERS 2024

- Renee Ambrozy
- Eugene Cheng
- Barbra Knapp
- Arlene Starrh
- Nicole Zimora (chair)
- Kathleen Crawford (vice chair)
- Vacant

Where can I find information about the Senior Commission?

For meeting agendas, meeting minutes, past meetings and other information:
roseville.ca.us/government/boards_commissions/senior_commission

How do I contact the Senior Commission?

parksandrec@roseville.ca.us or (916) 772-7529, option #2

How can I watch Senior Commission meeting?

Youtube.com search "Senior Commission City of Roseville, CA"

Maidu Activities at a Glance

Monday

8:30a Maidu Walkers
9:00a Knit & Crochet
9:30a Hand & Foot
10:00a Socrates Cafe (2nd)
11:30a Maidu Singers
1:00p Crafting group
1:00p Bunco

Tuesday

8:30a Maidu Walkers
9:00a Cribbage
9:00a Bocce Ball at Crabb Park
9:00a Mexican Train Dominoes
11:30a Lunch Bunch (3rd)
12:30p American Mahjong
1:00p Bingo
1:00p Genealogy Group (2nd)
1:30p Parkinson's Support Group (1st)

Wednesday

8:30a Maidu Walkers
9:00a Quilt Workshop (2nd)
12:00p Chinese Mahjong
12:00p Pinochle
1:00p Color Therapy
1:00p Low Vision/Blind Support group (3rd)

Thursday

8:30a Maidu Walkers
9:00a Mexican Train Dominoes
10:00a Technology Workshop (1st & 3rd)
1:00p Bingo
1:00p Wii Sports

Friday

8:30a Maidu Walkers
9:30a Chicago Bridge (Intermediate)
10:00a Bocce ball
10:00a Widowed Persons Support Group
1:00p Hearts (1st & 2nd)
1:00p Trivia (3rd)
1:00p Movie Flicks (4th)
1:00p Alzheimer's Caregiver Support Group (4th)

Reminders

3/13 Let's get Crafty: Tape Art
3/14 St. Patrick's Potluck
3/20 Water coloring Workshop
3/28 Red Hawk Casino Day Trip
4/17 Senior Safety Presentation
4/25 Twin Rocks Estate Day Trip

Friday Flicks

Maidu Community Center

Join us on the 4th Friday of the month at 1:00pm at the Maidu Community Center. **Entrance to the movie requires a FAB Club Membership or paid drop-in fee.**

Donations for popcorn and light snacks, appreciated.



March 22: Oppenheimer

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb. **Starts at 12:30pm due to length of film**

3 hrs - Intermission at 2 hours



April 26th: The Boys in the Boat

A 1930s-set story centered on the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics.

2h 3m

Activities are free for FAB members ore require a \$5.00 drop-in fee for non-members. You must have your FAB membership badge or daily drop-in name tag, provided by the front desk, visible at all times. **No exceptions.**

FAB Social Activities

Lunch Bunch



Buck & Sadie's

March 19th, 11:30am

2030 Douglas Blvd Suite 28, Roseville, CA

Food type: American

Sign up by Friday, March 15th

Pete's Restaurant & Brewhouse

April 16th, 11:30am

3003 Douglas Blvd, Roseville, CA 95661

Food type: American

Sign up by Friday, April 12th

Benefits to Social Eating & Social Outings

Lunch Bunch & Day Trips are more than a simple lunch outing or exploration, here are some other benefits:

- Boost happiness
- Foster a sense of community and belonging
- Alleviate depression
- Build new relationships

2024 Senior (50+) Prom



Saturday, April 27th 5:00-8:00pm

Woodcreek Golf Club

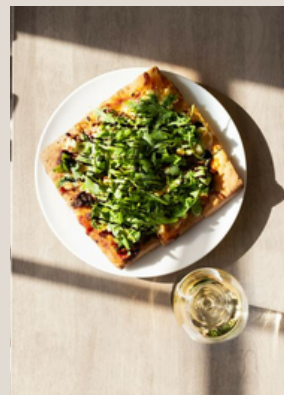
Join us for a night full of dancing, great food, drinks and raffle prizes. You don't want to miss the crowning of our 2024 Prom King and Queen. Tickets are \$60.00 for FAB Members & \$70.00 Non-Members. Purchase tickets at the front desk of any City facility.

