

## 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!

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~ Currently not available!

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

## Join us outside for Juanita's Bingo!

You will need 4 Dimes & 1 Quarter



## 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, and

Justin.

### 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/>



## Celebrating July Independence Day: U.S.

Saturday, July 4

Enjoy your delicious

BBQ dinner!

Happy 4<sup>th</sup> of July

### Juanita's Bingo

Tuesday, July 7

1:00pm & 2:15pm

You need to sign up in the

Pink book.

### National Hotdog Day

Wednesday, July 15

Enjoy a delicious grilled

hotdog from our menu!

### National Ice Cream Day

Sunday, July 19

Enjoy an ice cream ~

Tina will come door to door

on Saturday, July 18th!

### Tell an Old Joke Day

Friday, July 24

**What did one  
hat say to the  
other?**

You wait here.  
I'll go on a head.

## Keeping Our 4<sup>th</sup> July Spirit Alive

This July 4<sup>th</sup> celebration is going to be very different from past years when we were able to celebrate with family and friends because of Covid-19. This virus has worked its way all over the whole world taking with it a lot of our independence to celebrate with large gatherings, with family and friends, to dine out or shop. In order to stay healthy and safe, we've had to shelter in place.

My thoughts are that the real meaning of the 4<sup>th</sup> of July is to show other people respect, maintain important personal relationships and learn to appreciate people's abilities, respect other's opinions and different personalities. Most importantly, respecting and showing care and love towards others is so important. I am sure most of us agree that this world is changing quickly, and that the world needs a lot more love and care for each other, especially during this challenging time.

Roseville staff and the dining staff are working hard to keep our residents happy and healthy. We care and we appreciate your patience with us. A special thank you to our dining staff for taking everyone's meal orders and delivering them to you as fast as they can. Please let them know when they are at your door how much you appreciate them with encouraging words. Thank you to my staff for all their hard work, I have such a wonderful team.

*Have a heathy 4<sup>th</sup> of July,  
Juanita*



## Legends of the Wild West



The fourth Saturday of July is celebrated as the Day of the Cowboy. Even though the Wild West era in America ended in the early 20th century, cowboys still loom large in the mythology and ethos of America. But how many of the West's most compelling stories—those of cowboys and Indians, outlaws and lawmen, shoot-outs, bank heists, and train robberies—are actually true?

The story of the North American cowboy did not start in America at all but rather in Mexico. During Spain's colonization of Mexico during the 1500s, Spaniards flooded the dry northern grasslands with cows and sheep. Tending these herds were the first cowboys, called *vaqueros*, a Spanish word derived from *vaca*, meaning "cow." These *vaqueros* developed a ranching culture that stretched north into modern-day Texas and California. When Americans moved West, they adopted many iconic traits from *vaqueros*, such as cowboy hats, spurs, chaps, lariats and lassos, and ponchos.

We often refer to the "Wild" West, but it wasn't really that wild at all. In books and on film, cowboys are depicted in constant danger of being raided by Indians. In reality, the hundreds of thousands of people living on the frontier rarely clashed with Native Americans. Only a few hundred died in skirmishes. When it comes to outlaws and shoot-outs in the street, the numbers are even smaller. There is evidence of only eight bank robberies over the 40-year Wild West period. And the most famous shoot-out of all, the Gunfight at the O.K. Corral, lasted little more than 30 seconds and was not even at the O.K. Corral. Wyatt Earp, despite his reputation as a shoot-first type of lawman, had actually earned his renown for keeping peace without a gun. The Gunfight at the O.K. Corral was the first time he had ever been in a shoot-out, and his victims were likely the first he ever shot. Today's notions of the Wild West are largely the fictional creations found in books and movies. We enjoy this made-up history thanks to romanticized notions of rugged individualism and adventure.

