

Due to the busy holiday season,  
Juanita's Bingo will be back next  
year!

**SEE YOU  
NEXT YEAR!**

### Office Hours

**Monday-Friday 8:30am-5:30pm**  
**Saturday & Sunday 9:00am-5:00pm**

Administrator ~ Juanita Junco  
Marketing Director ~ Marlene Squire  
Activity Director ~ Tina Evans  
Resident Relations ~ Beth Kovarik  
R.R. Part Time ~ Traci Gelgood  
Maintenance ~ Jack, Donnie  
Transportation ~ Bruce and Joe  
Housekeeping ~ Margaret,  
Phul, Terri  
Night Porters Part Time ~ Shane,  
Joy, Shari and

### Roseville Commons Phone Numbers:

Office (916) 786-2751  
Fax (916) 786-2781  
Transportation (916) 870-2452  
Kitchen (916) 786-3724  
Activities Office (916) 749-3189

**We have staff on duty 24 hours a  
day, 7 days a week!**

### List of In-House Services

Rose Petal Salon  
Christina Valdez  
(916)878-0435

Hours

Open Tuesday ~ Friday  
9:00am-4:00pm

Manicures & Pedicures available

**November Special:**  
**\$5 off Highlights**

### Clean Touch

Cleaners & Alterations

Will Huttunen  
(916)366-6666

### Blood Pressure Checks

Twice a month in the Lobby  
1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month  
9:30am

**Except if they are on an Emergency Call!**

### Rite Aid

Will deliver prescriptions to your door.  
(916)784-1590

### Sam's Hearing Center Clinic

Juliet

(916)724-0078

*Free cleaning, batteries & check-up*  
2<sup>nd</sup> THURSDAY of every month  
on the 1<sup>st</sup> Floor in the Craft Room  
@ 2:00pm.

### Celtic Hands Massage

Kevin McLachlan  
(916) 878-6189

Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays  
Kevin will come to your apartment or he will meet  
you in the Library, whichever you prefer!

**Sign up in the notebooks for  
transportation, excursions, messages,  
crafts and the  
Hearing Clinic.**

# The Rose Review

Roseville Commons · 275 Folsom Rd. Roseville, Ca 95678 · (916) 786-2751 · [www.RayStoneSeniors.com](http://www.RayStoneSeniors.com)

## Happy Thanksgiving



I would like to wish everyone a wonderful Thanksgiving! It is a day to be thankful for our blessings, while spending time with family and friends. Enjoying homemade cooking with delicious desserts, watch the Thanksgiving parade, or cheer on your favorite football team.

Once again, I will be trimming our lobby holiday tree on Friday December 1<sup>st</sup> at 1:30pm. I need my "elves" to help me trim the tree. Afterwards we will enjoy hot chocolate and holiday treats. Everyone is welcome to come! I am looking forward to decorating the holiday tree with everyone. Last year we had so much fun!



## Cold & Flu Season

**Urgent reminder!!** It's that time of year again for colds & flu. Please stay in your apartment if you are not feeling well. Do not go to the dining room or attend any activities. You may order your brunch and dinner and have it delivered. **Call the Kitchen at 786-3724.**



Stay healthy everyone! Continue to practice good hand hygiene and other healthy practices to help prevent the spread of germs.

Gobble! Gobble! Gobble!

*Juanita*

## Celebrating November Roseville Commons TRANSPORTATION SCHEDULE

### GROCERY SHOPPING & ERRANDS

**Monday Nov. 6<sup>th</sup>**  
**Monday Nov. 13<sup>th</sup>**  
**Monday Nov. 20<sup>th</sup>**  
**Monday Nov. 27<sup>th</sup>**

### MEDICAL & DENTAL APPOINTMENTS

**Tuesdays &  
Thursdays**

### EXCURSIONS

**Fridays**

**Sign up in the Books  
located by the office!**

## Marketing Moments

A bushel full of thanks and a basketful of hugs to all of you for your wonderful support and enthusiasm for all our extraordinary events throughout the year. It makes the time and effort we put into each and every one worthwhile!



It's hard to believe that the calendar says it is November 2017. The holiday rush begins! Our mailboxes are stuffed with catalogs, magazines are full of tips on how to survive, and plans for gatherings with family and

friends are being made. Here at Roseville Commons, we hope you will find the time to enjoy the fabulous happenings this



month, especially our mini Holiday Craft Faire on the 18<sup>th</sup>.

I'd like to share with you a special moment in time. Last month, on October 16<sup>th</sup>, we were, for the first time ever, 100% occupied!

