

List of In-House Services

Kaleidoscope Salon ~ Currently Closed

Denise Hubbard (916) 486-2710

Call to schedule an appointment

Open Tuesdays ~ Fridays

8:00am - 5:00pm

Men's Haircut ~ \$12.00

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

Rodney Stillford: (916) 871-9850

Fluff & Fold Services

Community Hearing Aid Ctr ~ Currently not available!

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!

Blood Pressure Checks~ Currently not available!

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 Bingo will return
once our activities
start back up!**



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 ~

R.R. Part Time ~ Traci Gelgood

Maintenance ~ Jack Pesola

PT Maintenance ~ Eddie

Bus Transportation ~ Janette Munzo

Van Transportation ~ Drew Marcus

Housekeeping ~ Margaret, Phul, Terri and Wendy

Part Time Night Porters ~ Joy, Julia, Justin, and Cullen.

Roseville Commons Contact Numbers:

Front Office: (916) 786-2751

Fax: (916) 786-2781

Transportation: (916) 870-2452

Kitchen: (916) 472-6471

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/>



Fathers are one of the most influential persons 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 day of our life. Hats off to all the fathers and wishing them a wonderful and blessed 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.

- 1) 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 or enjoy our activities indoors.
- 2) Drink plenty of water, at least two to four cups (16-32) upon rising in the morning, and a similar amount if you are working/enjoying activities outside.
- 3) Get some sun-protection clothing to protect yourself from overexposure. Cotton clothing is nice and cool, also wearing summer hats.
- 4) Apply sunscreen when outside.
- 5) Get plenty of rest

Just a friendly reminder: All dogs must be on a leash at all times. Please make sure your dog is not too far away from you, as this could be a tripping hazard for others.

Happy Father's Day,

Juanita

Celebrating June

Great Outdoors Month

Go outside and walk!

Soul Food Month

National Donut Day

June 5

Flag Day: U.S.

June 14

World Sauntering Day

June 19

National Onion Ring Day

June 20

Play Catch Week

June 21-27

Father's Day

June 21

National Forgiveness Day

June 26

The Making of a Man

Not only is June 21 Father’s Day, but June is Men’s Health Month. All June long, we are asked to honor the men in our lives: dads, husbands, brothers, and uncles. Ironically, research suggests that men may be unsure of how best to honor themselves, partly because some men are questioning traditional definitions of manhood.

The strong silent type. A man of action and not words. The breadwinner. The jock. The buffoon. All of these are common male stereotypes. And while working hard, enjoying sports, and joking around are certainly positive qualities, some psychologists argue that American society tends to overemphasize qualities of



toughness, self-reliance, material wealth, and emotional detachment in boys and men. Qualities such as willingness to compromise, showing vulnerability, expressing emotions, and nurturing others are viewed as feminine and signs of weakness. This wasn’t always so. In the late 19th century, men were expected to be compassionate caretakers. But when the bulk of men’s work moved from the homestead to the factory, masculine ideals began to shift. In fact, the Boy Scouts were founded in 1910 to reinforce those qualities of loyalty, courteousness, and kindness that were feared to be lost. Many men today share similar fears.

Groups of men across the country, such as Philadelphia’s Masculinity Action Project and the global ManKind Project, are attempting to promote “healthier masculinity.” They hope to keep all of the positive traits of manliness while throwing out characteristics that are harmful. While some critics have gone so far as to call this a “war” on traditional masculinity, many men in these groups feel better about themselves: they have better relationships, stronger core values, and better mental health. These men are not only becoming, in their eyes, better men but they are becoming better humans. Furthermore, when these men understand and define what makes them positive male role models, they are better equipped to pass those traits along to younger generations.

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



Marketing Moments

Hello, June!

The days get hotter and the nights get longer ... hip, hip, hooray for hot summer days!

This year summer officially arrives on June 20th ... celebrate early on Tuesday, June 16th with a delicious icy cold sno-ice by Annie’s



Sno-Biz. Her whimsical cart will be out front at 1:00pm. Smile as you select your favorite, 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 the marvelous men in our lives on Sunday, June 21st.

Please say hello to someone new every day and, if they are your neighbor, invite them to join you in an outside activity. Kindness is contagious and June is sun-sational!

Marlene

Enjoying our Happy Hour on Wheels



Jack’s Maintenance Corner

Remote devices are meant to give us ease of use. For our community that would be your television and air conditioning.

Your air conditioning/heat remote has various buttons for multiple functions. Your television may have two, possibly three remotes, more if you have a TV in each room. It is possible you even have a remote for a radio. That is a lot of remotes to keep track of and a lot of buttons to push. This can get confusing, especially if you lose track of what remote belongs to what.

