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 Tracy at 916-612-9556 Fluff & Fold Services

In House Massage

Susan Huntzinger (916) 871-8955 Every 2nd & 4th Wednesday 9:00am-1:00pm 15 minutes for \$13.00 *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

Juanita's Independence Bingo Monday, July 22nd 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 meSeniors.com, Like us on Facebook_https://www.facebook.com/RosevilleCommonsSeniorLiving/



Celebrating July Independence Day (U.S.) Movie & Popcorn Yankee Doodle Dandy 1942 Musical w/James Cagney Thursday, July 4th 2:30pm-RR

4th of July Celebration w/ The Songbird Trio Appetizers & Libations Saturday, July 6th 2:30pm-RR

Free Walker Check-up

Tuesday, July 9th 10:30am-RR **Free Walker Wash** *Tuesday, July 9th* 11am-1:00pm-Out Front

> **The Harmicoots** *Tuesday, July 16th 1:00-RR*

Wine Social

w/ The Moose Brothers Saturday, July 20th 2:30pm-RR **Tuesday Speaker** Local Author, Carolyn Hemic Tuesday, July 23rd 1:00pm-RR **July 2019**

Happy 4th of July

The Fourth of July is the day that we celebrate the independence of our country, the United States of America. People celebrate with family and friends, gathering for fun. July 4th is one of the most popular holidays of the year that's celebrated with fireworks, parades, concerts and lots of food.

Summer is here early

We did not see much of a winter this year. Summer is here early! No matter where you live, the energy crunch will affect you all summer long. The most important thing to remember is to listen to your body! Stay cool and drink plenty of water. Close your curtains in the early morning before it gets hot and set your A/C to a comfortable temperature, no lower than 71°. Please call the office in the morning if you think your A/C is not working. Then, follow up on your work order in the afternoon to make sure that it was received by maintenance.

What is a Power Brownout?

A power brownout occurs when there is a dip in voltage throughout the electrical grid. This can be due to an overloaded grid, or affected equipment, between you and the power supplier. Be prepared! This can happen anytime during the day or night and will affect your lights, T.V, phone, life alert and our elevators. The SMUD company suggests that during the peak hours of 5:00pm to 8:00pm, use as little electricity as possible (i.e. turn off lights, fans, or your TV if you are not using them). Unfortunately, we have no control of brownouts; but, we all can do our share by using less electricity during "peak hours". Please do not turn your A/C off and please <u>do not set your temperature below 71°</u>, it will freeze your A/C unit!

Happy summer, everyone! Stay cool!

Juanita

What's happening in July!

To start our month off, we will have Gian Montesini coming out to play you some beautiful music with his saxophone at 1:00pm in the RR.

"You have to love a nation that celebrates its independence every July 4th, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism." - Erma

Bombeckon.

Thursday, July 4th, we will have a Movie Matinee at 2:30pm in the RR featuring the movie Yankee Doodle Dandy, along with some delicious popcorn. Then, on Saturday, July 6th, we will have our 4th

of July Celebration at 2:30pm in the RR with The Sonabird Trio.

It's that time of year to get your walker/scooter check-



up and wash. So, on Tuesday, July 9th, we will have Bischoff's Medical out from 10:30am-12pm for free check-ups in the RR. Then, from 11:00am-1:00pm, we will have FREE walker washes out front by

Hannah and Sophia.

Per your request, we have brought back the very talented Sun City Roseville Harmonicoots! This lively musical group includes residents of



Sun City in Roseville who play the harmonica to entertain themselves and others. Come join in the fun on Tuesday, July 16th, at 1:00pm in the RR. On Tuesday, July 23rd, we have local author, Carolyn Hemic, visiting at 1:00pm in the RR to talk about her new book coming out, which is based on one of our



very own Roseville firemen. Then, to end our month off with a bang, we have Linda Allbright, Ms. Sr. Arizona USA, coming out to entertain us on Friday, July 26th at 2:30pm in the RR. Check your

calendars for events!

Stay cool and hydrated, Tina

Marketing Moments

Did you know that to avoid cracking it, the Liberty Bell has not been rung since 1846? To mark that guintessential day, the 4th of July, it is symbolically tapped 13 times by descendants of the original signers of the Declaration of Independence.



Flags are waving and sparks will fly at our Open House ~ Red. White and Blue on Saturday, July 6th at 2:30pm. It's a celebration of our Independence Day!

Please invite family and friends to enjoy delicious appetizers, icy beverages and the fabulous Songbird Trio with you.

It's hard to believe that 6 months of 2019 have already come and gone. We sincerely hope that you enjoyed the wonderful variety of events here at Roseville Commons ... the Petting Zoo in January, the Capitol Chinese Orchestra in February, Mardi Gras and St. Patrick's Day in March, the Spring Bonnet Party in April, the Bubble Lady in May, Opera Kadabra in June, marionettes, to first responders, to icy sno cones and so much more!

Be sure to read your Rose Review each month, there's a lot more in store for 2019!