St. Patrick's FAB Potluck



**Tuesday, March 14th,
11:00am-1:00pm**

Join FAB as we get together to have a St. Patrick's Day Potluck. Bring your favorite dish to share, and enjoy the afternoon sharing food and good conversation. Sign-up to bring a dish at the Maidu FAB Senior Volunteer Desk.



Day Trips

Twin Rocks Estate Winery

April 25th

Pick up Mahany Fitness: 10:00am- 2:30p (drop-off)

Pick up at Maidu Community Center: 10:30-2:00p (drop-off)

FAB is headed to Twin Rocks Estate Winery, nestled in the heart of Granite Bay. This vineyard is surrounded by lush vineyards, pond-side wine tasting and lounge seating. Ticket includes:

- Transportation to and from Twin Rocks
- The Discovery Tasting (2 oz. Sparkling Rose, 2 oz. Chardonnay, 2 oz. Grenache, and 2 Oz. Primitivo)
- Twin Rocks Estate Olive Oil and Balsamic Sampler with Sliced Bread
- Cheese and Charcuterie Garnished with Nuts and Dried Fruits
- Spinach & Ricotta Flatbread with Garlic Olive Oil and Red Chili Flakes

There will be additional food on site if you would like to purchase additional lunch items.

Members: \$125 Non members: \$135

FAB Red Hawk Casino



REDHAWK
— RESORT + CASINO —

March 28th 10:00am-3:30pm

Pick up at Maidu Community Center: 10:00am

Must bring I.D. Times are subject to change depending on Red Hawk driver availability. Returning back to facilities between 3:00-3:30.

Must register to attend.

FAB Members: Free, Non-Members: \$5.00

Sign up at either Mahany Fitness Center Front Desk, or Maidu Community Center Front Desk

FAB West Weekly Schedule

Monday

Bingo

Mahany Fitness Center, Activity Room, 10:00am-12:00pm

The cost is \$.05 per card/game. All types of bingo are played. All skill levels are welcome!

Tuesday

Bunco

Mahany Fitness Center, Activity Room, 10:00am-12:00pm

May the dice be in your favor in this social, luck based game. Experience is not necessary and new players are welcome! \$2.00 total for all games played

Wednesday

Stitch & Chat

Mahany Fitness Center, Activity Room, Wednesdays 11:30a-1:30pm.

Join us and socialize as you work on your current sewing, or needlework project. Bring projects from home, no supplies provided.

Thursday

American/Chinese Mahjong & Cribbage

Mahany Fitness Center, Activity Room, Thursdays, 9:00am-12:00pm

Come and play either Cribbage with a group of friends, or Mahjong! Supplies provided

Friday

Mexican Train Dominoes

Mahany Fitness Center, Activity Room, Fridays, 9:00am-12:00pm

Test your luck and strategy with this fun domino game. All level of players are welcome!

Upcoming Programs

Watercolor Painting Workshop at Mahany Fitness Center

Friday, April 5th 9:00-11:00am.

Come experience the magic of watercolor! Join us as we paint a landscape through step-by-step instruction and live demonstrations. No experience necessary. Register for class at the Front Desk. Fee includes all supplies (paint, paint brushes, etc.) and 2-hour instruction led by a Sierra College Professor. Member: \$50.00 Non-Member: \$55.00



April



Sutter Health presents: Fall Prevention

Mahany Fitness Center
Activity Room

April, 11th 1:00-2:30pm

Join us and learn how small changes can make a big difference in fall prevention. We will discuss various factors that can increase your chance of falling and ways to keep yourself safe at home and in the community.



A Long Healthy Life Presentation

Mahany Fitness Center
Riley Meeting Rooms 1& 2
April 24th, 10:00-11:30am

Join us as Victor Nava, a retired plastic surgeon, medical director, and certified personal training and nutritionist, talks about the causes of death before and now, aging and degenerative diseases, nutrition, hydration, supplements and exercise.

March



Collette Travel Presentation

Mahany Fitness Center
Activity Room

March 20th, 1:30-2:30pm

Come chat with Jay, our travel representative as he goes over upcoming trips, and answer any questions you have on Collette Travel.



Roseville PD Presents: Senior Safety

Mahany Fitness Center
Riley Meeting Rooms 1&2

March 14, 9:00-10:30am

Learn how to recognize and avoid fraud, scams, elder abuse and other crimes that target seniors.

