List of In-House Services

Kaleidoscope Salon
Denise Hubbard (916) 486-2710
Open
Tuesdays, Thursdays and Fridays

Clean Touch
Dry **Cleaning & Alterations**
Will Huttunen (916) 366-6666
Call for pick up at your front door!

Celtic Hands Massage
In-house massages
Kevin McLachlan (916) 878-6189
Every 2nd & 4th Wednesday
15 minutes for $13.00
9:00am-1:00pm
Sign up in the book!

Community Hearing Aid Ctr
Ed (916) 797-9188
Free cleaning, batteries & check-up!
2nd Thursday of each month at 1:30pm
Craft Room on the 1st floor.
Sign up in the book!

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

Blood Pressure Checks
Once a month in the Lobby
3rd Thursday of the month @ 9:30am
Except if there is an emergency call!!

Sign up in the book for transportation, Friday Outings, massages, Hearing Clinic and crafts.

Juanita's Bingo

She'll see you next month!

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

Administrator ~ Juanita Junco
Marketing Director ~ Marlene Squire
Activities Director ~ Tina Evans
Resident Relations ~ Adriana Romano
R.R. Part Time ~ Traci Gelgood
Maintenance ~ Jack Pesola
Part time maintenance ~ Ryan
Bus Transportation ~ Bruce Stuebing
Van Transportation ~ Drew Marcus
Housekeeping ~ Margaret, Phul and Terri
Part Time Night Porters ~ Joy, Meka, Julia and Justin.

Roseville Commons Contact Numbers:

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

AUGUST 2018

The Rose Review

Roseville Commons * 275 Folsom Rd. Roseville, Ca 95678 * (916) 786-2751
www.RayStoneSeniors.com, Like us on Facebook **https://www.facebook.com/RosevilleCommonsSeniorLiving/**

Celebrating August

Free Walker Check & Cleaning
10:00am
Tuesday, August 7th

Crystal Chakra Singing Bowls
Kimberly Bass
1:00pm
Tuesday, August 14th

Wine Social
w/ Alvin Soriaga
2pm-3pm
Saturday, August 18th

Family Wash & Dry
w/ Santosh Sangras
1:00pm
Tuesday, August 21st

California Beach Party
w/ The Moose Brothers
Wear your Beach attire
2:00-3:00pm
Saturday, August 25th

Roseville Theatre Arts Academy
w/ Bobby Grainer
1:00pm
Tuesday, August 28th

Happy August

August is a very popular month. It's known as Hot August Nights all over California and even Reno's famous nostalgic car show. Hot August Nights is also a perfect name for our elevated temperatures in Roseville. So, stay cool, come and enjoy all of the indoor fun events Tina and Marlene have planned for the month!
What I enjoy about the month of August … it has some crazy, wacky holidays that people actually celebrate. Here are just a few:
August 1st – National Girl Friend Day - Hum! That should be every day.
August 5th - National Beer Day - Happy Hour! Come join in the fun.
August 9th – National Book Day - I love a good book.
August 10th - National Lazy Day - My favorite Day, let's all be lazy now and then.
August 13th - National Left Hander's Day- How special it is to be a lefty
August 23rd- National Wind Day - let the wind carry you away in whatever direction it is blowing. Leave your troubles and worries behind for a spell, as you waft in the air.
August 27th – National Global Forgiveness Day – I believe this should be every day because we are human, and we make mistakes.
August 30th – National Frankenstein Day – Wow! Talk about bringing back old memories, when I was a little child. I truly enjoyed spending time sitting with my Grandma watching her favorite Frankenstein movie with Boris Karloff in black and white over and over. Now this is my favorite day.

Now, ask yourself what was your favorite day as a child or adult? It is always good to remember the happy memories. I call them blessings.

Happy hot August, everyone ☺

Juanita

Fun in August!

I can't believe it is already August; we are half way through this year. To start us off on Thursday, August 2nd, during our happy hour, we will have the very talented Daisy Dee entertaining us.

