

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!

Family Wash & Dry

Fluff & Fold Services
Call Mariah at 916-220-8849

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!!

Affordable Canine & Professional Dog Walker

**And other services available
Lisa Free @ (559)-800-3351**

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

Juanita's Boo Bingo Monday, October 22nd 1:30pm 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
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, Kermit, 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, Like us on Facebook <https://www.facebook.com/RosevilleCommonsSeniorLiving/>



Celebrating October

Self Defense Demo ~ Tom

Tuesday, October 2nd
1:00pm-RR

Flu Shots ~ Rite Aid In the Library

Tuesday, October 9th
1:00pm-LB

Fashion Fall Show For Charity

Acres of Hope ~ Action
Thursday, October 11th
2:00pm-3:30pm-RR

Medicare Changes/AARP Kyle Chalko

Wednesday, October 17th
1:00pm-RR

Peter Blueberry Halloween Readings w/Sunflower Preschooler

Tuesday, October 23rd
1:00pm-RR

Halloween Costume Party w/Charlie Hull & the EasySounds Trio

Wednesday, October 31st

Welcome all Ghosts and Goblins,

October is such a busy month and, did you know, that it's one of the most popular months of the year because of Halloween!? It is fun for so many people, young and old alike. Adults love it because it brings back memories of when they were young children and could go out at night, dress up with friends, be silly, and overall, just have a good time. Unlike other holidays, you don't have to worry about gifts for other people, or cooking, or making sure everything is in order so that everyone's happy. Halloween has no obligations; it's all about going out and having a good time!

October also brings a sign of the cooler weather coming; so, we want to make sure you take good care of yourself, especially during this time of year. Here are a few helpful tips to stay healthy ...

1. Please sign up for your flu shot – check the calendar for date
2. Stay home when you are not feeling well
3. Drink plenty of fluids and rest
4. Wash your hands frequently
5. Eat healthy

The most exciting thing about October is that our holiday events are on the horizon; so, make sure to join us ... you don't want to miss all the fun! My Halloween Bingo will be full of treats and raffles. See you there!

Happy Halloween!

Boo! Everyone

Juanita



Fun in October!

My goodness, I can't believe it is already October, where has the time gone? To start off this month, we are having Tom Avenell, one of our very own exercise instructors that we have on Thursdays. He will be having a Self Defense Demo on Tuesday, October 2nd, at 1:00 pm in the RR. Come down and learn some moves that could help you out in a time of need. On Friday, October 5th, we have resident's karaoke at 12:30 pm in the RR. We have had more people joining in on the fun and dancing during our karaoke hour. You don't have to be a professional to sing during our resident's karaoke hour, you just need to come down, let loose, and sing until you can't sing



any more. On Thursday, October 11th, from 2:00pm-3:30pm, we will be having a special Fall Fashion event, which will benefit Acres of Hope. Acres of Hope is a non-

profit organization that provides a safe family environment and a healthy living program for women with children that sets the foundation of change and breaks the cycle of homelessness. So, please join us for this wonderful event. We will be having an auction and will be selling tickets, 1 ticket for a \$1.00, or 6 for \$5.00. All proceeds will go towards Acres of Hope. We have some great auction items that will be raffled off. Good luck and thank you for supporting such a wonderful cause. Then, on Tuesday, October 23rd, at 1:00pm, join us for some scary Halloween readings by Peter Blueberry and the children from Sunflower Preschool will be joining us too. On Friday, October 19th, we will be heading over to the Spirit Halloween store, so you can find a Halloween costume for our Halloween Costume Party on Wednesday, October 31st.



Tina

Marketing Moments

Autumn is in the air and with it many of the things we love about October ...fall-scented candles, warm cups of cider, pumpkin bread, cozy sweaters, Halloween costumes and football, too!



October is the month Medicare 2019 Open Enrollment begins. Changes, improvements and your options will be explained by a representative of AARP United Healthcare on Wednesday the 17th. Don't miss this very important presentation!



Also, for your convenience, Rite-Aid will give flu shots here in the Library on October 9th. Together we can help make Roseville Commons a flu free community. Screening questionnaires and consent forms are available in the Office. Please sign up for a time slot during our monthly Activity Talk meeting, on Wednesday, October 3rd, in the RR.

It's even better than Trick or Treat ~ a \$500.00 rent credit could be yours! Just refer a friend or family member to tour, 60 days after she/he moves in, the \$500.00 rent credit is yours. Please see me for complete details.

Share a smile! Be kind! Brighten a neighbor's October day! Stop by the Office just to say hi!

Happy October, everyone!



Marlene

Friday Excursions

I have a variety of outings planned for you to choose from this month. We will be starting it off with a fun filled day on Saturday, October 6th to the 30th Annual Loomis Eggplant Festival.



Where else can you get food, fantasy and fun greets? Entry fee is **FREE**, these are the best kind of festivals. I hope to have a good turnout, this is the perfect time to get outside and enjoy this beautiful Fall weather. I have had people asking about going to Apple Hill, so I have planned an outing to High Hill Ranch on Friday, October 12th.



They have the largest apple pies, flavorful crisp apple ciders, a Fudge Factory, fruits and vegetables, all types of food to choose from for lunch, they also have the greatest selection of handmade arts and crafts. If you have a walker, I suggest you bring it on this outing. We can't forget about why the month of October is so popular for many people, it's all about Halloween. So, on Friday, October 19th we are going over to the Spirit Halloween Store in



Roseville, to check out some costumes. We will be having a costume contest on Halloween. After all the shopping, I'm sure you will have worked up an appetite, so we will head over to Chevy's for a delicious lunch and maybe one of their famous margarita's. Our last outing of the month will be to Cache Creek Casino in Brooks, they have 9 different restaurants to choose from for lunch. I will be serving a muffin and juice in the lobby 15 minutes prior to your departure. Don't forget to sign up in the book for these fun outings.



Tina

Culinary Corner

Hello Residents,

Autumn is finally upon us and it will bring some new fall flavors with the season. As the weather cools down, look out for warmer, more rustic meals as well as some spook-tacular treats come Halloween!



We will be having a savory German inspired Dinner on Thursday, October 4th, along with a tasty German beer for Oktoberfest of this month.



I would like to give a little reminder regarding dinner hours. The kitchen and dining room close for seating at 6:00 PM nightly. If we could please ask for your cooperation to exit the dining room no later than 6:20 PM to allow our dining room staff and dishwashers adequate amount of time to clean up and reset the dining room for the following day. This is necessary to allow our staff to go home to their families at their scheduled time, and also to ensure the next morning shift will be set up for success. We thank and appreciate your cooperation in this matter.

Now unfortunately, with the new fall season also comes flu season! We would like to ask the residents that if you are sick, please be responsible and look out for the well-being of our community by staying in your rooms until you are fully recovered. Remember that there are many residents whose immune systems are not very strong, and the slightest trace of bacteria or virus can infect them. Each resident receives 3 complimentary room service deliveries a month, so please utilize the tray service if you are sick to minimize the spreading of germs.

Thank you so much for your cooperation in these matters and for making our dining services such a success!



*Sincerely,
Chef Brian*