So, if you have two remotes for one device maybe get a rubber band to hold them together. Keep them next to the device they are for, or mark them both with a note, held on with a piece of tape, so you know what they are used for. Try and keep the remote in one place. I tend to carry mine to the kitchen when I get a snack, setting it down on the counter, forgetting where I put it! This is a common thing that happens.

Your AC/Heat remote has a saddle installed on the wall, usually by the island. Keep it there, not on the countertop or couch. Once you set your desired temperature the unit should stay at a constant temperature. Remember, if you change settings on this remote it may take up to 10 to 15 minutes to adjust to the new setting.

Remotes do not operate well with a low battery. If one does not seem to be working properly it may be time for a battery change. Remember to point the remote directly at the device you want to use.

Sometimes the wrong button can be pushed on accident, this may change a setting so the device you are trying to use may not respond.

We are here to help the best we know how when it comes to your remote devices. If there is a problem we cannot solve, please be patient while we get someone who can figure it out.

Pause life for a few minutes a day, reflect on the happy and good things. Happiness does a heart good.

Jack

Roseville Maintenance

Famous June Birthdays

Morgan Freeman (actor) – June 1, 1937
Angelina Jolie (actress) – June 4, 1975
Prince (musician) – June 7, 1958
Frank Lloyd Wright (architect) – June 8, 1867
Hattie McDaniel (actress) – June 10, 1893
Harriet Beecher Stowe (author) – June 14, 1811
Paul McCartney (musician) – June 18, 1942
Bob Vila (builder) – June 20, 1946
George Orwell (author) – June 25, 1903
Bernard Harris Jr. (astronaut) – June 26, 1956
Lena Horne (singer) – June 30, 1917

Our June Birthdays

Betty M.	3	329
Pat C.	4	229
Ray R.	7	120
Sylvia R.	8	312
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
Barbara B.	30	109

Let us give a very warm welcome
to our new residents!



Ray Rhodes #120

Jay Averill #112

From your Chef

Hello Residents,

We sure miss having you join us in the dining room and look forward to having you back. As we move into June, we will be having a nice Father’s Day dinner, with BBQ pulled pork, homemade potato salad, corn on the cob, and bread crumb topped mac and cheese. We have been asked about disposable silverware and want to let you know we have it on our carts and available on request. As always, if you have any questions or concerns, please give me a call here in the kitchen.



Thank you,
Chef Phil

What’s Going on this month!

Sign-up in the **Pink Book** for all Activities!

Our Tuesdays:
10:00am ~ Out Front: ½ hour Seated Exercise Class by Tina. Low impact, full body workout.
1:00pm: Meet out front for a nice Walk to and from Rite Aid, if you need to do some shopping, this is the perfect time.

Our Wednesdays:
10:00am ~ Out Front: ½ hour Seated Exercise Class by Tom. Low impact, full body workout.
1:00pm ~ Front Parking Lot: 1st **POKENO** game
2:00pm ~ Front Parking Lot: 2nd **POKENO** game
You will need 10 dimes. We will supply a chair with arms, clipboard, pin and 3 **POKENO** sheets. If you have a walker please use it for your safety. You can also use it as a table for your clipboard.

Our Thursdays:
10:00am ~ Out Front: ½ hour Balance & Strength Exercise Class by Joan. Standing and sitting class.
1:00pm-3:00pm ~ Happy Hour on Wheels
Our Fridays:
10:00am ~ Out Front: ½ hour Seated Exercise Class by Tina. Low impact, full body workout.
1:00pm ~ Front Parking Lot: 1st **BINGO** game
2:00pm ~ Front Parking Lot: 2nd **BINGO** game
You will need 4 dimes. We will supply a chair with arms, clipboard, pin and 3 **BINGO** sheets. If you have a walker please use it for your safety. You can also use it as a table for your clipboard.

Our Saturdays:
10:00am: Meet out front for a nice walk to and from Rite Aid. If you need to do some shopping, this is the perfect time!
If you would like **Brain Teasers/Crossword Puzzles**, please call Tina @ (916) 749-3189 and she will drop them off at your apartment for you.

Craft Corner

This month I will be supplying you with a cute unfinished wooden bug shaped key chain and markers. So, you can beautify your own key chain. You will need to sign-up in the **pink** book. I will deliver all the supplies needed in a plastic bag to your door on Tuesday, June 16th.



I hope you have fun coloring your key chains!












