# List of In-House Services

#### Kaleidoscope Salon

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

#### Clean Touch

Will Huttunen (916) 600-6161 Laundry services, dry cleaning and 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 2<sup>nd</sup> & 4<sup>th</sup> Thursday 15 minutes for \$13.00 1:00pm-4:45pm *Sign up in the book!* 

#### Community Hearing Aid Ctr

Ed Vinson (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!!

#### Affordable Canine & Professional Dog Walker Lisa Free (559)-800-3351

And other services available

## Juanita's Summer Bingo Monday, June 17th 2:00pm in the RR



You will need 4 dimes and 1 quarter to play, please be on time!

> 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 ~ Daisy Coronel R.R. Part Time ~ Traci Gelgood Maintenance ~ Jack Pesola 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:

Front 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 June Christopher's Musical Marionettes Tuesday, June 4<sup>th</sup> 1:00pm -RR

Jam Session ~ Charlie Friday, June 7<sup>th</sup> 2:00pm-3:00pm-RR

#### **Roseville Fire Department**

Emergency Procedures w/Captain Russ Tuesday, June 11<sup>th</sup> 1:00pm-RR

#### **Father's Day Celebration**

Saturday, June 15<sup>th</sup> Ice Cream Social 12:30pm-1:30pm-RR Opera~Kadabra w/Patrick Sean Bell 2:00pm-3:30pm-RR

#### Annie's Sno Biz Free snow cones out front

*Tuesday, June 25<sup>th</sup>* 1:00pm-2:00pm-RR

#### 4<sup>th</sup> of July Presentation by Kevin Erbie Saturday, June 29th 2:30pm-RR

#### Happy Father's Day

Fathers are some of the most influential people in our lives. They leave no stone unturned to help us out of every crisis and express their unconditional love towards us. They have always been our guide, each and every day of our life. Hats off to all of the fathers! We wish all of them a Happy Father's Day!

#### **Summer Safety Tips**

As spring begins to come to a close, we are having an early summer. Here are some basic tips of staying healthy during the summer months.

- If you need to be out in the heat, be sure to take frequent breaks and try to find a cool spot periodically. Better yet, take it easy and put off strenuous activities until the coolest part of the day and enjoy our indoor activities out of the heat.
- 2) Drink plenty of water. At least two to four cups (16-32 ounces) is recommended upon rising in the morning, and a similar amount if you are outside working, or enjoying activities.
- **3)** Get some sun-protection clothing to protect yourself from overexposure. Cotton clothing is nice and cool. Also, wearing a hat is helpful.
- 4) Apply sunscreen when outside.
- 5) Get plenty of rest!

Just a friendly reminder to all pet owners here at Roseville Commons, during the summer months, make sure your pet has fresh water, and keep it in a shady area. Also, be sure your pet's vaccinations are up to date!

Happy Father's Day,

## Fun in June!

Summer starts on Friday, June 21<sup>st</sup>. I just want to remind all of you to stay hydrated and to use sunblock. This month, we have guite a few fun events happening within our community. To start us off, we have Alvin Soriaga playing at our Wine Social on Saturday, June 1<sup>st</sup>, at 2:30pm. I hope to see you there! Then, on Tuesday, June 4<sup>th</sup>, we have Christopher and his Musical Marionettes coming out to entertain you at 1:00pm in the RR. We have our Father's Day

celebration on Saturday, June 15<sup>th</sup>, starting off with the Beer & Brats Brunch from 10:30am-1:00pm in the DR. Then, from 12:30-1:30pm, we will



have an Ice Cream Social in the RR. After that, from 2:00pm-3:30pm, we will have Christopher's Musical Marionettes in the RR. For our Thursday Happy Hours, we have some wonderful entertainers coming out, such as Mike Branson from the Drifters. Happy Hours are a great time to come down to mingle, as well as enjoy the music, have a soda or a libation with snacks, and maybe get a few dances in too. June is the month of Safety Awareness; we have Captain Russ coming in on Tuesday, June 11<sup>th</sup>, at 1:00pm in the RR to go over emergency procedures. Please come join in on this speaker event, it could save a life!

We offer free ceramic classes every 2<sup>nd</sup> and 4<sup>th</sup> Thursday down in the RR at 12:30pm. We offer <sup>1</sup>/<sub>2</sub> hour morning balance & strength exercise classes on Tuesdays and Wednesdays in the RR, starting at 9:30am with our instructor Joan. These classes are a mixture of seated and standing exercises. Then, on Thursdays, starting at 9:30am, we offer a 1/2 hour exercise class in the RR with our instructor, Tom. Tom's classes are seated, full body, strength and stretch exercises. If you have never come down to join in, you should try it one day! These classes are the perfect way to keep you in motion. A body in motion stays in motion! On Thursdays, we have a sing-along with Dan in the RR from 12:30pm-1:30pm. If you enjoy singing, or just like to listen, come join us for our resident karaoke (dates on calendar). Make sure to check our community calendar to see what's going on each day! Sometimes events are subject to change.

