

List of In-House Services

Kaleidoscope Salon

Denise Hubbard (916) 486-2710
Open Tuesdays, Thursdays and Fridays
8:00 am - 5:00 pm

Clean Touch

Will Huttunen (916) 600-6161
Laundry services, dry cleaning & alterations
Call for pick up at your front door, every Monday and Thursday!

Family Wash & Dry

Call Mariah at 916-220-8849

Fluff & Fold Services

Celtic Hands Massage

Kevin McLachlan (916) 878-6189

In-house massages

Every 2nd & 4th Wednesday

15 minutes for \$13.00

9:00am-1:00pm

Sign up in the book!

Community Hearing Aid Ctr

Ed Vinson (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

Lisa Free (559)-800-3351

And other services available

Sign up in the book for transportation

Juanita's Spring Bingo Monday, April 22nd 2:00pm in the RR



*Family & friends are
always welcome!*

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 ~ Daisey Coronel

R.R. Part Time ~ Traci Gelgood

Maintenance ~ Jack Pesola

Part time maintenance ~

Bus Transportation ~ Bruce Stuebing

Van Transportation ~ Drew Marcus

Housekeeping ~ Margaret, Phul and Terri

Part Time Night Porters ~ Joy, 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, Like us on Facebook <https://www.facebook.com/RosevilleCommonsSeniorLiving/>



Celebrating April

Jam Session ~ Charlie

Friday, April 5th

2:00pm-3:00pm-RR

Tuesday Speaker ~

Dr. Christinenat

Fall Prevention & Balance

Performance PT

Tuesday, April 9th

1:00pm-RR

Wine Social

w/The Songbird Trio

Saturday, April 13th

2:00pm-3:00pm-RR

Spring Bonnet Party

w/Charlie Hull

Saturday, April 20th

2:00pm-3:00pm-RR

Spring Brunch Celebration

Sunday, April 21st

10:00am-1:00pm -DR

*Don't forget to pick up your
boxed lunch!*

Tuesday Wine Tasting

Scout and Cellar

RSVP ~ Marlene by 4/17

Tuesday, April 23rd

1:00pm-RR

Happy April Fool's Day

Let's all share a little more laughter this month! Instead of fooling people on April Fool's Day, why don't we start with testing our sense of humor? Some researchers think laughter just might be the best medicine, helping us feel better and putting that spring back in our step. Yet, others aren't sure if it's not the actual act of laughing that makes people feel better. I think a good sense of humor; a positive attitude and the support of friends and family might play a big role in making people laugh. But while we don't know for sure that laughter helps people feel better; it certainly isn't going to hurt in trying to make someone smile.

Instead of calling it April Fool's Day, let's call it **Sense of Humor Day**. I do have to say I have been known to have a witty sense of humor. I may not show it much in the common areas; but, just ask my staff ... I can say some funny and quirky things sometimes. I love to laugh and share a joke now and then. I promise I will bring out my sense of humor in April.

In April, we will be conducting our apartment inspections. I will send out date and time notices as to when our wonderful maintenance man, Jack, will be doing the inspections. This is also a great time to do a little spring cleaning and declutter, especially tossing those old newspapers or magazines. It's so important to make sure your apartment home is easy to get around in order to prevent falling.



I had such a great turn out last month for bingo, so much fun, raffles and goodies, too. Please come join me this month on April 22nd at 2:00pm. Hope to see you there!

Juanita ☺

Fun in April!

Blossom, by blossom, spring is near. The crisp air is so refreshing in the morning, and the smell of all the blooming flowers is sweet to our nose. Wowzers, I can't believe 3 months have already passed this year!

There's that old saying "time flies when you are having fun." Well, it didn't go by fast for me when I was out for my knee. I want to say **thank you** to all of you for the thoughtful get-well cards, all your well wishes, and your prayers. They were greatly appreciated when I was out recuperating from my knee operation. I am blessed to have the opportunity to be your Activities Director. You show me how to be gracious, kind, loving, and how to stay young on a daily basis. All of you never cease to amaze me.

