



Newcomers Club of Nevada County

A Women's Social and Philanthropic Organization



2026 Board Officers

President's Message

If you expect perfection, you will be disappointed. If you do your best, you will overcome the disappointment and feel proud of your accomplishments.

Welcome to 2026!

I hope you all had a great holiday season. For most of us, it started out with a wonderful Holiday Brunch at Lake Wildwood. The venue was decorated from head to toe. The food was great, and the LWW Women's Choir sang not only holiday songs, but many other beautiful ones I had not heard before. I want to also thank the Christmas Families Project chairs and committee as well as speakers from Helping Hands Nurturing Center who touched us with their heartfelt speeches. And many thanks to our Publicity Chair for her amazing article in *The Union* on December 13 (see p. 5).

PLEASE NOTE: WE ARE DESPERATELY IN NEED OF A PERSON OR A SMALL COMMITTEE TO SECURE OUR SPEAKERS/ENTERTAINMENT FOR LUNCHEONS AND INFORMED WOMEN!

If this position is not filled, we will not have any entertainment at our luncheons or educational opportunities at Informed Women. I have been given a few suggestions by members to share, but I am not able to do this job along with being president. With 197 members, it seems reasonable to believe that someone will step forward to chair this committee.

Thank you and best wishes for the New Year!



Informed Women Series

Gold Country Senior Services – January Special Event

DATE: Friday, January 16

TIME: 10:00 – 12:00

LOCATION: Kerby Conference Room
Foothills Compassionate Care (Hospice)
11270 Rough and Ready Highway, Grass Valley

The mission statement of this organization is “Gold Country Senior Services provides a range of programs and services that support the health, well-being and independence of older adults in our community.” Come hear about Meals on Wheels, the Senior Wood Program, activities and programs, plus much more. Here is a sample of what goes on there.



Sierra Gold
COMMUNITY SENIOR CENTER
231 Colfax Ave, Grass Valley

December 2025

ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 10am Zumba Gold 12pm Senior Lunch* 1:30pm Tech Talk w/ Cyber Seniors 3pm Private Meeting	2 9:30am Aging Backwards 12pm Senior Lunch* 1pm Brain Body Balance 2pm Mah Jong American Experienced	3 9am Coffee and Conversation 12pm Lunch & Learn	4 9:30am Aging Backwards Essentials 12pm Senior Lunch* 1pm Cribbage 2pm Bridge Club	5 9:30am Gentle Yoga w/ Lennie 11am Chi Gong 12:30pm Bingo w/ Angela 2pm Mah Jong/ Chinese Experienced and Beginners Table *RSVP
8 10am Zumba Gold 12pm Senior Lunch* 1:30pm Tech Talk w/ Cyber Seniors 3pm Private Meeting	9 9:30am Aging Backwards 12pm Senior Lunch* 1pm Brain Body Balance 2pm Mah Jong American Experienced	10 9am Coffee & Conversation 10am Dementia Support Group 1pm Knitting & Crochet Social 1:30 Arts & Craft Session 3pm Pizza Social	11 9:30am Aging Backwards Essentials 12pm Senior Lunch* 1pm Open Song Circle 2pm Hand & Foot Cards	12 9:30am Gentle Yoga w/ Lennie 11am Chi Gong 12:30pm Bingo/Eskaton 2pm Mah Jong/ Chinese Experienced RSVP*
15 10am Zumba Gold 12pm Senior Lunch* 12:30pm Holiday Songs with Terry Bayles 1:30pm Tech Talk w/ Cyber Seniors 3pm Private Meeting	16 9:30am Aging Backwards 12pm Senior Lunch* 1pm Brain Body Balance 2pm Mah Jong American Experienced	17 9am Coffee & Conversation 12pm Community Lunch 3pm Private Meeting	18 9:30am Aging Backwards 11:30 BP Screening 12pm Senior Lunch* 12:30 Stampmill Stompers 1:30 Cribbage 2pm Bridge	19 9:30am Gentle Yoga w/ Lennie 11am Chi Gong 12:30pm Bingo/Eskaton 2pm Mah Jong/ Chinese Experienced RSVP*
22 10am Zumba Gold 12pm Senior Lunch* 12:30pm New Peace Choir 1:30pm Tech Talk w/ Cyber Seniors 3pm Private Meeting	23 9:30am Aging Backwards 12pm Senior Lunch* 1pm Brain Body Balance 2pm Mah Jong American Experienced	24 CLOSED for Christmas Eve	25 CLOSED for Christmas Day	26 11am Chi Gong 12:30pm Bingo/Eskaton 2pm Mah Jong/ Chinese Experienced RSVP*
29 10am Zumba Gold 12pm Senior Lunch* 1:30pm Tech Talk w/ Cyber Seniors 3pm Private Meeting	30 9:30am Aging Backwards 12pm Senior Lunch* 1pm Brain Body Balance 2pm Mah Jong American Experienced	31 CLOSED for New Year's Eve	1 CLOSED for New Year's Day	2 9:30am Gentle Yoga w/ Lennie 11am Chi Gong 12:30pm Bingo/Eskaton 2pm Mah Jong/ Chinese Experienced RSVP*