Thanks so much for your friendliness, your smiles and the kindness you show to guests, neighbors and staff. For that, and family, good health and love, I am so grateful!



Happy Thanksgiving!

Marlene

## On the Thanksgiving Menu

Thanksgiving in America means gracing the table with a classic roast turkey with stuffing and gravy, sides of cranberry sauce and sweet potatoes, and, of course, a pumpkin pie for dessert. By the start of November, Canada has already celebrated its own national Thanksgiving with the traditional turkey, stuffing, and gravy, and a spicier pumpkin pie made with nutmeg, cinnamon, cloves, and ginger. While we call these foods the "traditional" dishes of Thanksgiving, were these foods really eaten by the Pilgrims and Wampanoags at the first Thanksgiving in 1621?

For many, turkey is synonymous with Thanksgiving. While there is no exact record of the first Thanksgiving menu, one Pilgrim named Edward Winslow did keep a chronicle of the colony's daily events. He noted that prior to the feast, governor William Bradford sent men on a fowl-hunting mission. This "fowling" group may have hunted for wild turkeys, but it is more likely that they brought back ducks, geese, and swans. These birds were not stuffed with bread-based stuffing, but with onions, herbs, and nuts. While no definite record of turkey exists, it is known that the Wampanoags arrived at the feast with five deer, which may have been roasted on a spit or cooked into a savory stew.

Vegetables were plentiful, especially corn, but it was made into cornmeal, which was then pounded and boiled into a porridge sweetened with molasses. Cranberries were also plentiful, but they were not made into sweet sauces, jellies, or tarts. The Pilgrims had long run out of sugar from their ocean voyage. There were also no potatoes, either sweet or white, at the first Thanksgiving, for potatoes did not yet exist in North America. While pumpkins were native, they were not made into pies, for the Pilgrims had no butter or wheat flour to make piecrust. What is more certain is that shellfish was abundant: mussels, clams, oysters, bass, and lobster were stars of the first Thanksgiving.

## Fun Excursions

Sometimes do you just want to get away and have some fun? Well our excursions are the best way to do that. We enjoy going on fun-filled adventures on Fridays, and sometimes Saturdays. This month I have some wonderful excursions planned for all of you. On Friday, November 3<sup>rd</sup>, we are heading out to the Ronald McDonald House Charities in Sacramento. Last month during my activity talk, I asked everyone



there if they could save their tabs from soda, or cat food cans. Why, you ask? These tabs assist in paying for parents to stay at the house with their children while they are healing and coping with their treatments.

Saturday November 11<sup>th</sup>, is Veteran's Day and we will be visiting a non-profit Military Museum in Marysville. The Museum of the Forgotten Warriors was built by Dann, and his wife Roberta Spear along with his veteran friends. It was built to keep the spirit and memory of our Nation's warriors alive and and to never forget. After touring the museum, we will go to lunch at Tracey's Diner. They have a delicious homemade fried chicken lunch.



On Friday November 17<sup>th</sup> we will be heading up to the Mandarin Festival in Auburn. It's a \$3.00 entry fee, so you can venture around the festival, find treasures and enjoy food from the vendors. It might be a little chilly, so bring a jacket. **Sign up in the book!**

Let's not forget our Tuesday speakers. This month we have the Roseville Historial Society visiting. We also have a musician coming here for an audition on Tuesday November 21<sup>st</sup>. His name is Phil Martin and he'll be playing country music. Please come out to enjoy his music.

## Culinary Corner

One of my favorite holidays is Thanksgiving! Not only because of the meaning behind the holiday, but because of the food!!! We have a special celebration waiting for you and your families this turkey day! I hope to see you all there.

Thank you so much for all of your compliments and suggestions from the Resident Suggestion box! It is great to get feedback from you. Your recommendations are helpful, whether it's resolving a problem or making small improvements. Please continue to let me know what you like, dislike, and if you have any suggestions you think I should hear. If you have a complaint or suggestion, please be detailed and constructive so my crew and I may address the problem. Cards that say things like, "bad dinner last night" or "lousy service", do not give us an opportunity to try and fix the problem, as I am unsure specifically about what was wrong. My ears are always open to you, so that together, we can help improve our community and your dining experience.

We have had some new menu additions with the fall season upon us, so I just want to give a friendly reminder that if you are unsure if you will enjoy something, please feel free to ask your server for a sample and the kitchen will gladly provide it for you.



Sincerely,  
Chef Brian

Please slow down, for everyone's safety!

