

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

Join us out front for
Juanita's Bingo!
Tuesday, September 22nd
1:00pm

You will need 4 Dimes & 1 Quarter
Prizes & Blackout



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 Munoz
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, Like us on Facebook <https://www.facebook.com/RosevilleCommonsSeniorLiving/>



Celebrating September

Happy Cat Month

Mushroom Month

Healthy Aging Month

International Enthusiasm
Week
September 1-7

Bowling League Day
September 3

Labor Day: U.S.
September 7

Grandparents Day
September 13

International Country Music
Day
September 17

Good Neighbor Day
September 28

Dear September,

Please be Awesome!

Please be Great!

Please be Different!

Well I know one thing ... I am looking forward for this summer heat to be over, or at least in the beautiful 80's. As we all know, September can be hot as well, so I'm looking forward to some cooler weather. How about you?

I want to share this simple survival kit that was shared with me.

LIFESAVERS: To remind you of all the times you have **been** one

BUBBLE GUM: A reminder to always go the **extra** mile

SAFETY PIN: To keep everyone **safe**

PAPERCLIP: To help **hold** it all together

RUBBER BANDS: To remind you to be **flexible**

TOOTSIE ROLL: To help you **roll** with the punches

TOOTHPICK: **Attitude** is everything, remember to pick a good one

MARBLES: Just in case you **lose** yours

PEPPERMINT PATTY: To help you **keep** your cool

SNICKERS: Because **laughter** is the best medicine

HIGHLIGHTER: To remind you to look on the **bright** side

CANDLE: To **brighten** up your day when things get tough

TEA BAG: Remember to **relax** after a busy day

Hot SeptemberWishes:

Stay Healthy and Happy 😊

Juanita

Marketing Moments

What happens in the month of September? Well, there's a little something for everyone: the last days of summer and the first days of fall ~ Labor Day and Grandparents Day ~ the Harvest moon, apples galore and a challenge for you!

SEPTEMBER SONG

I have compiled a list of five (5) well known songs with September in the title. That list is now under lock and key. What could they be? Write your choices down and turn your list into the office by September 5th. If you match all 5 of my titles, you will receive 5 chances to be entered into a random drawing for a **\$25.00 VISA gift card**, match 4, get 4 chances, match 3, get 3 chances, 2 matches = 2 chances and 1 match = 1 chance. Drawing will be held September 10th.



*Join in the fun ... good luck,
everyone!*

Marlene

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



*Dixie Boyanich #210
Jan Quinley (transfer) #127
Janice Peik (former resident) #227*

Long-Lived Locomotive



In 1831, Philadelphia and New York were the two largest cities in America. The state

of New Jersey, situated between the two cities, became a prime location for a railroad company that could transport people and goods up and down the coast. Robert Stevens founded the Camden & Amboy Railroad (C&A) and enlisted Robert Stephenson and Company of Newcastle, England, to build a steam engine, which was called the *John Bull*. Starting service on September 15, 1831, *John Bull* became the oldest operable steam engine in the country.

The engine was shipped to America in pieces. Steamboat mechanic Isaac Dripps was tasked with putting it together. Despite his inexperience and the lack of assembly instructions, he succeeded. His innovative pilot wheel at the front of the locomotive became standard on almost all steam locomotives at the time. *John Bull* ran for 35 years before being retired. In 1883, it was given to the Smithsonian Institution for exhibition. Then, on September 15, 1981, 150 years after its first operation, *John Bull* ran in Washington, D.C., making it the oldest self-propelled vehicle in the world.

Leaf-Peepers Delight



By the last weekend of September, Fall Foliage Week, you have likely noticed that the weather has begun to cool, and leaves have started changing from green to shades of yellow, orange, and red. This dramatic transformation is the result of a careful and complex chemistry occurring within the leaves.

