### List of In-House Services

### Kaleidoscope Salon

Denise Hubbard (916) 486-2710
Call to schedule an appointment
Open Tuesdays ~ Fridays
8:00am - 5:00pm
Men's Haircut ~ \$7.00
Shampoo or Conditioner Only ~ \$7.00
Highlights ~ \$50.00+
Tints ~ \$50.00+
Perms ~ \$65.00+
Shampoo/Set ~ \$18.00
Haircut Only ~ \$18.00

### **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 Rodney: (916) 502-7639 Fluff & Fold Services

### 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 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

### Roseville Commons Horse Races



Saturday, January 18<sup>th</sup>
2:30pm-RR
You'll need 6 quarters to
place your bets.
Good luck!

Juanita's Bingo will be back next month!

### **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
PT Maintenance ~ Eddie
Bus Transportation ~ Janette Munzo
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 January Happy Hour**

w/ Ken Roberts Elvis is in the house! Thursday, January 2<sup>nd</sup> 2:30pm-3:30pm-RR

### **Tuesday Speaker**

w/ Irene Perbal Life Under Nazi Rule Tuesday, January 7<sup>th</sup> 1:00pm-2:00pm-RR

#### **Tuesday Music**

w/ Michael Beck Singing you Country & mixed music Tuesday, January 14<sup>th</sup> 1:00pm-2:00pm

### **Saturday Horse Races**



Saturday, January 18<sup>th</sup>
2:30pm-3:30pm
You'll need 6 quarters to
place your bets.
Come join in the fun!

#### Wine Social

w/ The Moon Glow Band Saturday, January 25<sup>th</sup> 2:30pm-3:30pm-RR

# Happy New Year 2020

Wow! It is unbelievable that we will celebrate 2020. Amazing how time passes so quickly! On another note, I would like to wish everyone a wonderful New Year filled with abundance, joy and good health.

# A Special Thank you

A special thank you to all the residents for your very generous contributions to the Staff Christmas Fund. Your kindness is so appreciated. I would like to give an extra special thank you to Lois Richie, the driving force behind the Christmas Fund, for donating her time handling all the money, going back and forth to the bank and making sure that the funds are given out fairly to all the staff.

I would also like to thank all the Sodexo staff and Ray Stone staff for their hard work all year long.

Happy New Year, everyone and many blessings to all,

Juanita



# January Friday Outings

Happy New Year!

"In the **New Year**, may your right hand always be stretched out in friendship, never in want."



Our first Friday, January 3<sup>rd</sup>, we will board the bus at 10:00am. This will be an eat out only outing over to Huckleberry's. Who's your **Huckleberry**? It's

been said that **Huckleberry's** serves the best breakfast and lunch all day long. Come enjoy some Southern cooking, with a California twist. Maybe indulge in some fried green tomatoes.

On Friday, January 10<sup>th</sup>, we will board the bus at 9:30am. We are going to The Douglas Van Howd Studio. Douglas Van Howd, Nevada born sculptor and painter, has become well-known worldwide for his wildlife and western creations. Van Howd's artwork

captures the exquisite lifelike details that enhance the grace and movement within his work. There is no entry fee to his magnificent studio,



located in Auburn. Afterwards, we will head over for lunch at Denny's, which has a gorgeous view of the Valley.

On Friday, January 17<sup>th</sup> we are going to The Movie Studio Grill. The departure time and movie will be announced once they are available online. The Movie Studio Grill offers delicious lunches, or just a snack if you like, while watching the movie.



On Friday, January 24th we are going to The Club Pheasant. We will board the bus at 10:30am. This quaint family owned, and operated restaurant has been in operation

since 1935, serving Italian and American food for lunch and dinner with a full bar. Our last outing is on Friday, January 31st to Thunder Valley Casino. We will board the bus at 11:00am and board the bus for departure at 2:30pm to return home.

Tina

# Marketing Moments

Did you know that January is named after the Roman god, Janus? He was always shown as having two heads. Janus looked back to the last year and forward to the new one. 2019 was a fantastic year here at Roseville Commons! We enjoyed so many fun and informative events; wonderful moments every day and 2020 promises to be full of even more!