## **Marketing Moments**

"June is here this morning and the sun is shining hot." How true for us with triple digit temperatures ahead! It's always cool in the Rose Room; so, please join us for all the fantastic and informative happenings this month. Don't miss Activity Talk on the 5<sup>th</sup> for all the details.

Summer officially arrives on June 21st! Celebrate with an icy cold sno-ice cone by

Annie's Sno-Biz on the 25th. Her whimsical cart will be out front. Smile as you select your favorite flavor, there are 45 flavors to choose from!



Remember shared experiences, special moments and those tidbits of wisdom as we celebrate our dads, granddads and all of the marvelous men in our lives on Saturday, June 15<sup>th</sup>. Enjoy our Father's Day Ice Cream Social at 12:30pm and then, at 2:00pm, you won't want to miss Opera Kadabra, the world's only opera singing magician!

Please say "hello" to someone new every day! If they're your neighbor, invite them to join you for brunch, dinner, or Bingo. Kindness is contagious and June is sun-sational!

Happy Father's Day!

## Marlene

Please slow down and watch where you are driving your mobile scooters within our community. Safety is imperative!



## **Friday Excursions**

I can't believe we are halfway into 2019! Soon, we will be out shopping for the holidays. Well, this month I have some fun outings planned. I hope one of them interests you. The first Friday



is an eat out only to Chili's in Rocklin. Chili's is best known for their famous, delicious, baby back ribs! We will be back in time for you to

enjoy Charlie's Jam at 2:00pm. This month, Flag Day falls on Friday, June 14<sup>th</sup>. I thought this would be the perfect day to head out to The Forgotten Warrior Museum, located in Marysville. We will board the bus at 10:00am for the

museum and Library Center. Enjoy a delicious BBQ hamburger and hotdog lunch by yours truly (Tina). There will be docents there for tours



and to answer any questions you may have. The museum is a non-profit organization, so they rely on donations to keep the magnificent museum open for all to enjoy. The museum is dedicated to all veterans, and is a special way to remember, respect and honor them. Then, on Friday, June



21<sup>st</sup>, we will board the bus at 11:00am to Frasinetti's Winery & Restaurant to enjoy some good company, food, and wine. They

also have a quaint tasting room and gift shop which offers you the opportunity to sample their wines, as well as many gourmet foods. Browse the array of wine-related items (specialty garlics, mustards, marinades, cookbooks, glassware, and clothing). Our last Friday outing will be to Cache Creek Casino. We will board the bus at 9:30am for a little gambling, or maybe you just want to go to the all you can eat buffet, or one of their other restaurants. See menus in the book. We will return at 2:00pm. Good luck!

Tina

# **Culinary Corner**

Hello Residents of Roseville Commons.

The official first day of summer is on June 21st, but it is already heating up! My summer safety message is to please make sure you are drinking plenty of water in order to stay hydrated. Remember, you can always "eat" your water too by consuming fresh fruits and vegetables, such as melons, grapes, cucumbers and tomatoes. Proper protection from the sun is important as well; by staying cooler you'll naturally stay more hydrated. On June 15<sup>th</sup>, we will be celebrating all dads with a Brats & Beers party during brunch. As a dad myself, this is definitely my kind of party! I'd also like to take a moment to remind everyone that you have no obligation to eat food that you genuinely do not like or is not cooked to your liking. The kitchen staff and I will happily fix you something else from the menu if you do not like your entrée of choice and we will gladly remake your meal if it is not cooked to your liking. I'm sure some of you don't send items back, because like me, food waste is a concern of yours; however resident satisfaction is a top priority of ours.

#### Important reminder on dinner hours

The management would like me to remind everyone of our dinner hours. The dinner hours open at 3:30pm and close at 6:00pm. Our dining room and grill closes at 6:00pm. We have a few residents who like to come in later for dinner. The best time is to come in before 5:40pm. This will allow us to get your dinner to you by 6:00, in order for us to clear the dining room by 6:15 to clean and set up our dining room for the following day. Our staff needs to end their shift at 6:30pm. You are more than welcome to come in earlier. If you want to visit longer during your dinner time, our suggestion is to come in at 5:30pm. Thank you for understanding.