On Tuesday, August 7th, at 10:00am, we have the techs from Bischoff's Medical out for *free walker checks*, and we also are having a *free walker wash*, out front by Brian. Then, at 1:00pm, this same day we will have Tim Durnan coming out for an audition. Tim plays music from the 40's thru the 70's, so I would love to see as many of you as possible. So, I can get your opinion since the entertainers are here for your Happy Hours? On Tuesday, August 14th, Kimberly Bass will be delighting us with her singing, along with her crystal chakra bowls in the RR at 1:00pm. *Instilling a deep sense of relaxation and well-being, crystal chakra bowls are one of the newest and most distinctive musical instruments on the planet.*

Is doing personal laundry a chore? Well, on Tuesday, August 21st, at 1:00pm, we would like you to meet one of our new neighbors, Santosh Sangras, from Family Wash & Dry. Santosh will be coming over to discuss what his company can offer to you. Then, on the last Tuesday of the month, which is August 28th, at 1:00pm, we have Bobby Grainer coming over from The Roseville Theatre Arts Academy to discuss the play that they will be performing in September. The name of the play is "A Funny Thing Happened on the Way to the Forum" and we'll be going to see it. Hope to see you there!

Tina

Marketing Moments

Goodbye July, hello August! And what an awesome month it is, not only here at Roseville Commons with our not to be missed Fun in the Sun ~ California Beach Party on the 25th; but, around the world! Did you know that the famed music fest, Lollapalooza, is in Chicago, the International Beer Festival is in Berlin, the Tango Festival is in Buenos Aires and, closer to home, the Festival of Arts, Pageant of the Masters, is in Laguna Beach?

Just in, a HOT August special! If you refer someone to Roseville Commons and he/she moves in, 60 days later, you'll receive a $500.00 rent credit. See me for complete details.

Please check out your calendar and the lobby poster for all the fun, informative and good for your happenings this month … August is awesome, enjoy!

Marlene

Friday Excursions

We are starting this month off with an outing to The Sunrise Mall for a little shopping, then lunch at Red Lobster, on Friday, August 3rd. Red Lobster has lunch specials starting at $7.99 and up. That sounds like a great deal. On Friday, August 10th, we are heading over to The Back Forty Texas BBQ for an eat out only. If you are craving some good BBQ, then this is the outing you want to sign up for. On Friday, August 17th, we are heading out to Folsom to have lunch at Red Robin, and then over to Gekkekian Sake for a small free tour of their brewery, and then their tasting room. This tour should be very interesting! Gekkekian Sake is the World's finest Sake established by Jiemon Okura in 1637. Then, on Friday, August 24th, we are going to step back into time at The Wells Fargo History Museum on Capital Mall in Sacramento. It's a free, guided tour. Then, over to Tower Bridge Bistro to enjoy a nice lunch. Our last Friday, August 31st, you all will be heading over to Thunder Valley Casino at 11:30am and departing at 3:00pm. I hope some of these outings intrigue you enough to sign up for them!

Tina

Culinary Corner

Hello Roseville Commons residents,

Are you ready for these hot August nights??? Hopefully they will be more forgiving than the sweltering July days. To keep you hydrated and cool, try this simple recipe for a tropical watermelon smoothie with coconut water! Watermelon is great for rehydrating and so is coconut water. Coconut water also contains moderate amounts of potassium, iron, calcium, and vitamin C. This smoothie also contains pineapple, which is high in vitamin C, and bromelain, which helps with bloating, digestion, and has anti-inflammatory benefits. The mango in this smoothie gives you a good hit of beta carotene, vitamin C, B vitamins, and dietary fiber.
I hope you enjoy it as much as my daughter does (she likes to freeze them to make delicious, healthy popsicles)!

Recipe:

- 1 cup coconut water
- 4 cups cubed, seeded watermelon
- 2 cups cubed fresh or frozen pineapple
- 2 cups cubed fresh or frozen mango
- Ice, if needed

Directions:
Put all ingredients in blender and puree until smooth. EASY!

Sincerely,
Chef Brian

Clowning Around

Thanks to the Clown Club of America, August 1–7 has been celebrated as International Clown Week since 1970, but the history of clowns goes back, in one form or another, to the beginnings of human civilization. The Egyptian pharaohs were entertained by Pygmy clowns as early as 2500 BC. In ancient China, the emperor's court jester used humor to prevent the emperor from forcing thousands of slaves to paint the Great Wall of China white. Ancient Rome had a fool character called a *stupidus,* and jesters were known to attend funerals. Medieval court jesters were the only people allowed to criticize the king. Even the Hopi tribe of the American Southwest employed mischievous clownlike characters to interrupt the most solemn rituals in an attempt to create sympathetic magic. America's precious Uncle Sam, with his star-spangled top hat and suit, long beard, and big feet, originated as a clown campaigning for presidential hopeful Zachary Taylor in 1848. Despite the clown's aura of good-natured fun, the modern clown has always been tinged with a hint of darkness.