Exciting news ... our Resident Referral Rent Credit of \$500.00 has been extended into 2020! If you refer a friend, former neighbor, or family member to visit our lovely community and he/she moves in, 60 days later a \$500.00 rent credit is yours. Please see me for more details.

Remember, as C.S. Lewis wrote "You are never too old to set another goal or to dream a new dream ..."

May the world be filled with love, kindness and peace in 2020.

Happy New Year! Marlene

### **Mummers the Word**

Each year on New Year's Day,



the Mummers Parade makes its way through Philadelphia. The parade is one of the oldest folk festivals in the United States, with roots dating back to the mid-17th century, when Swedish and Finnish

immigrants would go door-to-door visiting neighbors on the day after Christmas. The parade is related to the English and Irish traditions of mummers' plays, folk plays performed in streets and pubs by amateur costumed actors. Today, the parade is a New Year's spectacle full of clowns, string bands, elaborate floats, and fancy costumes. At 11 hours long, the parade may also be the longest held in America.

### **Brain Games**



As we age, we might misplace our keys or forget the names of people we know. These forms of memory loss might lead to worries about cognitive

decline and even the onset of diseases such as Alzheimer's and dementia. Enter the industry of brain teasers and brain games, which promise to strengthen our minds and stave off cognitive decline. January is International Brain Teaser Month, but can these brain games actually fulfill the promises of mental acuity they so readily advertise?

Computerized brain-training programs are a \$1.3 billion-a-year industry. Some of the world's best neuroscientists have even designed brain games they tout as the best on the market. If you have bought into the notion that playing daily brain games can help keep your mind sharp, you are by no means alone. Sure, there is abundant evidence to suggest that living in an enriched environment with lots of stimulation can create positive changes in the brain. However, can a computer screen replicate such enriched environments? The consensus of the scientific community is "no." There is no conclusive evidence that routinely playing brain games will improve cognitive performance in everyday life. Nor does evidence exist that brain teasers will ward off any form of cognitive slowing or brain disease associated with aging.

This does not mean that people should avoid brain teasers, especially if they enjoy them. However, other studies do show how exercise and socialization have positive effects on cognition. So perhaps the best solution is to play your brain games with a friend, rather than sitting alone in front of a computer. Better yet, take that friend and join a juggling club or play bridge, and then enjoy a lunch of brain-friendly foods such as vegetables. It seems that the healthiest modes of living for both the body and the brain are the ones we have been practicing for centuries: eating healthfully, exercising, and spending time with friends and family.

## Kitchen Corner

Let's welcome the New Year, Roseville residents!

I hope you all enjoyed the festive and extravagant holiday meals last year. Now on to 2020! We will start it off right with a Chef prepared New Year's Day brunch, complete with mimosas (an essential to any New Year).



- New Year's Day Brunch 10: 30am-1:00pm ~ DR
- No always available during Brunch!
- Pick up Box Suppers 10:30am -1:00pm

We hope you are enjoying the new and revamped menu items that we are now serving to you and your guests. I want to thank you for your patience in this transitional period with the food program. I hope the 2020 food and service will exceed your expectations.

I'd like to take a moment to again personally thank everyone who contributed to the Employee Christmas Fund last month. Your generosity was so greatly appreciated by my staff and you should know it made a difference in each one of my employees' lives. So, thank you again for taking care of the staff this holiday season, as I know they work so hard to take care of each and every one of you throughout the year. I personally appreciate your generosity and gratitude.

Let's make it the best one yet!
Sincerely,



Chef Yamil

# Famous January Birthdays

J.R.R. Tolkien (author) – January 3, 1892 Joan of Arc (heroine) – January 6, 1412 Zora Neale Hurston (writer) – January 7, 1891 Elvis Presley (musician) – January 8, 1935 Rod Stewart (musician) – January 10, 1945 Martin Luther King Jr. (activist) – Jan. 15, 1929 Muhammad Ali (boxer) – January 17, 1942 George Burns (comedian) – January 20, 1896 Virginia Woolf (writer) – January 25, 1882 Nolan Ryan (ballplayer) – January 31, 1947

## Our January Birthdays

Thomasine B.	1	136
Clarice W.	4	126
Joan C.	5	333
Elizabeth S.	12	113
Jean M.	14	104
Betty M.	22	220
Joyce C.	24	125
Rheta N.	26	124
Jane J.	28	213
Patti J.	28	310
		1



In astrology, those born between January 1–19 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to

get to the top, using discipline and common sense to find fame, prestige, and wealth. Those born between January 20–31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist,

compassionate, and visionary, they support giving "power to the people."