Feel free to call us with questions or to sign up! (530) 273-4961

See our monthly schedules & menu at: www.GoldCountryServices.org or follow us:



This event is limited to 50 members. If we don't fill the 50 slots, friends may be invited. Reservations are on a first come basis. This event is free of charge, but you must make a reservation to be sure a seat is saved for you. A donation box will be available for us to donate to Hospice for the use of their room. \$5 is suggested. If you are planning to attend, contact our Reservations Team.

Please limit questions to GENERAL QUESTIONS ONLY!!!

For more information, call the board President.

FEBRUARY LUNCHEON MEETING

When: February 25, 2026
Where: Alta Sierra Country Club
Time: Check in 10:30
Meeting 11:30
Buffet Lunch 11:45
Cost: **\$34.00**

Program: Let's Play **BINGO!**

After the lunch tables are cleared, everyone will be given two Bingo cards to play. No cash involved. Winners will choose prizes. Join the fun and take a chance!



To Make Reservations for **February 25, 2026**, please MAIL your **\$34.00** check, payable to **NEWCOMERS CLUB**, to the Reservations Team

OR

ZELLE your payment to [our Treasurer](#).

(NOTE: DO NOT USE THE OLD ADDRESS as it will not arrive)

Checks or Zelle payments must be received by **Monday, February 16, 2026**. Cancellations will be accepted before 5:00 p.m. on Tuesday, February 17, 2026. After Tuesday, February 17, 2026, you may call to see if there has been a cancellation or to have your name added to the waiting list. Call the Reservations Team.

UPCOMING LUNCHEON PROGRAMS

March – Informed Women Series

April – Annual Fashion Show



Christmas Families Project

Our Christmas Families Project team would like to thank you all for your support of our program this year! It was a banner year in terms of contributions both for our families this year and moving forward to next year's program as well. Our hearts and minds are full of the generosity of our group members and our community.

We served 87 children and 41 families this year, and we could not have done this without you, our members! We are also grateful for our new team members who joined us this year, and we would like to thank them for their assistance this year. We hope you will continue to participate next year.

Thank you to the rest of the team for your unwavering support of this program.

With much love and appreciation,

The CFP Chairs



The Sunshine Committee is dedicated to brightening the days of members who are going through tough times by sending thoughtful, personalized cards. Whether someone is facing an illness or injury, grieving a loss, or simply needs a little encouragement, the committee's goal is to let them know they are not alone.

If you know a member who would benefit from a note, please contact us with who and enough information to send an appropriate card. The Sunshine Committee works to foster a sense of connection and support within our community.

Contact the Sunshine Chair.

F.Y.I.

TIED UP WITH A BOW

Newcomers Club luncheon raises \$11,150



The Union, December 13, 2025.

Please submit informative community announcements/tips to the President for board consideration.

COURTESY OF KATHERINE DOOLITTLE

From left: Ronda Gensen, Co-Chair, Christmas Families Project, Shona Duncan, Executive Director, Helping Hands Nurturing Center, Debe Wilson, President of Newcomers of Nevada County.