We have lots of fun events planned for you this month, starting off with our monthly Activity Talk & Raffle. Who's going to be the lucky one this month? I will have the baskets out, so you can drop your tickets prior to 1:00pm in the RR on Tuesday, April 2nd. See you there! We have some wonderful entertainers coming out this month for our Happy Hours on Thursdays from 2:30pm-3:30pm in the RR, such as Marcus & Maggie, Denis Colletet, The Lincoln Highway Band, and John & Jimmy. These bands will get you up



and dancing! This month, we have some vendors coming out to sell, along with a Wine Social and a Spring Bonnet Party, where you will enjoy sipping champagne and some chocolate delights! If you didn't get a chance to see Richard Wong and Phil's artwork last time they were here, you are in for a treat. Their beautifully hand-crafted Gourd Art and Semi-Precious stones jewelry are one of a kind pieces. They are unique, as well as inexpensive. They have a website, R&P2W Designs, if you would like to view their work. We also have Pat Wagner coming out to sell her jewelry, along with other goodies. If you enjoy singalongs, you will enjoy coming down every Thursday from 12:30pm-1:30pm in the RR to join in the fun with Dan. We also have Charlie's singalong on the second Monday of each month from 2:30pm-3:30pm. Check your calendar daily for all the events I have mentioned.

Tina

Marketing Moments

When you think about the month of April, do thoughts of bunnies or income tax forms come to mind?

There's a lot more to April than cellophane grass, or the 1040 here at Roseville Commons! We have so much going on! If you're looking for a unique spring or Mother's Day gift, browse the unusual gourd art and stone jewelry showcased on April 6th and find that perfect bottle of clean-crafted wine at our exclusive wine tasting on the 23rd. Be sure to RSVP by April 17th!

Dr. Christine Nat, DPT of Roseville's Performance Physical Therapy, will offer tips and techniques on Balance Management and Fall Prevention at 1:00pm on April 9th. Don't miss this valuable presentation.



And when you have a quiet moment, gals and guys, create that fabulous spring bonnet, you could be our winner on the 20th!

Do you have a friend, or relative, that you'd love to have as a neighbor? If so, drop by the office and see me. I'll extend a personal invitation to him/her to tour our warm, wonderful community and enjoy a complimentary brunch or dinner with you. 60 days after move-in, you'll receive a \$500.00 credit against your next month's rent!



That's better than a basket full of chocolate!

Happy spring!

Marlene

Friday Excursions

This month, we have planned some outings that everyone might enjoy. Our first Friday is an eat out only outing. We will board the bus at 11:15am on April 5th to go eat at the Olive Garden in Roseville.



We will make it back in time for you to enjoy Charlie's Friday Jam Session at 2:00pm in the RR.

Then, on Friday, April 12th, we are heading up to the historic downtown of Lincoln for some good old BBQ at The Double Barrel Smokehouse. Afterwards, you can stroll through the unique Ma and Pa shops located on the same street as the restaurant, or you can walk over to the Free Historic Museum, located across the street. The Double Barrel just recently moved into the historic Beerman's building, which was built in the 1900's. It's a beautiful 12,500 sq. ft., 2 story building, which is said to be haunted. Here's a little fact, our housekeeper, Terri, has a son who works there as a sous chef. So, this should be an enjoyable time.



On Friday, April 19th, we will board the bus at 9:30am. We will be driving to Loomis for a lovely breakfast, or lunch, at the quaint little restaurant called The Ugly Mug Café.



Then, out to King Road to visit Horton's Iris Garden. You will experience a peaceful country visit to their iris farm that includes about 1200 varieties of irises to see in bloom and purchase. Horton's Iris Garden is celebrating their 20th year in business this year.

Our last Friday outing will be to Thunder Valley Casino. We will board the bus at 11:30am for a little gambling, or maybe you just want to go to the all you can eat buffet. We will return at 3:00pm. Good luck!