Throughout the summer months, tree leaves are hard at work, photosynthesizing thanks to chlorophyll. Not only does chlorophyll absorb sunlight and convert light energy to the chemical energy plants need to survive but they also give leaves their green color. But leaves also contain carotenoids, plant pigments that create hues of yellow and orange. Dominant chlorophyll normally covers up the carotenoids, but as the weather cools and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. But what of the brilliant red hues? The color red is the result of a pigment produced in autumn called *anthocyanin*. Cool nights stimulate the production of sugars within trees, and this stimulates the leaves to produce anthocyanin. Weather conditions in late summer, such as drought, heavy rain, or too many clouds, can affect the production of sugars and the resulting anthocyanin, either resulting in eye-popping (more sugar) or dull reds (less sugar). Dedicated leaf peepers enjoy nature's show regardless.

New England enjoys fame as a prime leaf-peeping destination, thanks to its leafy forests and chilly September nights, a combination that produces excellent fall foliage displays. Yet plenty of other places around the world offer excellent fall foliage. Japan is a prime spot for leaf-peeping, especially the northernmost island of Hokkaido, where leaves begin to turn as early as mid-September. Romania's Carpathian Mountains offer another excellent destination, especially the alluring Lake Sfânta Ana. No matter where you go, if there are leaves and chilly nights, then you are bound to find some spectacular fall foliage.

From Your Chef



Hello Residents,

What a strange year it has been. Who would have known on March 16th that we would not be together in the dining room again for so long? Here is to looking forward to opening our Dining Room doors soon. So, we can get back to some sort of normalcy.

We ask that no one is washing out and reusing, and or saving their takeout containers. Please throw them away after you have finished your meal, it is possible they can carry bacteria after sitting out, which could cause one to get sick.

We know the to-go containers can pile up quite fast in your apartment, since you are having two meals delivered daily. So, to help we will provide you with a bag at the time of your food delivery **per your request**, to throw out your used containers nightly. Our Night porters pick up your garbage bags placed outside your apartment nightly between the hours of 6:00 p.m. - 9:00 p.m. All of us in the kitchen are trying to do our best to fulfill your needs. Please do not hesitate to call us @ **(916) 472-6471** if you need anything regarding your meals.

Thank you,

Chef Phil

Famous September Birthdays

Lily Tomlin (comedian) – September 1, 1939
 Richard Wright (author) – September 4, 1908
 Raquel Welch (actress) – September 5, 1940
 Jacob Lawrence (artist) – September 7, 1917
 Otis Redding (singer) – September 9, 1941
 Jesse Owens (athlete) – September 12, 1913
 Agatha Christie (author) – September 15, 1890
 B.B. King (musician) – September 16, 1925
 Frankie Avalon (singer) – September 18, 1940
 Jim Henson (puppeteer) – September 24, 1936
 Serena Williams (tennis pro) – September 26, 1981

Our September Birthdays

Maggie H. 5th, #111

Kevin D. 8th, #230

John P. 10th, #332

Joel S. 15th, #305

Martha U. 19th, #131

Barbara S. 19th, #232

Vivian C. 27th, #215

Bettie H. 28th, #128

In astrology, those born between September 1–22 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.

Shetland's Golden Fleece



The last Saturday in September brings Shetland Wool Week, a week that places Scotland's generations-old textile industry in the spotlight. Shetland wool is a luxuriously soft, warm, and airy wool that is sheared from Shetland sheep, a breed that originally hailed from the Shetland Islands, found in the northernmost isles of Scotland. Fair Isle knitwear, sweaters that are world famous for their colorful patterns, warmth, comfort, and durability, come from the Shetland island named Fair Isle, where knitters have been turning Shetland wool into garments since the 1600s. Family-based knitters produce up to 40 garments a year by hand. With hundreds of pending requests, buyers may have to wait years before they get a genuine Fair Isle Shetland wool sweater.