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



**Anita Phillips**                      **319**

**Gloria Goldberg**                      **219**

**Beverly Moore**                      **206**

## From Your Chef

Hello Residents,

July is my favorite month, mostly because of fourth of July and all the memories of great BBQ's and family time. While this year is a little different, we will still make sure we will have a good BBQ featuring ribs and chicken. The kitchen staff misses you and are looking forward to when you can come back to the dining room. In the meantime, we will do our best to bring you great food to your apartment. If you need anything or want to change an order, or put one in because you were gone, remember to call us at 916-472-6471.



*Stay safe,*

*Chef Phil*



## Marketing Moments

Hello! Here's a summer rhyme for you ...

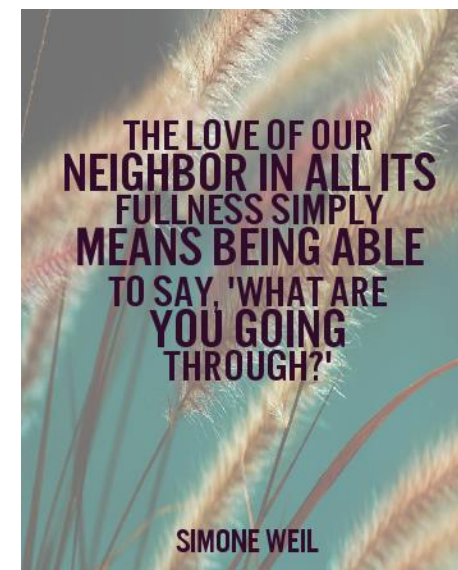
Whether the weather be fine or whether the weather be hot, whether the weather be cold or not, we'll weather the weather, whether we like it or not!

And did you know that not only is July the month in which we celebrate the Stars & Stripes, it's also National Ice Cream Month, National Blueberry Month, National Hot Dog Month, National Pickle Month and National Watermelon Month? My favorite? Blueberry! What's yours?

I want to thank all of you for being so welcoming and friendly to our new residents. Remember, a stranger is just a friend you haven't met yet! Please be sure to say hello to someone new every day.

*Have a jazzy July!*

*Marlene*



## Staying Healthy & Happy

Hello Residents,

Everyone has been dealing with this Worldwide pandemic of COVID-19 for many months, it has impacted all our lives. We have all been in a self-quarantine since March and we are all very excited to see that there is progress happening worldwide regarding reopening with social distancing and wearing masks for protection.

We are so pleased not to have had one case of the virus associated with any of our Ray Stone Senior Communities. We take pride in knowing we have all been working fiercely to protect you and your loved ones. This has not been easy on any of us, but you all have been so gracious during this self-quarantine. We appreciate all your kind words of encouragement.

Please continue to stay moving, I know sometimes we might forget to get up and move, since your two daily meals are being delivered. You still need to walk, I have noticed some of you are not getting out of your rooms at all, and this is not healthy. Since you are not walking to the dining room daily, now is the time when you should make yourself get some daily exercising in each day. If the weather is permitting you should take a short walk around the Roseville Square, or attend my morning exercise class. If I need to, I can start a second morning exercise class. Remember a body in motion, stays in motion.

*Stay Healthy & Happy,  
Tina*



Famous July Birthdays

Princess Diana (royal) – July 1, 1961  
Bill Withers (musician) – July 4, 1938  
Della Reese (singer) – July 6, 1931  
Tom Hanks (actor) – July 9, 1956  
Mavis Staples (singer) – July 10, 1939  
Andrew Wyeth (painter) – July 12, 1917  
Nelson Mandela (president) – July 18, 1918  
Ernest Hemingway (writer) – July 21, 1899  
Jennifer Lopez (singer) – July 24, 1969  
Peggy Fleming (ice skater) – July 27, 1948  
Wesley Snipes (actor) – July 31, 1962

Our July Birthdays

Clede W.	3	225
Eva M.	5	226
Caroline W.	6	207
Beverly Mo.	7	206
Miriam R.	9	303
Laura R.	9	221
David U.	15	106
Jackie Y.	16	102
Joan O.	23	322
Charles B.	26	114
Beverly Ma.	28	222
Margaret C.	31	224
Marilyn M.	31	205

In astrology, those born between July 1–22 are Cancer’s Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators. Those born between July 23–31 are Leo’s Lions, the zodiac’s natural-born leaders. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations.