Tina

Culinary Corner

Hello Roseville Commons Residents,

Spring is in the air, and so are the aromas from the kitchen! Please invite your friends and family for a wonderful Spring Spectacular



Brunch this year on April 21st. As always, we will be featuring a delicious and elegant Chef prepared

meal for you and your loved ones to enjoy. We hope to see you all there!

Prior to that, we will be celebrating National Peanut Butter & Jelly day, on April 2nd. Last year we served grilled peanut butter and jelly sandwiches with carrot and celery sticks for lunch. It was to the surprised delight of the residents, so we will follow suit for another year!



On another note, we now have a new dining survey you can fill out. This survey is rated by numbers, and you may write your personal comments or suggestion on the back of the form. I will go over the surveys

during our Food Focus Group meeting. The surveys are located on the desk in the Dining Room foyer. Please put them in my suggestion box. Also, if you are interested in joining our Food Focus Group, please reach out to Juanita or Marlene to put you on the waiting list.

**Sincerely,
Chef Brian**



New Trash Time!



The night porters at Roseville Commons will pick up your **tied trash bags** between the new hours 6:30pm-9:00pm.

Please do not put your trash outside of your front door prior to 6:30pm, or after 9:00pm. All trash needs to be inside a tied trash bag, this also includes newspapers.



No boxes please! All personal boxes need to be flattened and placed in the outside trash bin by family or residents. Please do not leave boxes in the hallway at any time.

Thank You,
Juanita

Doctor Appointments

Our doctor appointment days are Tuesday, Wednesday and Thursday. There are no appointments earlier than 9:00am (sign up 8:30am) to be there by 9:00am. Our last appointment time is 2:30pm. Our last pick-up time is 3:30pm; unfortunately, if your pick-up time is later than 3:30pm you will need to find your own ride home.



Thank you,
Management

*A very warm welcome
to our new resident!*



Rita Passadore #122

Sue Coffey #316

Activity Talk



Our **Activity Talk & Raffle Meeting** will be on Tuesday, April 2nd, at 1:00pm in the RR. I will have the table with the raffle prizes set up early, so you can drop your raffle tickets in whichever basket, if not all of them, to try and win a prize. Our meetings are meant to go over the monthly calendar and to get feedback from all of you. I want to hear where you all want to go on Fridays, and who you want to come entertain you during Happy Hours and Wine Socials. This is your home and community, I want to make sure you are having the best time ever, and that I'm planning what you want. I just want to make your life is as fun as possible. If you are not comfortable talking in front of a group of people, please feel free to pull me aside, or meet me up in my office on the 3rd floor. I also have a suggestion box on our community board, located in the dining room foyer. I want to hear from you!

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



Famous April Birthdays

Buddy Ebsen (actor) – April 2, 1908
Washington Irving (author) – April 3, 1783
Maya Angelou (poet) – April 4, 1928
Bette Davis (actress) – April 5, 1908
Billie Holiday (singer) – April 7, 1915
David Letterman (TV host) – April 12, 1947
Henry Mancini (composer) – April 16, 1924
John Muir (naturalist) – April 21, 1838
Glen Campbell (singer) – April 22, 1936
Ella Fitzgerald (singer) – April 25, 1917
Samuel Morse (inventor) – April 27, 1791
Harper Lee (author) – April 28, 1926
Duke Ellington (bandleader) – April 29, 1899

Our April Birthdays

Hank H.	1	#118
Sue R.	7	#129
Jan C.	13	#226
Frances B.	13	#216
David A.	16	#210
Eileen B.	17	#332
John S.	20	#318
Susan S.	21	#306
Margaret M.	21	#108
Aileen G.	24	#204
Charlie H.	25	#211



In astrology, those born April 1–19 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm. They embrace action, take risks, and will fight for their goals. Those born April 20–30 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded!



Craft Corner

If you enjoy using your hands to create your own crafts, then you should join us on the 1st and 3rd Wednesday in the RR at 12:30pm for our Stitch & Chat group. Everyone is welcome! This is a way to meet with others who hand sew purses, stitch embroidery, and crochet. If you are curious, bring down your own crafting material and share it with the group. Also, every 2nd and 4th Wednesday, we have our Ceramics class with our wonderful instructor, Claudie. All materials are provided to you for free, along with one on one help making beautiful ceramic pieces of art. These pieces are for you to keep, and they make beautiful gifts too. This month she is coming in on Monday, April 15th, instead of Wednesday, April 24th. Claudie will be on vacation.




