Too Much Time on Your Hands

Lately we all have had nothing but time on our hands, while staying at home. This is a great time to read that book you have been putting off. Maybe clear out your cupboards, or closets, decluttering is good for the soul! ☺ With the warm weather it has been difficult to go outside in the afternoon, so I suggest you take a nice walk in the morning, when it is still cool. Another option is you can walk the halls to keep active, we do not want anyone losing that (a body in motion, stays in motion!). It is very important to stay active and keep your body moving. We offer a ½ hour exercise class Tuesday-Saturday out front starting at 10:00 a.m. If I need to start up a second class, I can schedule one. Maybe you do not like to exercise in front of others, and you want to do it in the privacy of your own home. If you like, I can provide you with sheets of exercises, an exercise band, and we have a limited number of seated peddlers. If there is anything I can assist you with, please do not hesitate to call me. Even if you just need someone to talk to, I am here for you. **Tina 916-749-3189**

Laundry Room Etiquette



#1 If you Leave, set a timer:

Chances are good that someone is always waiting for a machine, so let us all be aware of this. An easy suggestion is to set a timer for yourself, or sit in the laundry room with a delightful book, while you are washing and drying your clothes.

#2 Have patience (within reason):

If someone is occupying a washer or dryer you need with their completely washed or dried clothes give them a few minutes before you start to get impatient. Fifteen minutes is a reasonable amount of time to wait before you commandeer the in-demand appliance.

#3 Do not dry their clothes:

If you have waited the 15 minutes patiently and fear the missing launderer is never going to show up, please carefully remove their clothes and set them in a clean area on the countertop. Do not, however, put a single item of their clothing in the dryer. Clothes are so easy to ruin, and do you really want to have to pay to replace their merino wool sweater, or fancy-pants pajamas? Please do not make anyone's drying decisions for them.

- Laundry room hours are **7:00 a.m. to 9 p.m.**
- We are not responsible for lost, misplaced, or damaged articles.
- Please do not overload the machines, as clothes will not be cleaned and or dried properly.
- Be courteous and remove clothes promptly.
- Clean lint tray at the end of each drying cycle.
- Please remember to be courteous of others and their individual property.
- If there is a problem with a machine, please inform the office, so we can fix the issue.

Tina

Craft Corner



This month I will be providing you with a beautiful Mandala Coloring Book, a box of coloring pencils and a pencil sharpener. Adult


















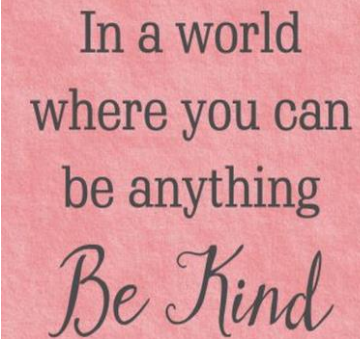



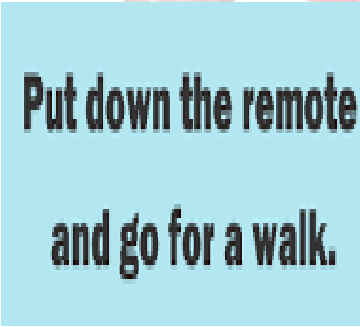
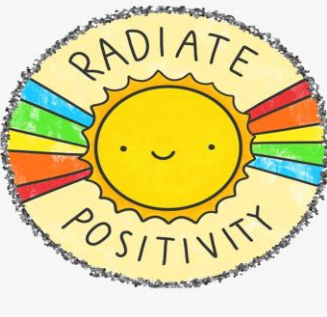

coloring has been proven to help one focus, it also reduces stress and anxiety, along with improve your vision, motor skills, and help you sleep.

Currently with our upside-down world, we all could use a little help and reap the benefits mentioned above, by coloring. You will need to sign-up in the **pink** book. I will deliver your craft kit in a plastic bag at your door on Saturday, September 12th.

I want to thank Susan S. for all the beautiful Mandala Coloring Books she donated, we appreciate your kindness.

You do not have to be an expert artist to color! If you are looking for an uplifting way to unwind after a stressful day, or just to pass the time, coloring will surely do the trick. Pick something that you like and color it however you like! Make each picture your very own masterpiece! I would love to come around a take pictures of some of your beautiful pieces of artwork and share them on our Memory board.

