

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 ~ \$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

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!

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

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](http://www.RayStoneSeniors.com), Like us on Facebook <https://www.facebook.com/RosevilleCommonsSeniorLiving/>



Dear Residents,

I cannot express enough how much all the office staff and dining staff appreciate all your patience during this time. I know it has not been easy on anyone, but we are doing great health wise here at Roseville Commons. What more can we ask for during this time than we continue to stay safe and healthy!? I thought I would share this funny daily Diary that was forwarded to me by Mr. Todd Stone. Soon we will see the light at the end of the tunnel. Please stay healthy!

“My Self-Isolation Quarantine Diary”

Day 1 – I can do this!! Got enough food and wine to last a month!  
Day 2 – Opening my 8th bottle of wine. I fear wine supplies might not last!  
Day 3 – Strawberries: Some have 210 seeds, some have 235 seeds. Who knew??  
Day 4 – 8:00pm. Removed my day pajamas and put on my night pajamas.  
Day 5 – Today, I tried to make hand sanitizer. It came out as Jell-O shots!!  
Day 6 – I get to take the garbage out. I’m so excited, I can’t decide what to wear.  
Day 7 – Laughing way too much at my own jokes!!  
Day 8 – Went to a new restaurant called “The Kitchen.” You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.  
Day 9 – I put liquor bottles in every room. Tonight, I am getting all dressed up and going bar hopping.  
Day 10 – Struck up a conversation with a spider today. Seems nice. He is a Web Designer.  
Day 11 – Isolation is hard. I swear my fridge just said, “What the hell do you want now?”  
Day 12 – I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.  
Day 13 – If you keep a glass of wine in each hand, you can’t accidentally touch your face.  
Day 14 – Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3–1.  
Day 15 – Anybody else feel like they’ve cooked dinner about 395 times this month?

Celebrating May

Global Health and  
Fitness Month

Gardening for Wildlife  
Month

Kentucky Derby  
May 2 (Rescheduled)

Cinco De Mayo  
May 5

Nurses Week  
May 6–12

American Indian Day  
May 9

Mother’s Day: U.S.  
May 10

O. Henry Pun-Off Day  
May 15

National Polka Festival  
May 22–24

Memorial Day: U.S.



## Famous May Birthdays

Dwayne Johnson (actor) – May 2, 1972  
 Bing Crosby (singer) – May 3, 1903  
 Nellie Bly (journalist) – May 5, 1864  
 J.M. Barrie (author) – May 9, 1860  
 Salvador Dalí (artist) – May 11, 1904  
 Bea Arthur (actress) – May 13, 1922  
 Lorraine Hansberry (playwright) – May 19, 1930  
 Mr. T (actor) – May 21, 1952  
 Sally Ride (astronaut) – May 26, 1951  
 Bob Hope (entertainer) – May 29, 1903

## Our May Birthdays

Alice W.	16	140
Lila P.	17	309
Carol P.	20	133



In astrology, those born between May 1–20 are the Bulls of Taurus. Not only do Bulls work hard with a determined and tireless manner, but they enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied. Those born from May 21–31 are the Twins of Gemini. Gemini's dual nature is expressed through its skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent.



## Jack's Maintenance Corner

Hello Residents,

During our Stay at Home I have been continuing to fulfill all the workorders that are being submitted. I am continuing to work on some needed projects, which are beautifying our community even more during this time.

If you have any type of work order that needs to be submitted, please contact the office at (916) 756-2751, and the office will write up a work order for you. During this time, we are asking everyone to follow this protocol. Please do not come down in person to submit a work order, as our office doors are closed for everyone's protection.

*Stay healthy,*

*Jack*



**Mother's Day** is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day 2020 occurs on Sunday, May 10. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914.

We will make your day as special as possible for all you Mother's.

*Happy Mother's Day,*

*Tina*

Remember to stay positive 😊



## How Does Your Garden Grow?



The Friday before Mother's Day is celebrated as Public Gardens Day to promote awareness of the value of public gardens of all kinds. Many botanic and historical gardens and arboreta will be open for free today.

With cities growing ever larger and populations becoming denser, finding peaceful refuge in public gardens is more vital than ever. Natural spaces are necessary for our health and well-being. Research has proven that being around plants makes humans feel calmer and more relaxed. Urban areas with abundant green spaces also report lower mortality rates, improved mental health, and less cardiovascular and respiratory disease. Public gardens are also centers of scientific research and learning, offering professionals and visitors the opportunity to learn more about the natural world around them. On May 8, take a stroll through a public garden and bask in all its natural beauty. MAY you be happy

MAY you be well

MAY you be safe

MAY you find comfort

MAY you have courage

MAY you find healing

MAY you have peace and joy

MAY you be filled with loving kindness

MAY you enjoy every day of the glorious month of MAY!

*with lots of virtual hugs,*

*Marlene*