# Let's give a very warm welcome to our new residents!



**Ruth Barton** 

301

**David Alves** 

transfer to 216

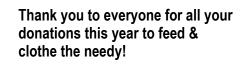
### **Activity Talk**

Our Activity Talk Meeting & Raffle will be on Friday, January 3rd at 2:30pm in the RR. Our Activity meetings are the opportunity for you to give me your feedback. I want to know what entertainers you want coming to perform, where you would like to go on outings, exercise instructors, what movies you want playing, and are there games you are interested in playing? I also want to know what kind of crafts you would like to do, or if you know of a speaker, or an author we could get out here on a Tuesday? This is your home and I'm here to keep you entertained and as active as possible. If you don't feel comfortable speaking in front of a group of people, please feel free to stop by my office on the 3<sup>rd</sup> floor. I also have a suggestion box on the community bulletin board in the foyer of the dining room.

# Good luck on the raffle,

### Tina

St. Vincent De Paul L Loaves and Fishes





# What's Going on this month!

Goodness gracious, I can't believe it is 2020! Last year flew by so fast. Well this year we are going to have just as much fun, if not more, so check out what's going on in your community.

### **Our Tuesdays:**

**January 7th** at 1:00pm in the RR, Nick Jones will be out entertaining us with some wonderful holiday music/sing along songs.

January 14th at 1:00pm in the RR, we have Michael Beck coming in to entertain us with some wonderful Country and mixed music. Then, at 3:30pm, the children from Cornerstone school are coming in to sing for us.

### Our Wednesdays:

**January 8th and the 22<sup>nd</sup> at** 12:30pm in the RR, we have our free Ceramics class. All you need is your hands and your imagination. Our instructor Claudie always has fun projects for you to do.

**January 8**th at 1:00pm in the LB, we have Comcast coming out to answer any question you may have regarding your cable.

### **Our Saturdays:**

**January 11th** at 12:30pm in the RR, we have a painting class by Holly Ingalls. We only have 14 spots, and you

need to sign-up in the book. The picture of the flowers is what we will be painting.

January 18th at 2:30pm in the

RR, we are having our Roseville Commons Horse Racing. You will need 6 quarters to place your bets, come down and join in the fun!



**January 25**th at 2:30pm in the RR, we have a Wine Social w/The Moon Glow Band. Come down for wonderful music, snacks, a cold drink and some dancing.

# **Pedestrian Crossing**

During the late 19th century, pedestrianism, or competitive walking, was all the rage. The frenzy for pedestrianism reached a fever pitch on January 13, 1879, when champion British pedestrian Ada Anderson showcased her talents in America for the first time. Anderson had already become England's preeminent pedestrian, thanks to her training by another champion racewalker, William Gale. Anderson was at her physical peak and adept at sleep deprivation by the time she arrived in America. Her manager wanted to showcase his star at Gilmore's Garden (now Madison Square Garden) in New York City but was rebuffed by the venue's owner, who believed Anderson would never be able to complete the feat of walking 2,700-quarter miles in 2,700 quarterhours. The event moved to Brooklyn's Mozart Garden. Anderson began her trek on December 16, 1878. Thousands watched her walk for 28 straight days, during which she took just nine-minute sleeping breaks until at last, she completed her walk on January 13th. Because of heavy wagers placed on the event, police protected her during her last laps. After crossing the finish line, she was hailed as the world's greatest pedestrian.

Wow, It's 2020! Let's start it off with positive energy. Each day incorporate positive habits into your daily routine and experience the benefits of an optimistic outlook.

First, I want to thank everyone for your generosity throughout the year. All of us employed are so appreciative of your kindness. Not only towards us, but towards others as well. You all have given so much back to our community, and so many people have prospered from your graciousness. Just think of all the needy people you/we all have helped this year, even though we don't see who is receiving these gifts, we know in our hearts it has helped so many people. For that you should all give yourself kudos, because you/we all were a little part of curing the cause of homelessness. Thank you,

Tina