This month we will have a craft with Tina day on Tuesday, April 16th, at 12:30pm in the craft room on the 1st floor. We will be making spring bonnets for you to wear, just in time for our Spring Bonnet Party on Saturday, April 20th!

Wild Guesswork

There may be no prize for guessing what holiday falls on April 15, but you'd be right if you guessed



Take a Wild Guess Day. It is no fluke that this holiday coincides with Tax Day in the United States. Take a Wild Guess Day inventor Jim Barber wanted to celebrate the random nature of wild guessing in contrast to the exact science of filing taxes. It turns out that this is the perfect day to follow hunches, leap to conclusions, and not listen to reason. You can celebrate by filling a jar with jelly beans and guessing the amount. After all, what's the worst that can happen if you take a wild guess? A wild guess may be better than no guess at all. Jim Barber acted on a hunch that his holiday would be a hit. Guess what? He was right. **Our Jelly Bean contest is on April 17th, winner announced on Thursday, April 18th. Good luck!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 1:00 Wii Bowling-LO 1:00 Monday Movie Matinee-RR 6:15 Bridge-LB 6:30 Poker-PL  All Fools' Day	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 1:00 Activity Talk & Raffle-RR  Bean Bag Baseball -RR 6:30 Bingo-RR 	9:00 Catholic Communion-CH 9:30 Exercise Class w/Joan-RR 11:15 Tai Chi/DVD-RR 12:30 Stich & Chat-RR 2:30 POKENO-RR You need 21 nickels & 4 dimes to Play POKENO. Join in the Fun! 6:30 Poker-LB	9:30 Exercise Class w/Tom-RR 11:15 Tai Chi-RR 12:30 Music with Dan-RR 1:00 Wii Bowling-LO 2:30 Happy Hour-RR w/Marcus Rivers 6:30 Bingo-RR 6:30 Spades-LB 	9:30 Senior Stretching/DVD-RR 11:15 BOARD BUS FOR Olive Garden Eat Out Only! In Roseville 11:15 Tai Chi/DVD-RR 2:00 CHARLIE'S JAM SESSION-RR 6:30 Friday Night Movie-RR 6:30 Poker-PL	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 11:00 Gourd Art & Jewelry for sale by Richard & Phil-RR 2:30 Bean Bag Baseball-RR 6:30 Bingo-RR 6:30 Pinochle-LB 
Brain Teasers-LB 12:00 Crossword Club-PL 2:30 Bean Bag Baseball-RR Practice Only 6:30 Sunday Night Movie-RR 	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 1:00 Wii Bowling-LO 2:30 Charlie's Singalong-RR 6:15 Bridge-LB 6:30 Monday Night Movie-RR 6:30 Poker-PL	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 1:00 Tuesday Speaker-RR Fall Prevention & Balance Performance PT 2:30 Bean Bag Baseball-RR 3:30 Corner Stone Christian-RR 6:30 Bingo-RR 	9:00 Catholic Communion-CH 9:00 Seated Massages-Kevin 9:30 Exercise Class w/Joan-RR 11:15 Tai Chi/DVD-RR 12:30 Ceramics-RR 2:30 POKENO-RR You need 21 nickels & 4 dimes to Play POKENO. Join in the Fun! 6:30 Poker-LB	9:30 Exercise Class w/Tom-RR 11:15 Tai Chi-RR 12:30 Music with Dan-RR 1:00 Wii Bowling-LO 1:30 Free Hearing Clinic-CR 2:30 Happy Hour-RR w/Denis Collected 6:30 Bingo-RR 6:30 Spades-LB 	9:30 Senior Stretching/DVD-RR 11:15 BOARD BUS FOR LUNCH AT DOUBLE BARREL SMOKEHOUSE & SHOP LOCAL STORES IN LINCOLN 11:15 Tai Chi/DVD-RR 6:30 Friday Night Movie-RR 6:30 Poker-PL	9:30 Senior Stretching/DVD-RR 10:00 Jewelry for sale by Pat Wagner-RR 11:15 Tai Chi/DVD-RR 2:00 Wine Social-RR w/ The Songbird Trio 6:30 Bingo-RR 6:30 Pinochle-LB 