The History of 4<sup>th</sup> of July

The Fourth of July—also known as Independence Day or July 4<sup>th</sup>—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18<sup>th</sup> century and the American Revolution. On July 2<sup>nd</sup>, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4<sup>th</sup> has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades, and concerts to more casual family gatherings and barbecues. The Fourth of July 2020 is on Saturday, July 4, 2020.

Happy 4<sup>th</sup> of July!



The Disco Demolition



People are still unsure how Disco Demolition Night at Comiskey Park got so out of hand. Back in July 1979, the Chicago White Sox were owned by Bill Veeck, who often came up with creative promotions to draw fans to watch his struggling ball club. Disco Demolition Night was a tongue-in-cheek swipe at disco, a musical genre that Chicago’s working class despised. Fans who brought disco records to the doubleheader got a ticket for just 98 cents. Best of all, in between the games, the records would be blown up on the field. No one expected that the stadium would be packed. No one expected the explosion to leave a crater in center field. And no one expected 7,000 fans to rush onto the field and riot. Needless to say, play was suspended, and the White Sox forfeited the game.

Activities:

Sign-up in the **Pink Book**, except for walks!

Our Tuesdays:

10:00am ~ Out Front: ½ hour Balance & Strength Exercise Class by Tina. Standing and sitting class. 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. (I will only stay at the store with you, if needed).

Our Wednesdays:

10:00am ~ Out Front: ½ hour Balance & Strength Exercise Class by Tina. Standing and sitting class. Low impact, full body workout.

1:00pm ~ Front Parking Lot: 1<sup>st</sup> **POKENO** game

2:00pm ~ Front Parking Lot: 2<sup>nd</sup> **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.

Our Thursdays:

10:00am ~ Out Front: ½ hour Balance & Strength Exercise Class by Tina. 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: 1<sup>st</sup> **BINGO** game

2:00pm ~ Front Parking Lot: 2<sup>nd</sup> **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.

Our Saturdays:

10:00am ~ Out Front: ½ hour Balance & Strength Exercise Class by Tina. Standing and sitting class. Low impact, full body workout.

11:00am: 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 I will drop them off at your apartment on Saturdays.

Craft Corner

This month I will be supplying you with an unfinished wooden picture frame, star stickers, blue and red paint w/ paint brush. So, you can beautify your frame the way you like. 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 Friday, July 3<sup>rd</sup>.



I hope you have fun making your picture frame!

