

## List of In-House Services

### Kaleidoscope Salon

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

### Clean Touch

**Laundry Services, Dry Cleaning & Alterations**

Will Huttunen (916) 600-6161  
Call for pick up at your front door, every Monday and Thursday!

### Celtic Hands Massage

In-house massages  
Kevin McLachlan (916) 878-6189  
Every 2<sup>nd</sup> & 4<sup>th</sup> 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!  
2<sup>nd</sup> Thursday of each month at 1:30pm  
Craft Room on the 1<sup>st</sup> 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  
3<sup>rd</sup> 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**  
**Monday, September 10<sup>th</sup>**  
**1:00pm in the RR**



**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, Bonnie  
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

# The Rose Review

Roseville Commons • 275 Folsom Rd. Roseville, Ca 95678 • (916) 786-2751

[www.RayStoneSeniors.com](http://www.RayStoneSeniors.com), Like us on Facebook <https://www.facebook.com/RosevilleCommonsSeniorLiving/>



## Celebrating September

### Mimosas & Free Art Work

*Tuesday, September 4th*  
*11:00am-1:00pm*

### Grandparents Day Celebration

**Sundae Social**  
**w/Linda Herring**

*Saturday, September 8th*

### Grandparents Day Music with Tim Durnan

*Sunday, September 9th*

### Western Happy Hour w/The Old West Trio

*Thursday, September 13th*

### Loaves & Fishes Donating Hats/Clothes

*Tuesday, September 18th*

### "Bud" Anderson Come meet a Triple Ace of WWII

*Wednesday, September 19th*

### Horse Racing Place your bets

*Friday, September 21st*

## September is a Beautiful Month

September is my favorite month of the year! Once the cool weather starts and the autumn leaves begin to fall, it is pure magic to see the beautiful changes right before your eyes. Here are a few reasons why September is my favorite ...

### 1. Beautiful colors ... EVERYWHERE!

This is probably the biggest reason why I love autumn so much. Everywhere you look, it is beautiful. Trees changing into colors of red, orange and yellow. The views during this time of year are so magical.

*Not much is better than the crunch of the leaves below your feet as you're walking. Just simply driving down the road and through the countryside is a great way to take in the amazing views that fall brings with it.*

### 2. Pumpkin spice everything.

*When autumn comes around, you can find pumpkin flavored everything. I love the smell of pumpkin pie.*

### 3. Cooler weather = fall clothes.

Cooler weather means you can finally wear jeans, hoodies, scarves, boots, beanies, etc. The weather is perfect, not too hot and not too cold. Things aren't quite freezing yet; but, there is still a nice cool breeze in the air.

Often someone always asks is it autumn or fall?

**Autumn**, also known as **fall** in American and Canadian English, is one of the four temperate seasons. **Autumn** marks the transition from summer to winter in September (Northern Hemisphere) or March (Southern Hemisphere), when the duration of daylight becomes noticeably shorter and the temperature cools down considerably.

All that really matters is that autumn begins and ends with wonderful holidays that bring loved ones together. This is also the time to stay warm and healthy.

Happy autumn everyone☺

*Juanita*

Fun in September!

September marks the beginning of autumn, when the smell of pumpkin and apple pies start to linger in the air, and the earthy smell of the autumn leaves starting to fall outside.

September is also a song by the American funk band Earth, Wind & Fire. It was recorded during the sessions for their album I Am in 1979. I remember skating to this song in the 80's, at Roller King on Riverside Blvd. and it's still there. We have a plethora of activities for you to choose from this month, starting it off on Tuesday, September 4<sup>th</sup> with a Mimosa and free Art Show. When I say free, the art pieces are literally free! Susan Nicolos from The Art Shock Sip and Paint Company contacted us regarding giving back to the community. Susan informed me that her company has an over-abundance of paintings. So, she wanted to have an art show for the residents. Susan would like for you to pick out a painting for your apartment home. We are celebrating Grandparents Day this month on Saturday, September 8<sup>th</sup> at 2:00pm in the RR. We are having a Sundae Social with Linda Herring.

