



# FAB Club Newsletter

*Fifty and Better*

## January - February

### Happy New Year!

There's no better time than 2025 to join the FAB Club!

**FAB (Fifty and Better)** is a club for the active aging community. There are many perks to having a FAB membership including access to exciting games, programs, workshops, free presentations, reduced rates on day trips and events, membership appreciation luncheons, potlucks, and so much more!

The FAB Club has two locations:  
**Maidu Community Center**  
**Mahany Fitness Center**

Your annual FAB membership gives you access to both facilities. Double the locations, double the fun!

[roseville.ca.us/FAB50](https://roseville.ca.us/FAB50)

# FAB MAIDU PROGRAMS

## MAIDU COMMUNITY CENTER

### MONDAY

- 9:00a Knit and Crochet
- 9:30a Hand & Foot
- 10:00a Socrates Café (2nd)
- 11:30a Maidu Singers
- 1:00p Crafting Group (Bring your own project/supplies)
- 1:00p Bunco

### TUESDAY

- 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

- 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

- 9:00a Mexican Train Dominoes
- 10:00a Technology Workshop & Individual Sessions (1st & 3rd)
- 1:00p Bingo
- 1:00p Wii Sports

### FRIDAY

- 9:30a Chicago Bridge (Intermediate)
- 10:00a Bocce Ball at Maidu Covered Soccer Arena
- 10:00a Widowed Persons Support Group
- 1:00p Hearts & Canasta
- 1:00p Trivia (3rd)
- 1:00p Movie Flicks (4th)
- 10:00am Alzheimer's Caregiver Support Group (4th)
- & 1:00pm

### REMINDER

Activities are free for FAB members or require a \$5.00 drop-in fee for non-FAB 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.

Maidu Facility Closures/No FAB:

January 1-3, 20

February 17

\*For Mahany Facility closures, check page 8



## SUPPORT GROUPS

### **Looking Forward (Low Vision & Blind) Support Group**

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

### **Parkinson's Support Group**

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

### **Alzheimer's Caregivers Support Group**

4th Friday of the month, 10:00am-12:00pm & 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.



## ACTIVE PROGRAMS

### **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.

### **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**

Tuesdays, 9:00am  
Bocce Ball Courts at Harry Crabb Park.  
Fridays, 10:00am  
Maidu Covered Soccer Arena.  
All levels are welcome!

## CLUBS

### **Roseville Genealogical Society**

2nd Tuesday of the month, 1:00-3:00pm  
For the meeting topics and more information, visit <https://srgcouncil.org>

### **Color Therapy**

Wednesdays, 1:00-3:00pm  
Join us as we relieve stress and increase focus through creative coloring sessions. All supplies provided.

## DISCUSSION GROUPS

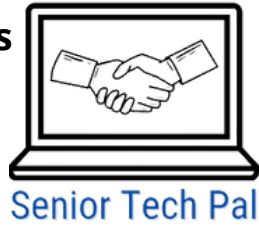
### **Socrates Café**

2nd Monday of the month, 10:00-11:30am  
Enjoy a philosophical discussion.

## WORKSHOPS AND SOCIAL ACTIVITIES

### \*Tech Support by SeniorTechPal (Volunteers from Tech Companies)

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



On the first Thursday of the month, Senior Tech Pal hosts a group workshop. You can then schedule one on one sessions with tech volunteers for additional technology support taking place the 3rd Thursday of the month.

**Sign-ups are required for one on one support.**

**\*No Tech Support Dec 16 - Jan 17, first session of 2025 will be Feb 6**

### Trivia

3rd Friday of the month,  
1:00 pm



Come test your knowledge of general trivia, theme songs, famous faces, and more! Prizes given to the winning team and raffle winner.



### Quilt Workshop

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

## FRIDAY FLICKS

## MAIDU COMMUNITY CENTER

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



### JANUARY 24: THE UPSIDE

A comedic look at the relationship between a wealthy man with quadriplegia and an unemployed man with a criminal record who's hired to help him.

**2h 5m PG-13**



### FEBRUARY 28: JOY

Joy is the story of a family across four generations and the woman who rises to become founder and matriarch of a powerful family business dynasty.