Tina

7 Fun Indoor Activities

- Complete a puzzle. Puzzles are fun at any age.
- Watch old **home** movies. Sometimes it is nice to take a stroll down memory lane.
- Learn a skill together. We have never believed that you cannot teach an old dog new tricks.
- Swap stories.
- Cook ~ try new recipes.
- Play board and card games.
- Try chair exercises.

“It is during our **darkest** moments that we must focus on the **light**.”

Aristotle Onassis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>HAPPY FATHER'S DAY</p>		<p>1 10:00 ~ out front Seated exercises by Tina 1:00 ~ out front Walk to & from Rite Aid</p>	<p>2 10:00 ~ out front Seated exercises with Tom 1:00 ~ Front Parking lot POKENO (10 dimes) 2:00 ~ Front Parking lot POKENO (10 dimes)</p>	<p>3 10:00 ~ Front Parking lot 4 Balance & Strength Class with Joan 1:00~3:00pm Happy Hour on Wheels ~ door to door. </p>	<p>5 10:00am ~ out front Seated exercises with Tina 1:00 ~ Front Parking lot BINGO (4 dimes) 2:00~ Front Parking lot BINGO (4 dimes) </p>	<p>6 1:00pm ~ out front Walk to & from Rite Aid If you would like Brain Teasers, please call me 916-749-3189 and I will drop off.</p>
<p>7</p>	<p>8 10:00 ~ out front Seated exercises by Tina 1:00 ~ out front Walk to & from Rite Aid</p>	<p>9 10:00 ~ out front Seated exercises with Tom 1:00 ~ Front Parking lot POKENO (10 dimes) 2:00 ~ Front Parking lot POKENO (10 dimes)</p>	<p>10 10:00 ~ out front Seated exercises with Tom 1:00 ~ Front Parking lot POKENO (10 dimes) 2:00 ~ Front Parking lot POKENO (10 dimes)</p>	<p>11 10:00 Front Parking lot Balance & Strength Class with Joan 1:00~3:00pm Happy Hour on Wheels ~ door to door. </p>	<p>12 10:00am ~ out front Seated exercises with Tina 1:00 ~ Front Parking lot BINGO (4 dimes) 2:00~ Front Parking lot BINGO (4 dimes)</p>	<p>13 1:00pm ~ out front Walk to & from Rite Aid If you would like Brain Teasers, please call me 916-749-3189 and I will drop off.</p>
 <p>FLAG DAY</p> <p>Flag Day (US)</p>	<p>14</p>	<p>15 10:00 ~ out front Seated exercises by Tina 1:00~ Out Front Annie's Sno Biz 2:00 ~ out front Walk to & from Rite Aid </p>	<p>16 10:00 ~ out front Seated exercise with Tom 1:00 ~ Front Parking lot POKENO (10 dimes) 2:00 ~ Front Parking lot POKENO (10 dimes) Drop off Craft Kit. Sign-up </p>	<p>17 10:00 Front Parking lot Balance & Strength Class with Joan 1:00~3:00pm Happy Hour on Wheels ~ door to door. </p>	<p>18 10:00am ~ out front Seated exercises with Tina 1:00 ~ Front Parking lot BINGO (4 dimes) 2:00~ Front Parking lot BINGO (4 dimes)</p>	<p>19 1:00pm ~ out front Walk to & from Rite Aid If you would like Brain Teasers, please call me 916-749-3189 and I will drop off. Summer Begins</p>
 <p>Happy Father's Day!</p> <p>Father's Day</p>	<p>21</p>	<p>22 10:00 ~ out front Seated exercises by Tina 1:00 ~ out front Walk to & from Rite Aid</p>	<p>23 10:00 ~ out front Seated exercises with Tom 1:00 ~ Front Parking lot POKENO (10 dimes) 2:00 ~ Front Parking lot POKENO (10 dimes)</p>	<p>24 10:00 Front Parking lot Balance & Strength Class with Joan 1:00~3:00pm Happy Hour on Wheels ~ door to door. </p>	<p>25 10:00am ~ out front Seated exercises with Tina 1:00 ~ Front Parking lot BINGO (4 dimes) 2:00~ Front Parking lot BINGO (4 dimes)</p>	<p>26 1:00pm ~ out front Walk to & from Rite Aid If you would like Brain Teasers, please call me 916-749-3189 and I will drop off.</p>
<p>28</p>	<p>29 10:00 ~ out front Seated exercises by Tina 1:00 ~ out front Walk to & from Rite Aid</p>	<p>30</p>				

Events on the calendar are subject to change at any time.