Happy summer! Chef Patrick





## Walkers & Scooters Safety **Tips:**

Urgent attention to all owners of scooters and walkers: We recently had more incidents with residents being hit by mobile scooters and tripping over walkers. Walkers that are being parked in the Rose Room and other common areas are causing some concerns. We are requesting that during all events in our Rose Room, that walkers and scooters are parked in the hall along the wall. If you need assistance putting your walker or scooter in the hall, Tina, or one of our volunteers, is more than happy to assist you. We will also retrieve them for you once the event is over: or, if you need to leave prior to the end of the event, we will help.

With the recent incidents with walkers and scooters during our events, this has become a serious safety hazard to all of our residents, employees and guests.

Please be aware of your surroundings and be cautious of others. Please remember you may be personally liable for someone's injuries if your scooter, or walker, is involved in an accident. We are also requesting that all residents who use mobile scooters to please use the large elevator. Please double check before entering and exiting the elevator, for safety reasons. Residents with scooters, please enter the dining room slowly, as well as when you are exiting. When entering our lobby sliding door, please wait until the door has completely opened to avoid damaging it. You may be held responsible for any damages to the sliding lobby door, as well as any walls, that will need to be repaired if hit. If you have any questions, you are welcome to talk with me personally. I really appreciate your help on this matter

## Thank you for your cooperation, Iuanita

A very warm welcome to our new residents!



Victoria Garcia #226 Eva McLain #228



Our Activity Talk & Raffle Meeting will be on Wednesday, June 5th, at 1:00pm in the RR. I will have the table with the raffle prizes set up early. You can drop your raffle tickets in whichever basket, if not all of them, to try and win a prize! One prize per winner. You must have your raffle tickets in the baskets prior to the start of our meeting.

Our Activity meetings are meant to go over the monthly calendar and to get feedback from all of you. 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. If you have ideas for outings, entertainers, movies, etc., and if you don't feel comfortable speaking in front of a group people, please feel free to stop by my office on the 3<sup>rd</sup> floor. Or, if you see me running around, just grab me and we can talk. I also have a suggestion box on the community bulletin board in the foyer of the dining room. Congratulations to last month's winners, Dominic, Ben G., Mary D. and Teri! Good luck on the raffle.

I hope to see you there,

Tina

# Famous June Birthdays

Marilyn Monroe (actress) – June 1, 1926 Josephine Baker (entertainer) – June 3, 1906 Tom Jones (singer) – June 7, 1940 Frank Lloyd Wright (architect) – June 8, 1867 Harriet Beecher Stowe (author) – June 14, 1811 Igor Stravinsky (composer) – June 17, 1882 Lionel Ritchie (singer) – June 20, 1950 Octavia Butler (writer) – June 22, 1947 Pearl S. Buck (writer) – June 26, 1892 John Elway (quarterback) – June 28, 1960

# Our June Birthdays

Betty M.	3	#329
Pat C.	4	#229
Louise P.	8	#205
David F.	10	#105
Emily K.	11	#203
Anne L.	12	#134
Elaine B.	12	#202
John B.	13	#123
Earnie S.	16	#113
Carmen L.	18	#137
Bruce A.	23	#312
Cathy T.	24	#305
Barbara B.	30	#109



In astrology, those born June 1-20 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and

fun-loving side that is the life of the party, but also a deep and emotional side that needs love and nurturing. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.



# Craft Corner

If you enjoy using your hands to create your own crafts, then you should join us on the 1st and 3<sup>rd</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> 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 pieces of art. This month, we will



have a Craft with Tina day on Saturday, June 8<sup>th</sup>, at 12:30pm in the Craft Room on the 1st floor. We will be making beaded bib/napkin

holders. You can use them for your dining bib/napkin, or your glasses. Please sign up in the book.

### **Voter Registration Forms**:

Charlie Hull was kind enough to contact the Placer County Clerk to have voter registration forms sent over to our community since we have so many new residents. So, if you need one, please stop by the front office to pick one up.

#### Maintenance Man:

Hello Residents.

Here at Roseville Commons, we have procedures to follow regarding getting work orders completed for our residents. If you have an issue that needs to be addressed, please stop by the front office to have a work order form filled out and Jack will get to it in the order in which they were submitted. Please do not stop Jack in the halls requesting a work order. Thank you for your cooperation.