Sign-ups are required for Presentations/Workshops. Sign-up sheets for Mahany Fitness Center Presentations are located at the Activity Room in Mahany Fitness Center.

FAB WEST



CAR CLUB



EVERY 3RD
TUESDAY
9A-12P

FIRST MEETING:
MARCH 19, 9AM-12PM
PARKING LOT AT MFC

JOIN FAB & OUR FAB CAR CLUB TODAY!

CLASSIC CARS • GROUP MEET UPS • BUILD COMMUNITY



FAB WEST GARDENERS GROUP

Meet other FAB members through our self-run community garden

PROVIDED:

- ✓ Soil
- ✓ Flowers/Vegitables
- ✓ Three Flower beds

Join us for our first kick off meeting on Monday, March 4th at 11:00am, to brainstorm ideas for our Community Garden. Community Garden will be accessible during FAB hours, Monday, Tuesday, Thursday, Fridays 9am-12pm, and Wednesdays, 12p-3pm.



FAB MEMBERSHIP
RAFFLE

HAVE A FRIEND SIGN UP & GET A RAFFLE TICKET

If you bring a friend that signs up for a FAB membership, receive a raffle ticket! We are raffling off a 10 visit fitness punch pass, COR fitness towel, tote bag and other fitness swag. Raffle will be drawn Monday, April 1st.

ENDS MARCH 31ST

Welcome to the Roseville Public Library



We look forward to your visit!

To get a Roseville Public Library card stop by one of our three locations with a photo ID. You will then be able to check out a variety of items including eBooks, virtual resources and California State Parks Passes as well as utilize our public PCs and printing services. View hours of operation on the website.

Locations

Downtown Library:
225 Taylor St.

Maidu Library:
1530 Maidu Dr.

Martha Riley Community Library:
1501 Pleasant Grove Blvd.

Featured Online Resources

Newspapers

Access newspapers free from home. Newsbank carries popular papers like the *Sacramento Bee* and the *Press Tribune*. Create an account with *The New York Times* through our virtual resources page.

Morningstar

Morningstar is a comprehensive stock and mutual fund analyses website. It contains reports and information for beginning or experienced investors.

Events & Programs

We offer fun and educational programs for all ages. Follow these steps to access the schedule:

- From the main library page
- Hover over "Programs"
- Click on "Events & Programs"



Volunteer Opportunities

Join the Friends of the Library, an active non-profit group that raises funds for the library.

Visit their website at:
rosevillefriendsofthelibrary.org.

Meet Our Staff



At the Roseville Public Library staff are friendly and dedicated to answering your questions. Stop by today to say hello at Riley, walk the beautiful trails of Maidu or visit Historic Roseville at Downtown. You may also want to check out the original Carnegie Library on Lincoln Street.

Apps Available to Support Your Needs

Catalog Access and Account Management

- Aspen LiDa



eBooks & Audiobooks

- Libby
- cloudLibrary



Media Streaming

- Kanopy: Documentaries, PBS, The Great Courses, foreign films and classic cinema
- hoopla: eReading, movies, TV series and music



For more information, visit roseville.ca.us/library
or call (916) 774-221.



Mike Shellito Indoor Pool
10210 Fairway Dr, 95678

Mahany Fitness Center
1545 Pleasant Grove Blvd, 95747

Maidu Community Center
1550 Maidu Dr, 95661



According to the CDC, being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. COR Fitness (which stands for City of Roseville fitness) offers a variety of fitness classes at 3 sites: Maidu Community Center, Mike Shellito Indoor Pool and Mahany Fitness Center.



To view the most current schedule for all locations, visit www.roseville.ca.us/fitness or grab a paper schedule at any one of the facilities listed above.



FAB is a membership-run club. Annual Membership and drop in fees fund our daily activities and programs. Drop in fee is \$5.00 a day starting March 1st.

It is required that you either pay the drop in fee, or check in with your membership card daily.

JOIN FAB CLUB

Fifty and Better!

Questions?

Contact: Annie Stanco, FAB Coordinator
adstanco@roseville.ca.us 916-774-5970

General annual membership \$46/40 Resident Discount

Couple annual membership \$75/65 Resident Discount

One member must be 50+ and reside at the same address. You can purchase a membership at any City of Roseville Parks, Recreation & Libraries facility.