Warm wishes, Marlene

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



July Friday Outings



We have some wonderful outings planned this month, starting off with a beautiful drive out to Squally's on the River. This outing will be an eat out only. Squally's offers delicious pizzas made with fresh ingredients, as well as delicious barbecue

items.

On Friday, July 12th, we will be heading up to the Donner Memorial State Museum. This is a free



museum. The Donner Memorial State Park Visitor Center and the Pioneer Monument were built to commemorate those who emigrated to California from

the east in the mid-1800's. The Visitor Center features compelling new exhibits that tell the stories of the Emigrant Experience, the Donner Party, the Land of the Washoe, Chinese construction of the railroad, and early motoring adventures over Donner Pass. After the museum we will head over to The Donner Lake Kitchen for some breakfast or lunch. The menu is in the book.

On Friday, July 19th, we will go eat at Leo's Kitchen Chinese Restaurant. Then, we are going over to PRIDE Industries for a small. free tour of

their facility. PRIDE Industries was founded in 1966 in the basement of a church located in Auburn



with a mission to create jobs for people with disabilities, or barriers, to employment. Today, one-in-five Americans have a disability and twothirds of working age Americans with disabilities are unemployed. People with disabilities represent the single largest and most diverse minority in the country. Through a wide spectrum of services, PRIDE helps people overcome employment obstacles and empower them to lead productive, independent lives as contributing members of their communities. I one of these outings sounds interesting enough for you to sign-up. There will not be an outing on Friday, July 26th, Bruce is on vacation.





Culinary Corner

Patrick Clifford and his wife Elizabeth welcomed a daughter, Leighton Belle, on Monday, June 10, 2019. While Patrick is off bonding with his new baby, Robin Boyer will be filling in. Robin is a graduate of the Culinary Center of Monterey and has been cooking nearly all her life having started by making pies in her grandmother's restaurant at the age of six. She has been a General Manager for Sodexo for the past five years. Patrick is expected back mid-July to resume his duties, and Robin will move on to another assignment on the coast. Robin, we want to welcome you to Roseville Commons and appreciate you standing in for Patrick while he is enjoying his new bundle of joy!

Happy summer! Chef Robin



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,

Juanita

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. If you have any concerns or questions, please contact Juanita in the front office.

New Massage Therapist:

I would like to welcome our new massage therapist to Roseville Commons. Susan Huntzinger is an 18year Placer County resident. She studied massage at Fair Oaks Massage Institute and obtained her 500-hour certification in May. 2018. Susan is a former Personal Fitness Trainer and Group Exercise Instructor specializing in special populations fitness.

As a Massage Therapist, Susan uses her experience and continues to serve the special populations for Massage Therapy.

She has studied many modalities including: Chair Massage, Swedish, Lymphatic Drainage, Myofascial Release, Prenatal, and Orthopedic

Massage. I have new sign-up sheets in the book, if you would like to sign-up for a 15-



minute seated chair massage for \$13.00.

Tina

It's time to relax.

Last month, we really didn't have many residents show up for our meeting, so I have decided to not have an Activity Talk Meeting & Raffle this month. So, hold onto your raffle tickets for next month. I will have our Activity Talk Meeting & Raffle on Friday, August 2nd at 2:00pm 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 3rd 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. PLEASE, I WANT YOUR SUGGESTIONS, THIS IS YOUR HOME!

Tina

A very warm welcome to our new residents!



Manuel & Aurora Molina

#129



homes and are always willing to welcome people

into their circle. Those born between July 23-31 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends.



Famous July Birthdays

Thurgood Marshall (Justice) – July 2, 1908 Abigail Van Buren (advice columnist) – July 4, 1918 Tom Hanks (actor) – July 9, 1956 Henry David Thoreau (writer) – July 12, 1817 Roald Amundsen (explorer) – July 16, 1872 Phyllis Diller (comedian) – July 17, 1917 Nelson Mandela (politician) – July 18, 1918 Don Knotts (actor) – July 21, 1924 Walter Payton (football player) – July 25, 1954 Stanley Kubrick (director) – July 26, 1928 Henry Ford (automaker) – July 30, 1863

Our July Birthdays

Clede W.	3	#225	
Eva M.	5	#226	
Caroline W.	6	#207	
Laura R.	9	#221	
Jackie Y.	16	#141	
Virginia K.	21	#315	
Arletta L.	26	#111	
Joan O'N.	27	#322	
Beverly M.	28	#222	
Jeanne S.	29	#219	
Margaret C.	31	#224	



In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable

Craft Corner

If you enjoy using your hands to create your own crafts, then you should join us 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 the one-on-one help of making beautiful pieces of art. On the 1st and 3rd Wednesday in the RR at 12:30pm, come down 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, this month, we will have a Craft with Tina day on Saturday, July 27th, at 12:30pm in the Rose Room. Please sign up in the book.