**2h 4m Rated PG-13**



## LUNCH BUNCH



Join us every 3rd Tuesday of the month as a BUNCH of us go out to LUNCH! Attendees are responsible for their own dining expenses. Sign up sheets located at the Maidu Community Center and Mahany Fitness Center front desks.

### **P.F Changs**

January 21, 11:30am  
1180 Galleria Blvd  
Food type: Chinese  
**Sign up by Friday,  
January 17**

### **Bennett's Kitchen Bar Market**

February 18, 11:30am  
1595 Eureka Rd  
Food type: American  
**Sign up by Friday,  
February 14**

## DAY TRIP: REDHAWK CASINO



**Thursday, January 23,  
10:00am-3:30pm**

**Pick up at Maidu Community  
Center: 10:00am**

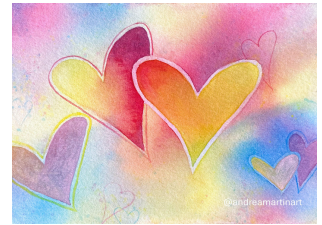
Must bring I.D. Times are subject to change depending on Red Hawk driver availability. Returning back to facilities between 3:00-3:30pm.

**Must register to attend.**

FAB Members: Free

Non-FAB Members: \$5.00

## WATER COLORING WORKSHOP:



**Wednesday, February 12,  
9:00-11:00am**

**Mahany Fitness Center**

Come experience the magic of watercolor! Join us as we paint a layered-heart design through step-by-step instruction and live demonstrations. No experience necessary. Registration is required to attend. Fee includes all supplies (paint, paint brushes, etc.) and 2-hour instruction led by a professional artist.

**FAB Member: \$50.00**

**Non-FAB Member: \$55.00**

## LETTERS OF LOVE

**Thursday, February 13 10:00-11:30am**

**Maidu Community Center**

Spread some love this season by making cards that will support "Letters of Love," an international non-profit organization that provides emotional support for patients in children's hospitals across the world. Supplies and refreshments will be provided.

Registration required to attend.

FAB Members: \$10.00

Non-FAB Members: \$15.00



FAB DAY TRIP:

# PRIVATE MOVIE SCREENING AT BLUE OAKS THEATER!

## MOVIE: A LEAGUE OF THEIR OWN

**Wednesday,  
February 12  
Movie starts  
at 1:00pm**



**\$20**  
**(FAB Member  
Fee)**

Enjoy a fun afternoon with friends at a private screening of "A League of Their Own." This fan-favorite movie will be back on the big screen just for us! Fee includes ticket cost and private movie theater reserved ONLY for FAB! **Must register to attend.**

- **Theater will be available at 12:30pm and the movie will start promptly at 1:00pm.**
  - **There will be no previews, so please be there on time.**
- **Located at Cinemark Century Blue Oaks Theatres: 6692 Lonetree Blvd, Rocklin, CA 95765**
- **No transportation provided - encouraged to carpool with friends!**

**FAB Members: \$20.00**

**Non-FAB Members: \$25.00**

# FAB MAHANY PROGRAMS

## MAHANY FITNESS CENTER

**MON**

### Bingo

10:00am-12:00pm

The cost is 5 cents per game/card. All types of bingo games are played. All skill levels are welcome.



**TUE**

### Bunco

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.



### Hand and Foot

1:00-3:00pm

This social card game is easy to learn and fun to play. All level of players are welcome.



**WED**

### What's Happening Wednesday?

Wednesday activities now rotate monthly. Check out our activity board and newsletter to see what is happening this Wednesday!

**THU**

### American/Chinese Mahjong & Cribbage

9:00am-12:00pm

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



**FRI**

### Mexican Train

9:00am-12:00pm

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



### Hearts & Canasta

1:00-3:00pm

Join us to play these exciting and engaging card games. All level of players are welcome.