Modern clowns are universally recognized by their painted white faces, red noses, and silly clothes. Most historians credit the invention of the modern clown to the British pantomime star known as Grimaldi at the turn of the 19th century. He created an alter ego named Joey who dressed in red and white and entertained people at night, but throughout the day his life was tragic. He was lonely, his wife had died, his son suffered from alcoholism, and his physical antics left him in pain. From Joey came both the comedic and tragic clowns. The clown figure has always embodied two sides of the same coin—joy and sadness. And sometimes, as is the case of Mr. Punch from the old Italian Punch and Judy shows, clowns may even have a savage side. Perhaps what makes clowns so intriguing is that they are a mirror of our society, showing the good, bad, and ugly in all its drama.

A very warm welcome

to our new resident!

Patricia March 330

Activity Talk

This month our **Activity Talk Meeting & Raffle** will be on Wednesday, August 1st at 1:00pm in the RR. Please bring all the raffle tickets you have collected over the last two months, I'm going to have a few more raffles then I usually do, since we didn't have one last month. If you have never attended one of our Activity Talks, you should come down and join in. We go over the calendar and events for the month. I also ask for your suggestions and feedback. Good luck on the Raffle!

See you there,
Tina

Please slow down and watch where you are driving your mobile scooters.

Famous August Birthdays

Herman Melville (author) – August 1, 1819
Tony Bennett (singer) – August 3, 1926
Lucille Ball (comedienne) – August 6, 1911
Dustin Hoffman (actor) – August 8, 1937
Alex Haley (author) – August 11, 1921
Julia Child (chef) – August 15, 1912
Roberto Clemente (ballplayer) – August 18, 1934
Al Roker (meteorologist) – August 20, 1954
Gene Kelly (actor) – August 23, 1912
Mother Teresa (humanitarian) – Aug. 26, 1910
Michael Jackson (musician) – August 29, 1958
Buddy Hackett (comedian) – August 31, 1924

Our August Birthdays

Janice Peik	5	#206
Robert Visser	12	#308
Grace Hand	23	#311
Lavon Cord	27	#121
Kay Morton	28	#326

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice

Great Balls of Fire

In Nejapa, El Salvador, August 31 brings what locals concede is a bizarre tradition, the Ball of Fire Festival. On that date in 1922, the local volcano erupted, forcing all the residents to evacuate the town. The eruption became legendary when it was reported that the hot flowing lava took the form of San Jeronimo, the local saint, and Jeronimo began hurling fireballs at the devil. Another legend states that as the lava flowed through the town, San Jeronimo appeared and halted the lava right before it consumed the church. To commemorate San Jeronimo and these miracles every August 31, daring residents soak rags in gasoline, light them on fire, and hurl them through the streets.

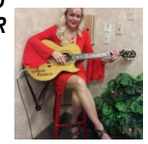
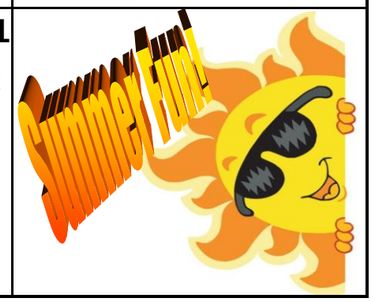
It is tradition that two teams generally throw the fireballs at each other. Hurlers take precautions, such as wearing gloves and dousing their clothes in water, but the threat of burns is real. Participants are aware of the dangers and even embrace the possibility of injury. The church, too, has even sanctioned the tradition. Perhaps San Jeronimo is watching over the festival, for very few injuries have been reported in the many years it has been celebrated.

Fun August Art Class!

On August 15th at 1:00pm in the RR we will be painting river rocks. If you would like to bring your own rock, one that maybe you found on a walk, to paint that would be wonderful. If not, no worries, I will have plenty of rocks available. So, I would like for your imagination to go wild on your painted rocks. For the last few years, there have been many people from all over the country painting rocks, then putting them out in parks, or at the lakes and riverbends for others to find. In some areas, they're called "kindness rocks," because the painted stones carry inspirational messages meant to lift others' spirits. Think about what you would like to paint. Here is a picture for ideas, not one of our rocks will look the same. Variety is the spice of life!