Then, on Sunday, September 9<sup>th</sup>, which is Grandparent Day, we are having Tim Durnan come out and perform for you at 1:00pm in the RR. The Corner Stone Christian Children singers are back this month from their summer break. Come

down and welcome them back on Tuesday, September 11<sup>th</sup> at 3:30 in the RR. They would love to see a nice group of residents welcoming them back! On Wednesday, September 19<sup>th</sup>, we have "Bud" Anderson coming out to tell us a little bit about his life. Clarence Emil "Bud" Anderson is a retired officer in the United States Air Force and a triple ace of World War II. During the war, he was the highest scoring flying ace in his P-51 Mustang squadron. On Tuesday, September 18<sup>th</sup>, we have the Chilton Middle School cheerleaders coming in at 5:30pm to perform a couple of cheers for all of you, prior to your Bingo night. This is a special gift to one of our residents, Betty R., from her great granddaughter, so I hope you all enjoy the show. Check your calendar for our daily activities.

Tina



Marketing Moments

Smile  
Exercise and  
Play  
Try your best  
Each and every day  
Make new friends  
Be as nice as you can  
Eat well  
Roseville Commons is the place to be!

September is a month full of sensational activities ! There's something for everyone to enjoy!

My favorite three happenings are ... We're celebrating Grandparents Day on Saturday the 8<sup>th</sup>! Pease invite your grandkids, great grandkids and great, great grandkids to our refreshing Ice Cream Sundae Social at 2:00pm for a treat in honor of you! Remember that our relationships with our young people bring love, energy, play and purpose into our lives and theirs.

On Thursday, Sept. 13<sup>th</sup> it's Hoedown time! Put those boots on while The Old West Trio entertains. Enjoy great grub, cool drinks, friends & neighbors. The Old West Trio performs all over the west and is very special to us. Why? Because mom, Ruby, is a resident here!

I'll be on vacation September 15<sup>th</sup> through September 24<sup>th</sup>. We're taking a road trip to San Diego, visiting family along the way. I'm excited and looking forward to enjoying the beach again!

Marlene

Friday Excursions

To start this month off, we are heading up to Grass Valley for a wonderful lunch at Tofanelli's Gold Country Bistro on Friday, September 7<sup>th</sup>. The building where Tofanelli's is located has been around since 1859, it was a law office, then in 1890, Gina Tofanelli operated a grocery store and meat market. To this day, the restaurant still

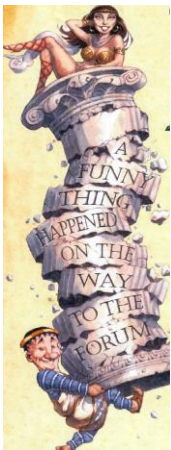


uses the walk-in freezer from 1890. If you are looking for a vast variety of foods, this is the place to come. Check out the picture of their crab Louie salad! On Friday, September 14<sup>th</sup>, we are

heading to The California State Archives building. Afterwards, we will go to Vallejo's Mexican Restaurant for some authentic Mexican food. This restaurant's food was rated #1 in the Sacramento area.



This month we have a **Sunday outing**, which will be on Sunday, September 23<sup>rd</sup>. We will



be going to The Roseville Theatre to watch a live performance. The director, Bobby Grainer, contacted me and thought this would be a play that you might be interested in going to. I'm sure all of you have heard of the comical movie, which the play is based on, "A Funny Thing Happened on the way to the Forum". The tickets sell for \$17/person, but if we have 10-19 people, we will get a 10% discount. If you are interested in going,

please contact me. I will put you on the list of paid persons. Our last outing is on Friday, September 28<sup>th</sup>. You will all board the bus at 9:00am to head up to Red Hawk Casino. I will provide a muffin, juice, or coffee in the lobby prior to boarding the bus, around 8:45am. Departure time from the casino will be 2:00pm. Good luck!

Tina

Culinary Corner

Hello Roseville Commons Residents,

This month we will be celebrating Labor Day with a delicious cowboy burger. We will top off an all-beef patty with cheddar, sweet caramelized onions, steak sauce and bacon. Rustic and savory, it will definitely appease your taste buds!

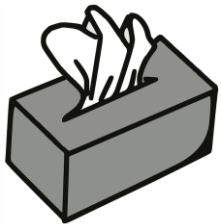


We will also be having a hearty home cooked meal on September 9<sup>th</sup> for Grandparent's Day featuring a mouth-watering meatloaf and a

delectable strawberry shortcake!



With the changing of the seasons upon us, I would like to give a friendly reminder to please do not use the cloth napkins in the dining room to blow your nose or cough into. The spreading of germs is very easy to do in a closed community like ours, so we all need to do our part in minimizing the spreading of germs. We have paper napkins always available in the dining room if you need a tissue. Please ask a server and they will be happy to get one for you.



Thanks again for your cooperation and understanding.

Sincerely,  
Chef Brian