Tina

Getting a Leg Up



If you’ve ever wanted to feel a little bit taller, then get ready for Walk on Stilts Day on July 27. Stilts are most often associated with clowns who teeter above crowds at the circus or in parades to get a laugh, but stilts originated as utilitarian tools. During the 1600s in the Landes region of southeastern France, shepherds used five-foot-tall stilts to watch their flocks and traverse the soggy lowlands. For hundreds of years stilts have been used to pick fruit from high branches, to prune trees, and even to harvest hops. One of the strangest stilt traditions is the sport of stilt jousting that has occurred in Namur, Belgium, since 1411. Two teams vie for the Golden Stilt award by attempting to knock the stilts out from underneath their opponents. The award goes to the last man standing... on stilts.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>July 2020</h1> <h2>Roseville Commons Activities</h2>			10:00 ~ out front Seated exercises with Tina 1:00 ~ Front Parking lot <b>POKENO</b> (10 dimes) 2:00 ~ Front Parking lot <b>POKENO</b> (10 dimes) <small>Canada Day</small>	2 10:00 ~ out front Balance & Strength Class with Tina 1:00~3:00pm Happy Hour on Wheels ~ door to door. 	3 10:00am ~ out front Seated exercises with Tina 1:00 ~ Front Parking lot <b>BINGO</b> (4 dimes) 2:00~ Front Parking lot <b>BINGO</b> (4 dimes) Drop off frame craft kit. 	 <small>Independence Day (US)</small>
5 	6 <b>Get up and go for a walk outside!</b> 	7 10:00 ~ out front Balance & Strength Class with Tina 1:00 ~ Front Parking lot <b>Juanita's BINGO</b> (4 dimes & 1 quarter) 2:15 ~ <b>Juanita's BINGO</b> <b>Blackout on both games!</b>	8 10:00 ~ out front Seated exercises with Tina 1:00 ~ Front Parking lot <b>POKENO</b> (10 dimes) 2:00 ~ Front Parking lot <b>POKENO</b> (10 dimes)	9 10:00 ~ out front Balance & Strength Class with Tina 1:00~3:00pm Happy Hour on Wheels ~ door to door. 	10 10:00am ~ out front Seated exercises with Tina 1:00 ~ Front Parking lot <b>BINGO</b> (4 dimes) 2:00~ Front Parking lot <b>BINGO</b> (4 dimes)	11 10:00 ~ out front Balance & Strength Class with Tina 11:00pm ~ out front Walk to & from Rite Aid If you would like Brain Teasers, please call me 916-749-3189 and I will drop off at your door.
12 	13 <b>TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.</b>	14 10:00 ~ out front Balance & Strength Class with Tina 1:00 ~ out front Walk to & from Rite Aid	15 10:00 ~ out front Seated exercises with Tina 1:00 ~ Front Parking lot <b>POKENO</b> (10 dimes) 2:00 ~ <b>POKENO</b> (10 dimes) 	16 10:00 ~ out front Balance & Strength Class with Tina 1:00~3:00pm Happy Hour on Wheels ~ door to door. 	17 10:00am ~ out front Seated exercises with Tina 1:00 ~ Front Parking lot <b>BINGO</b> (4 dimes) 2:00~ Front Parking lot <b>BINGO</b> (4 dimes)	18 10:00 ~ out front Balance & Strength Class with Tina 11:00pm ~ out front Walk to & from Rite Aid 1:00~3:00pm <b>Ice Cream ~ door to door.</b> 
19  Celebrating on July 18 <sup>th</sup> !	20 	21 10:00 ~ out front Balance & Strength Class with Tina 1:00 ~ out front Walk to & from Rite Aid	22 10:00 ~ out front Seated exercises with Tina 1:00 ~ Front Parking lot <b>POKENO</b> (10 dimes) 2:00 ~ Front Parking lot <b>POKENO</b> (10 dimes)	23 10:00 ~ out front Balance & Strength Class with Tina 1:00~3:00pm Happy Hour on Wheels ~ door to door. 	24 10:00am ~ out front Seated exercises w/Tina 1:00 ~ Front Parking lot <b>BINGO</b> (4 dimes) 2:00~ Front Parking lot <b>BINGO</b> (4 dimes) <b>National tell an Old Joke Day! Put a smile on someone's face 😊</b>	25 10:00 ~ out front Balance & Strength Class with Tina 11:00pm ~ out front Walk to & from Rite Aid If you would like Brain Teasers, please call me 916-749-3189 and I will drop off at your door.
26 	27 	28 10:00 ~ out front Balance & Strength Class with Tina 1:00 ~ out front Walk to & from Rite Aid	29 10:00 ~ out front Seated exercises with Tina 1:00 ~ Front Parking lot <b>POKENO</b> (10 dimes) 2:00 ~ Front Parking lot <b>POKENO</b> (10 dimes)	30 10:00 ~ out front Balance & Strength Class with Tina 1:00~3:00pm Happy Hour on Wheels ~ door to door. 	31 10:00am ~ out front Seated exercises with Tina 1:00 ~ Front Parking lot <b>BINGO</b> (4 dimes) 2:00~ Front Parking lot <b>BINGO</b> (4 dimes)	10:00 ~ out front Balance & Strength Class with Tina 11:00pm ~ out front Walk to & from Rite Aid If you would like Brain Teasers, please call me 916-749-3189 and I will drop off at your door.