August 2018

Roseville Commons Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Catholic Communion-CH 9:30 Balance & Strength w/Joan -RR 9:30 Take a walk w/Tina-LO 11:15 Tai Chi/DVD-RR 1:00 *Activity Talk & Raffle*-RR Bring your raffle tickets! 2:30 POKENO-RR 6:30 Poker-LB 6:30 Game Night-LB & Craft Room *Board games w/ friends!*	**2** 9:30 Senior Stretching/DVD -RR 9:30 Take a walk w/Tina-LO 11:15 Tai Chi-RR 12:30 Music with Dan-RR 1:00 Wii Bowling-LO 2:30 *Happy Hour-RR* W/ Daisy Dee Country & Mixed Music! 6:30 Bingo-RR 6:30 Spades-LB 	**3** 9:30 Senior Stretching/DVD-RR 10:00 Board Bus for Sunrise Mall & Lunch at Red Lobster 11:15 Tai Chi/DVD-RR 2:00 "Charlie Hull Jam Session" Music only 6:30 Friday Night Movie-RR 6:30 Poker-PL 	**4** 9:30 Senior Stretching/DVD -RR 11:15 Tai Chi/DVD-RR 2:30 Beanbag Baseball-RR 6:30 Bingo-RR 6:30 Pinochle-LB
5 Brain Teasers-LB 10:00 Church Service-CH 12:00 Crossword Club-PL 2:30 Beanbag Baseball-RR Practice Only 2:30 Mexican Train-RR 6:30 Sunday Night Movie-RR 	**6** 9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 1:00 Wii Bowling-LO 1:00 Monday Movie Matinee-RR 2:00 Scrabble-LB 3:00 Bible Study w/Mary-CH 6:15 Bridge-LB 6:30 Poker-PL 	**7** 9:30 Exercise Class w/Tina -RR 10:00 Bischoff's Medical-RR Free ~ Walker Check & Free ~ Walker Cleaning ~ Out in Front of the building 11:15 Tai Chi/DVD-RR 1:00 Music Audition-RR Tim Durnan ~ Oldies but Goodies 2:30 Beanbag Baseball-RR 6:30 Bingo-RR 	**8** 9:00 Catholic Communion-CH 9:00 Seated Massages-Kevin 9:30 Balance & Strength w/Joan -RR 9:30 Take a walk w/Tina-LO 11:00 Residents Birthday Brunch-Dining Room 11:15 Tai Chi/DVD-RR 12:30 Ceramics-RR 2:30 POKENO-RR 6:30 Poker-LB 6:30 Game Night-LB & Craft Room 	**9** 9:30 Senior Stretching/DVD -RR 9:30 Take a walk w/Tina-LO 11:15 Tai Chi-RR 1:00 Wii Bowling-LO 2:30 *Happy Hour-RR* w/Fun Company Playing Oldies but Goodies! 6:30 Bingo-RR 6:30 Spades-LB	**10** 9:30 Senior Stretching/DVD-RR 11:00 Board Bus for Back Forty Texas BBQ *Eat Out Only* 11:15 Tai Chi/DVD-RR 6:30 Friday Night Movie-RR 6:30 Poker-PL 	**11** 9:30 Senior Stretching/DVD -RR 10:00 Selling Jewelry-RR By Pat Wagner 11:15 Tai Chi/DVD-RR 2:30 Beanbag Baseball-RR 6:30 Bingo-RR 6:30 Pinochle-LB
12 Brain Teasers-LB 10:00 Church Service-CH 12:00 Crossword Club-PL 2:30 Beanbag Baseball-RR Practice Only 2:30 Mexican Train-RR 6:30 Sunday Night Movie-RR 	**13** 9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 1:00 Wii Bowling-LO 1:00 Sing along with Charlie-RR 2:00 Scrabble-LB 3:00 Bible Study w/Mary-CH 6:15 Bridge-LB 6:30 Poker-PL 6:30 Monday Movie Night-RR 	**14** 9:30 Exercise Class w/Tina-RR 11:15 Tai Chi/DVD-RR 1:00 Crystal Alchemy Bowls-RR Kimberly Bass ~ Her Music will boost your mood and soothe your Soul. 2:30 Beanbag Baseball-RR 6:30 Bingo-RR 	**15** 9:00 Catholic Communion-CH 9:30 Balance & Strength w/Joan -RR 9:30 Take a walk w/Tina-LO 11:15 Tai Chi/DVD-RR 12:30 Crafts w/Tina-RR Paint River Rocks 2:30 POKENO-RR 6:30 Poker-LB 6:30 Game Night-LB & Craft Room 	**16** 9:30 Senior Stretching/DVD -RR 9:30 Take a walk w/Tina-LO 11:15 Tai Chi-RR 1:00 Wii Bowling-LO 2:30 *Happy Hour-RR* w/The Lincoln Highway Band Oldies but Goodies! 6:30 Bingo-RR 6:30 Spades-LB	**17** 9:30 Senior Stretching/DVD-RR 10:30 Board Bus for Red Robin Restaurant in Folsom Small Free Tour of Gekkeikan Sake Tasting room and Brewery. *THE WORLD'S FINEST SAKE.* 11:15 Tai Chi/DVD-RR 6:30 Friday Night Movie-RR 6:30 Poker-PL 	**18** 9:30 Exercise Class w/Tina-RR 11:15 Tai Chi/DVD-RR 2:00 Wine Social-RR with Alvin Soriaga 6:30 Bingo-RR 6:30 Pinochle-LB