Submitted by Katherine Doolittle

The young mother began quietly sharing her efforts to regain both increased visitation with her young child and, simultaneously, any belief in her own self-worth. She paused, breathing deeply as she described recent traumatic experiences that led her to Helping Hands Nurturing Center — and the miracles she found there.

She spoke of encouraging parenting classes that taught her the skills she both wanted and needed to rebuild her connection with her little one, along with unwavering support from staff. They lifted her up, trusted her story and her capabilities, and guided her through complicated legal processes.

This young woman was one of the highlights of the Newcomers Club of Nevada County Christmas Luncheon, held December 2 at the beautiful Lake Wildwood Country Club. More than 110 women attended — all of whom helped raise more than \$11,150 this year to purchase, wrap, and deliver holiday presents for local families in need...

...gifts chosen directly from the children's own wish lists. While purchasing and wrapping continue with the help of dedicated Newcomers "elves," all gifts will reach families the week before Christmas.

The other speaker was the powerhouse Executive Director of Helping Hands Nurturing Center, Shona Duncan, who brought her impressive background of seven years in Child Protective Services, 14 years

in family and dependency law, as well as a couple years work with special needs children. Shona has a personal understanding of trauma's impact on families that created Helping Hands in April 2014. Newcomers audience was impressed to learn about her more than 25 years of work and support for at-risk children and families and her commitment through her programs she developed to break the generational cycles of trauma and abuse.

Helping Hands, which she started with her own funds, provides services for every stage of a child's development, from birth through the teenage years. Programs include Nurturing Families Parenting Programs, Supervised Parent Coaching Visits, Co-Parenting Services, a Fathers Program, Parent & Child Play Groups, and Mediation. They also offer a 52-Week Child Abuse Prevention Program to help caregivers build healthy skills and reduce trauma.

So how did this beautiful connection form between Newcomers and Helping Hands?

Past Newcomers board member Rosalie Baker shared:

"I have known Shona since she was with CPS, which received support from Newcomers' first Christmas Fund Project. At that time, we provided some gifts to families at risk who were housed in a local hotel and Shona was there, hands on and all heart."

"The Newcomers Christmas Fund Project grew stronger as we focused more on each child's specific needs. When Shona started

Helping Hands, I began collaborating with her to identify families. After seeing the incredible outcomes her programs quickly achieved, I suggested that all our Christmas funds go directly to Helping Hands.

"I've watched this project grow from \$200 annually to now — \$11,150 in 2025. I may have been her champion on the board, but only because we believe in her."

Each year, Shona brings a family to share their story at the Newcomers Christmas luncheon — as she did this year. Rosalie adds, "I would love to duplicate her program where I now live in Livermore. Shona puts intellect and creative life-altering strategies into this work."

Newcomers President Debe Wilson is thrilled with the generosity of her members and celebrates their highest fundraising success this year. She notes that many shoppers personally spend even more than the budgeted amount on their children. Wilson shares, "this what community looks like — connected, caring, and committed. And because of Newcomers Club members of Nevada County and Helping Hands Nurturing Center, local families in need will feel that love wrapped around them this holiday season... tied up with a bow."

Learn more about the Newcomers Club of Nevada County (for new and old residents!) at <https://www.newcomersinc.org>.

More information about Helping Hands Nurturing Center is available at <https://www.helpinghandsnurturingcenter.org>.



Holiday Brunch Photos

ACTIVITY GROUPS



BOOK CLUBS

Cover Girls (full)

Date: 2nd Wednesday (11:30)

Page Turners (one opening)

Date: 3rd Wednesday (10:30)

Mysteries and More (three openings)

Date: 1st Tuesday (1:30)



Garden Club (open to all members)

Date: 1st Tuesday (11:00)



Girls Just Wanna Have Fun (open)

Dates and times depend on activity.

Contact leaders for more information.

Adventure Gals (open)

Dates and times depend on the activity.

Contact leader for more information.