Management

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>June</b> Roseville Com	mons Activitie			9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 2:30 Wine Social-RR w/Alvin Soriaga 6:30 Bingo-RR 6:30 Pinochle-LB
Brain Teasers-LB 2 12:00 Crossword Club-PL 2:30 Bean Bag Baseball-RR Practice Only 6:30 Sunday Night Movie-RR			9:30 Exercise Class w/Joan-RR 11:15 Tai Chi/DVD-RR 1:00 Activity Talk & Raffle-RR 2:30 POKENO-RR You need 21 nickels & 4 dimes to Play POKENO. Join in the fun! 6:30 Poker-LB	11:15 Tai Chi-RR 12:30 Music with Dan-RR 1:00 Wii Bowling-LO 2:30 Happy Hour-RR w/Richard Turnage 6:30 Bingo-RR 6:30 Spades-LB	<ul> <li>11:15 BOARD BUS FOR Chili's Grill &amp; Bar</li> <li>Eat Out Only! In Roseville</li> <li>11:15 Tai Chi/DVD-RR</li> <li>2:00 CHARLIE'S JAM SESSION-RR</li> <li>6:30 Friday Night Movie-RR</li> <li>6:30 Poker-PL</li> </ul>	<ul> <li>9:30 Senior Stretching/DVD-RR</li> <li>11:15 Tai Chi/DVD-RR</li> <li>12:30 Crafts with Tina-CR</li> <li>Beaded Bib Clip holders</li> <li>2:30 Gain Montesini -RR</li> <li>Saxaphone player: Louis Armstrong, Cole</li> <li>Porter and more.</li> <li>6:30 Bingo-RR</li> <li>6:30 Pinochle-LB</li> </ul>
Brain Teasers-LB 9 12:00 Crossword Club-PL 2:30 Bean Bag Baseball-RR Practice Only 6:30 Sunday Night Movie-RR Shavuot		9:30 Exercise Class w/Joan -RR <b>11</b> 11:15 Tai Chi/DVD-RR 1:00 Tuesday Speaker-RR Captain Russ ~ Roseville Fire Emergency Procedures. 2:30 Bean Bag Baseball-RR 6:30 Bingo-RR	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-PL	11:15 Tai Chi-RR 12:30 Music with Dan-RR 1:00 Wii Bowling-LO 2:30 Happy Hour-RR w/Dennis Cain 6:30 Bingo-RR 6:30 Spades-LB	10:00 BOARD BUS FOR MUSEUM OF THE FORGOTTEN WARRIORS BBQ LUNCH WILL BE PROVIDED! 11:15 Tai Chi/DVD-RR 6:30 Friday Night Movie-RR 6:30 Poker-PL	9:30 Senior Stretching/DVD-RR 10:30 Father's Day Brats & Beer Brunch-DR 11:15 Tai Chi/DVD-RR 12:30-1:30 Sundae Bar-RR 2:00 Opera-Kadabra-RR 6:30 Bingo-RR 6:30 Pinochle-LB
12:00 Crossword Club-PL 2:30 Bean Bag Baseball-RR Practice Only 10:30 Father's Day Brunch-DR		9:30 Exercise Class w/Joan -RR <b>18</b> 11:15 Tai Chi/DVD-RR 2:30 Bean Bag Baseball-RR 6:30 Bingo-RR	9:30 Exercise Class w/Joan-RR 11:00 Residents Birthday Brunch-DR 11:15 Tai Chi/DVD-RR 12:30 Stitch & Chat-RR 1:00 Resident Karaoke-RR 2:30 POKENO-RR 6:30 Poker-PL	11:15 Tai Chi-RR 12:30 Music with Dan-RR 1:00 Wii Bowling-LO 2:30 Happy Hour-RR w/ KC Music for you 6:30 Bingo-RR 6:30 Spades-LB	11:00 BOARD BUS FOR FRASINETTI'S WINERY & RESTAURANT 11:15 Tai Chi/DVD-RR 6:30 Friday Night Movie-RR 6:30 Poker-PL	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 1:00 POKENO-RR 2:30 Bean Bag Baseball-RR 6:30 Bingo-RR 6:30 Pinochle-LB
	9:30 Senior Stretching/DVD-RR <b>24</b> 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 Exercise Class w/Joan -RR <b>25</b> 11:15 Tai Chi/DVD-RR 1:00 Anne's Sno-Biz-Out Front 2:30 Bean Bag Baseball-RR 6:30 Bingo-RR	9:30 Exercise Class w/Joan-RR 9:30 Rosary-CH 10:00 Mass-CH 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-LPL	9:30 Exercise Class w/Tom-RR 2 11:15 Tai Chi-RR 1:00 Resident Karaoke-RR 1:00 Wii Bowling-LO 2:30 Happy Hour-RR w/Mike Branson 6:30 Bingo-RR 6:30 Spades-LB		9:30 Senior Stretching/DVD-RR 29 11:15 Tai Chi/DVD-RR 2:30 "Political Issues & the Declaration of Independence"-RR By Kevin Erbe 6:30 Bingo-RR 6:30 Pinochle-LB
Brain Teasers-LB <b>30</b> 12:00 Crossword Club-PL 2:30 Bean Bag Baseball-RR Practice Only 6:30 Sunday Night Movie-RR		Vorld Environme	e is filled with so	ng Day (6/14), 1	Father's Day (6/1	6),