19 Brain Teasers-LB 10:00 Church Service-CH 12:00 Crossword Club-PL 2:30 Beanbag Baseball-RR Practice Only 2:30 Mexican Train-RR 6:30 Sunday Night Movie-RR 	**20** 9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 1:00 Wii Bowling-LO 1:00 Monday Movie Matinee-RR 2:00 Scrabble-LB 3:00 Bible Study w/Mary-CH 6:15 Bridge-LB 6:30 Poker-PL 	**21** 9:30 Exercise Class w/Tina-RR 11:15 Tai Chi/DVD-RR 1:00 Tuesday Speaker-RR Santosh Sangras ~ from Family Laundry, laundry services. 2:30 Beanbag Baseball-RR 6:30 Bingo-RR 	**22** 9:30 Rosary-CH 9:00 Seated Massages-Kevin 9:30 Balance & Strength w/Joan–RR 9:30 Take a walk w/Tina-LO 10:00 Mass-CH 11:15 Tai Chi/DVD-RR 12:30 Ceramics-RR 2:30 POKENO-RR 6:30 Poker-LB 6:30 Game Night -LB & Craft Room 	**23** 9:30 Senior Stretching/DVD -RR 9:30 Take a walk w/Tina-LO 11:15 Tai Chi-RR 12:30 Music with Dan-RR 1:00 Wii Bowling-LO 2:30 *Happy Hour-RR* W/ Michael Ely Mixed music! 6:30 Bingo-RR 6:30 Spades-LB	**24** 9:30 Senior Stretching/DVD-RR 9:45 Board Bus for Wells Fargo Museum, Capital Mall & lunch at Tower Bridge Bistro 11:15 Tai Chi/DVD-RR 1:00 Charlie's Jam Session-RR Music only 6:30 Friday Night Movie-RR 6:30 Poker-PL 	**25** 9:30 Exercise Class w/Tina-RR 11:15 Tai Chi/DVD-RR 2:00 California Beach Party-RR with The Moose Brothers *Wear your Beach wear!* 6:30 Bingo-RR 6:30 Pinochle-LB
26 Brain Teasers-LB 10:00 Church Service-CH 12:00 Crossword Club-PL 2:30 Beanbag Baseball-RR Practice Only 2:30 Mexican Train-RR 6:30 Sunday Night Movie-RR 	**27** 9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 1:00 Wii Bowling-LO 1:00 Monday Movie Matinee-RR 2:00 Scrabble-LB 3:00 Bible Study w/Mary-CH 6:15 Bridge-LB 6:30 Poker-PL 	**28** 9:30 Exercise Class w/Tina-RR 11:15 Tai Chi/DVD-RR 1:00 Tuesday Speaker-RR Bobby Grainer ~ Roseville Theatre Arts Academy Talking about the play, we will be attending on 9/23 "A Funny Thing Happened on the Way to the Forum." 2:30 Beanbag Baseball-RR 6:30 Bingo-RR 	**29** 9:00 Catholic Communion-CH 9:30 Balance & Strength w/Joan -RR 9:30 Take a walk w/Tina-LO 11:15 Tai Chi/DVD-RR 1:00 Resident Karaoke-RR 2:30 POKENO-RR 6:30 Poker-LB 6:30 Game Night-LB & Craft Room *Board games w/ friends!* 	**30** 9:30 Senior Stretching/DVD -RR 9:30 Take a walk w/Tina-LO 11:15 Tai Chi-RR 12:30 Music with Dan-RR 1:00 Wii Bowling-LO 2:30 *Happy Hour-RR* W/Jim Wright Oldies but Goodies 6:30 Bingo-RR 6:30 Spades-LB	**31** 9:30 Senior Stretching/DVD-RR 9:30 Board Bus for Thunder Valley Casino in Roseville 11:15 Tai Chi/DVD-RR 1:00 Charlie's Jam Session-RR Music only 6:30 Friday Night Movie-RR 6:30 Poker-PL 	

Roseville Commons, 275 Folsom Rd, Roseville, Ca 95678 916-786-2751 www.RayStoneSeniors.com "Like us on Facebook" **Events on the calendar are subject to change!**