Lunch Bunch (open to all members)

Date: 2nd Thursday (11:30)

Location: Changes monthly



COOKING GROUPS

Happy Cookers (accepting subs)

Date: 3rd Monday (10:00)

Kitchen Kutups (FULL)

Date: 3rd Thursday (10:00)

Gourmet Girls (rotating guest spot available)

Date: 3rd Friday (10:30)



GAME GROUPS

Hand & Foot Group #1 (accepting subs)

Date: 2nd Monday (1:00)

Hand & Foot Group #2 (accepting subs)

Date: 3rd Monday (1:00)

Bridge Group (accepting subs)

Date: 2nd Wednesday (10:30)

Location: Trailblazers Pizza, Alta Sierra Dr.

Mexican Train (open)

4th Monday (12:00-2:00)

Location: Women's Lounge, ASCC



There are many members interested in forming Bunco, Mahjong and Short Walkers groups. Sign-ups can be done at luncheons, by contacting a group leader, or the Activity Groups Chair.

If you have any questions, ideas, or are interested in forming a new group, please contact the new Activity Groups Chair.

ACTIVITY GROUPS — FEATURE STORIES

Garden Club



The Garden Club celebrated a fun and successful year with our Christmas luncheon at Awful Annie's. Our hostess created a lovely Christmas swag with pine branches, red berries and a handmade bow. She offered to include the swag in the final drawing of the raffle. The raffle was lively and fun. One member made and donated two beautiful quilts for our silent auction. We look forward to the New Year ringing in fun and informative Garden Club events.

If you are interested in joining the Newcomers Club Garden Group, please contact the leader.



Girls Just Wanna Have Fun (GJWHF)



Girls Just Wanna Have Fun group is now open to all members.

Our 2026 calendar is shaping up to be another exciting year! Axe throwing, Ananda tour, art class at Curious Forge, Sacramento underground tour and several mingles around town, (no reservations required), among other events, are on the calendar. If you would like to join us and be put on the roster, you can contact the group leader.

Picture of group at Curious Forge for a copper enameling class

Adventure Gals



In November the Adventure Gals made their way up to Napa for a hot air balloon ride. Unfortunately, they were never cleared for flight due to low fog in the area, but all had a great time, nonetheless.

In December, these fun ladies gathered at the leader's home to celebrate their inaugural Holiday Potluck and White Elephant gift exchange.



UPCOMING EVENTS:

After the first of the year—and some snow, these ladies are headed to the mountains to cross-country ski, snowshoe, and dogsled. However, while they wait for snow, the group will be gathering for a lively night of improv—yes, you heard that right! The pure definition of adventure is “an experience that involves **exploration, excitement, or uncertainty**, often taking someone outside their usual routine or comfort zone. It typically includes an element of **risk, challenge, or discovery**, whether physical, emotional, or intellectual.” This adventure will allow these ladies to explore their inner acting talents while sharing plenty of laughs along the way.

We are currently accepting new adventurers. If you would like to join Adventure Gals, please contact the group leader.

MEMBERSHIP

NEWS FOR JANUARY

Membership Activity

Currently, there are **196** members, similar to the number of members we had at the start of 2025 (194). After final renewals had concluded in February, membership dropped to 164—fortunately, many new members joined throughout the year, which has stabilized membership.

Timely renewals are important in keeping our membership numbers not only constant but growing.

Membership Renewal: Membership renewal was due December 31 and covers January–December 2026. Dues are \$50, and if you receive the monthly newsletter by mail, please add \$25 for handling and postage. Dues are payable to the treasurer. If your contact information has changed, indicate updates on the Renewal Form and send it to the Membership Chair.

DUES: \$50 via Zelle or check

Pay dues by mailing a check or using Zelle; note "dues" on your payment to Treasurer.
Write your check to **Newcomers Club** and mail it to the Treasurer.

Lifetime Membership: Members 90+ with at least five years of continuous membership have their dues waived. If you turned 90 this year, please contact the Membership Chair.

NEW MEMBER GATHERING



A New Member Gathering will be be scheduled for sometime in January or February. The President, Membership Chair and Activities Chair will discuss and answer questions about the club and its activities. New members will receive information and an invitation when it is scheduled. If you have not attended a gathering and would like to, please let Ann P. know (annpuddles@hotmail.com).

Membership Contact Information

If your contact information has changed, please email or call the Membership Chair.