Exercise Classes:

Thursday Fun:

We offer 1/2 hour morning seated exercise class on Tuesdays, from 9:30am-10:00am. On Wednesdays, we offer balance & strength exercise classes from 9:30am-10:00am. Both classes are with our instructor Joan. Then, on Thursdays, from 9:30am-10:00am, we offer a $\frac{1}{2}$ hour seated full body 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 in on the fun. On Thursdays, we have our Happy Hours from 2:30-3:30pm in the RR. We offer libations, sodas and snacks. Check your calendar for the entertainers.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Suby M	11:15 Tai Chi/DVD-RR 1:00 Wii Bowling-LO 1:00 Music by Gian Montesini-RR		9:00 Catholic Communion-CH 9:30 Exercise Class w/Joan-RR Balance & Strength Exercise Class 11:15 Tai Chi/DVD-RR 2:30 POKENO-RR You need 21 nickels & 4 dimes to Play POKENO. Join in the fun! 6:30 Poker-LB	Happy 4 th of July 4 9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 1:00 Wii Bowling-LO 2:30 Movie Matinee-RR Yankee Doodle Dandy & Popcorn 6:30 Bingo-RR 6:30 Spades-LB Independence Day (US)	10:15 BOARD BUS FOR Squally's on the River Eat Out Only! In Lotus (45 min drive) They offer pizza, BBQ and beer! 11:15 Tai Chi/DVD-RR 6:30 Friday Night Movie-RR	9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 2:30 4 th of July Celebration-RR w/ The Songbird Trio Appetizers & Libations! 6:30 Bingo-RR 6:30 Pinochle-LB
12:00 Crossword Club-PL 2:30 Board Game Meet-Up-CR	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	Seated exercise class 10:30 Bischoff's Medical-RR Free walker check 11:00 Free Walker Wash-Out Front 11:15 Tai Chi/DVD-RR 2:30 Bean Bag Baseball-RR 6:30 Bingo-RR	9:30 Exercise Class w/Joan-RR Balance & Strength exercise class 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 Colleret 6:30 Bingo-RR 6:30 Spades-LB	DONNER MEMORIAL STATE MUSEUM & LUNCH AT DONNER LAKE KITCHEN 9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 6:30 Friday Night Movie-RR 6:30 Poker-PL	9:30 Senior Stretching/DVD-RR 13 11:15 Tai Chi/DVD-RR 1:00 Resident Karaoke-RR 2:30 Bean Bag Baseball-RR 6:30 Bingo-RR <i>You need 12 dimes</i> <i>and 1 quarter to play.</i> 6:30 Pinochle-LB
12:00 Crossword Club-PL 2:30 Board Game Meet-Up-CR	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 16 Seated exercise class 11:15 Tai Chi/DVD-RR 1:00 Harmonicoots-RR Come enjoy the music! 2:40 Bean Bag Baseball-RR 6:30 Bingo-RR You need 12 dimes and 1 quarter to play.	9:30 Exercise Class w/Joan-RR Balance & Strength exercise class 11:00 Residents Birthday Brunch-DR 11:15 Tai Chi/DVD-RR 12:30 Stitch & Chat-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/ John & Jimmy 6:30 Bingo-RR 6:30 Spades-LB	11:00 BOARD BUS FOR LEO'S KITCHEN CHINESE RESTAURANT & A TOUR OF PRIDE INDUSTRIES 11:15 Tai Chi/DVD-RR 6:30 Friday Night Movie-RR 6:30 Poker-PL	9:30 Senior Stretching/DVD-RR 20 11:15 Tai Chi/DVD-RR 2:30 Wine Social-RR w/ The Moose Brothers 6:30 Bingo-RR You need 12 dimes and 1 quarter to play. 6:30 Pinochle-LB
12:00 Crossword Club-PL 2:30 Board Game Meet-Up-CR		9:30 Exercise class w/Joan-RR 23 Seated exercise class 11:15 Tai Chi/DVD-RR 1:00 Tuesday Speaker-RR Carolyn Hemic, local Author of Children's Books 2:30 Bean Bag Baseball-RR 6:30 Bingo-RR You need 12 dimes and 1 quarter to play.	Balance & Strength exercise class	9:30 Exercise Class w/Tom-RR 25 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 6:30 Bingo-RR 6:30 Spades-LB	11:15 Tai Chi/DVD-RR	9:30 Senior Stretching/DVD-RR 27 11:15 Tai Chi/DVD-RR 1:30 Crafts with Tina-RR Tile Coasters Sign up in the book, all supplies will be provided. 6:30 Bingo-RR 6:30 Pinochle-LB
12:00 Crossword Club-PL 2:30 Board Game Meet-Up-CR	9:30 Senior Stretching/DVD-RR 29 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	Seated exercise class 10:00 The Scarf lady-RR Selling a variety of items 11:15 Tai Chi/DVD-RR 2:30 Bean Bag Baseball-RR 6:30 Bingo-RR	9:00 Catholic Communion-CH 9:30 Senior Stretching/DVD-RR 11:15 Tai Chi/DVD-RR 12:30 Stitch & Chat-RR 2:30 POKENO-RR You need 21 nickels & 4 dimes to Play POKENO. Join in the fun! 6:30 Poker-LB		July Roseville Comm	

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