[roseville.ca.us/FAB50](http://roseville.ca.us/FAB50)



# WHAT'S HAPPENING WEDNESDAY? JANUARY AND FEBRUARY

MAHANY FITNESS CENTER  
WEDNESDAY SCHEDULE

**\*Mahany Fitness Center Closures/No FAB:**

**January 1**

**February 17 (limited hours, open 7am-1pm)**

## **1ST WEDNESDAY: BOARD GAMES GALORE 1:00-3:00PM**

**No January 1 (holiday) and February 5**

Enjoy a morning filled with your favorite board games, classic and new! All materials provided

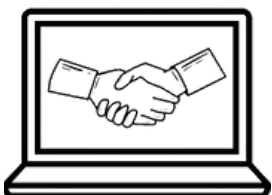


## **3RD WEDNESDAY: TECH SUPPORT SESSIONS 10:00AM-12:00PM**

**No January 15 and February 19**

Our free technology support sessions help you gain greater insight about features on your phone, computer, email, and more! Catered to seniors, all tech help is personalized to your needs. Run by SeniorTechPal.

**Sign-up sheet is available at the Mahany Fitness Center front desk.**



Senior Tech Pal

## **2ND WEDNESDAY: COLOR & CALM 10:00AM-12:00PM**

**January 8 and February 12**

Rediscover the joy of coloring while engaging in this relaxing activity. All materials provided.



## **4TH WEDNESDAY: PUZZLE MANIA 1:00-3:00PM**

**January 22 and February 26**

Spend the afternoon puzzling! Invite a friend or make some new friends over the puzzling table. A variety of puzzles with different piece sizes/count will be provided.





**NEED  
TECH  
HELP?**

# **SENIORTECHPAL: TECHNOLOGY SUPPORT SESSIONS**

**EVERY 3RD WEDNESDAY  
10:00AM-12:00PM  
MAHANY FITNESS CENTER:  
1545 PLEASANT GROVE BLVD**

Have questions about your phone, computer, or tablet? Join us for a **FREE** personalized tech support session and get the help you need!

**SIGN UP SHEETS POSTED AT THE MAHANY  
FITNESS CENTER. STOP BY OR CALL  
(916)774-5970 TO SIGN UP TODAY!**

## SENIOR COMMISSION

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 2025

- Renee Ambrozy
- Eugene Cheng
- Bobbi Knapp
- Arlene Starrh
- Nicole Zamora (chair)
- Shyan Lee

## 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](https://roseville.ca.us/government/boards_commissions/senior_commission)

## How do I contact the Senior Commission?

[parksandrec@roseville.ca.us](mailto: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"

## SUTTER HEALTH "STEPPING ON" WORKSHOP - FALL PREVENTION PROGRAM



## Take a Stepping On Workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just 7 weeks, you'll learn:

- To identify and remove or avoid fall hazards in your home and outside.
- How vision, hearing, medication, and footwear affect your risk of falling.
- Strength and balance exercises you can adapt to your individual level.
- To get back on your feet the right way if you do fall.

**Workshops are open to the community! No health insurance is required.**

**Where: In-person, Wednesdays, 9:00-11:00am**

**Location: Maidu Community Center, 1550 Maidu Dr, Roseville, CA 95747**

**When: 7 weekly sessions, 1/22/25-3/5/25 + follow-up session: 5/21/25**

**Sign up in person at the Maidu Community Center, email, or call -  
Email: [injuryprevention@sutterhealth.org](mailto:injuryprevention@sutterhealth.org)**

**Call: (916)878-2416 - *Leave a message***

*Participants must be age 60 or over and live independently*

Sign-ups are required for presentations/workshops. Sign-up sheets are located at the Mahany Fitness Center front desk and the Maidu Community Center Senior Volunteer Desk.



# 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.

**Riley 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 resource pages.

### NoveList Plus

Find your next read with expert book recommendations and award-winning guides, as well as book discussion guides for book groups.

## 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

The Friends of the Roseville Public Library is an all volunteer non-profit community organization working to support and promote our libraries.

Visit their website at:  
[rosevillefriendsofthelibrary.org](http://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.

### Virtual resources at your service

#### 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, TV series, movies and music



**JANUARY - FEBRUARY**

**JOIN**

**FAB Club**

*Fifty and Better*

**TODAY!**



FAB (Fifty and Better) is a club for our active aging community and is provided with the purchase of an annual membership. Annual memberships and drop in fees fund our daily activities and programs.

**The daily drop in fee for non-members is \$5.**

**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.

**To participate in any FAB activities, it is required to either pay the drop-in fee or check in with your membership card.**

**QUESTIONS?  
CONTACT:**

**Kiersten Killmer - FAB Coordinator  
kkillmer@roseville.ca.us  
(916)774-5970**