Brain Teasers-LB 12:00 Crossword Club-PL 2:30 Bean Bag Baseball-RR Practice Only 6:30 Sunday Night Movie-RR  Palm Sunday	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 12:30 Ceramics-RR 1:00 Wii Bowling-LO 2:00 Monday Movie Matinee-RR 6:15 Bridge-LB 6:30 Poker-PL	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 12:30 Crafts with Tina-CR Spring Bonnets  2:30 Bean Bag Baseball-RR 6:30 Bingo-RR 	9:00 Catholic Communion-CH 9:30 Exercise Class w/Joan-RR 11:00 Residents Birthday Brunch-DR 11:15 Tai Chi/DVD-RR 12:30 Stich & Chat-RR 2:30 POKENO-RR 6:30 Poker-LB  Jelly bean Contest ~ Foyer of Dining Room	9:30 Exercise Class w/Tom-RR 11:15 Tai Chi-RR 12:30 Music with Dan-RR 1:00 Wii Bowling-LO 2:30 Happy Hour-RR w/The Lincoln Highway Band Announce winner of Jelly bean contest 6:30 Bingo-RR 6:30 Spades-LB 	9:30 Senior Stretching/DVD-RR 9:30 BOARD BUS FOR THE UGLY MUG CAFÉ & Horton Iris Garden in Loomis  11:15 Tai Chi/DVD-RR 6:30 Friday Night Movie-RR 6:30 Poker-PL Good Friday	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 2:00 Spring Bonnet Party-RR Sip Champagne & savor chocolate delights! w/ Charlie Hull 6:30 Bingo-RR 6:30 Pinochle-LB 
Brain Teasers-LB 10am-1pm Spring Brunch-DH Don't forget to pick up your boxed lunch!  12:00 Crossword Club-PL 2:30 Bean Bag Baseball-RR Practice Only 6:30 Sunday Night Movie-RR Easter Sunday	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 1:00 Wii Bowling-LO 2:00 Juanita's Spring BINGO  6:15 Bridge-LB 6:30 Monday Night Movie-RR 6:30 Poker-PL Earth Day	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 1:00 Scout and Cellar-RR Wine Tasting ~ RSVP By 4/17  2:30 Bean Bag Baseball-RR 6:30 Bingo-RR	9:00 Catholic Communion-CH 9:00 Seated Massages-Kevin 9:30 Exercise Class w/Joan-RR 10:00 Mass-CH 11:15 Tai Chi/DVD-RR 2:30 POKENO-RR 6:30 Poker-LB	9:30 Exercise Class w/Tom-RR 11:15 Tai Chi-RR 12:30 Music with Dan-RR 1:00 Wii Bowling-LO 2:30 Happy Hour-RR w/Little Trouble 6:30 Bingo-RR 6:30 Spades-LB 	9:30 Senior Stretching/DVD-RR 11:30 BOARD BUS FOR Thunder Valley Casino Return home at 3:00pm 11:15 Tai Chi/DVD-RR 6:30 Friday Night Movie-RR 6:30 Poker-PL Arbor Day	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 2:30 Bean Bag Baseball-RR 6:30 Bingo-RR 6:30 Pinochle-LB 
Brain Teasers-LB 12:00 Crossword Club-PL 2:30 Bean Bag Baseball-RR Practice Only 6:30 Sunday Night Movie-RR 	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 1:00 Wii Bowling-LO 1:00 Monday Movie Matinee-RR 6:15 Bridge-LB 6:30 Poker-PL	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 2:30 Bean Bag Baseball-RR 6:30 Bingo-RR 	 <div>April 2019</div> <div>Roseville Commons Activities</div> 