Tina

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Goodbye Summer... Hello Autumn</p>		10:00 a.m. ~ out front Seated Exercises 12:30 p.m. ~ out front Walk to & from Rite Aid  <p>Walking Has Many Benefits!</p>	10:00 a.m. ~ out front Balance & Strength Exercises 12:45 p.m.~ Front Parking Lot POKENO (20 dimes), for 6 games. Black-out Prizes! You need to sign-up in the Pink Book!	10:00 a.m. ~ out front Balance & Strength Exercises 1:00 p.m.~ 3:00 p.m. Happy Hour on Wheels ~ door to door. 	10:00 a.m. ~ out front Balance & Strength Exercises 12:45 p.m.~ Front Parking Lot Bingo (8 dimes), for 6 games. You need to sign-up in the Pink Book! 	10:00 a.m. ~ out front Seated Exercises 12:30 p.m. ~ out front Walk to & from Rite Aid Turn in your Song Choices. Good Luck! Call Tina @ 916-749-3189 to have the weekly Brain Teasers/Crosswords dropped off at your door.
6 	7  <p>Labor Day</p>	8 10:00 a.m. ~ out front Seated Exercises 12:30 p.m. ~ out front Walk to & from Rite Aid  <p>Walking Has Many Benefits!</p>	9 10:00 a.m. ~ out front Balance & Strength Exercises 12:45 p.m.~ Front Parking Lot POKENO (20 dimes), for 6 games. Black-out Prizes! You need to sign-up in the Pink Book!	10 10:00 a.m. ~ out front Balance & Strength Exercises 1:00 p.m.~ 3:00 p.m. Happy Hour on Wheels ~ door to door.   <p>Winner of \$25.00 Visa card will be announced for Marlene's September Song list!</p>	11 10:00 a.m. ~ out front Balance & Strength Exercises 12:45 p.m.~ Front Parking Lot Bingo (8 dimes), for 6 games. You need to sign-up in the Pink Book! 	12 10:00 a.m. ~ out front Seated Exercises 12:30 p.m. ~ out front Walk to Rite Aid Drop-off Mandala coloring book and pencils. Need to sign-up in The Pink book! Brain Teasers/Crosswords dropped off at your door. 
13  <p>Grandparents Day</p>	14 	15 10:00 a.m. ~ out front Seated Exercises 12:30 p.m. ~ out front Walk to & from Rite Aid  <p>Walking Has Many Benefits!</p>	16 10:00 a.m. ~ out front Balance & Strength Exercises 12:45 p.m.~ Front Parking Lot POKENO (20 dimes), for 6 games. Black-out Prizes! Pass out Birthday Bags for September babies! 	17 10:00 a.m. ~ out front Balance & Strength Exercises 1:00 p.m.~ 3:00 p.m. Happy Hour on Wheels ~ door to door. 	18 10:00 a.m. ~ out front Balance & Strength Exercises 1:30 p.m.-2:30p.m. Front Parking Lot Horse Races, you will need 6 quarters to bet! Sign-up in the Pink book.  <p>Rosh Hashanah Begins</p>	19 10:00 a.m. ~ out front Seated Exercises 12:30 p.m. ~ out front Walk to & from Rite Aid Call Tina @ 916-749-3189 to have the weekly Brain Teasers/Crosswords dropped off at your door. <p>Oktoberfest Begins</p>
20 	21 	22 10:00 a.m. ~ out front Seated Exercises 1:00 ~ Front Parking lot Juanita's BINGO Good-bye Summer, Hello Fall Bingo. (4 dimes & 1 quarter) Sign-up in the Pink book. Prizes & Blackout game! <p>Autumn Begins</p>	23 10:00 a.m. ~ out front Balance & Strength Exercises 12:45 p.m.~ Front Parking Lot POKENO (20 dimes), for 6 games. Black-out Prizes! You need to sign-up in the Pink Book!	24 10:00 a.m. ~ out front Balance & Strength Exercises 1:00 p.m.~ 3:00 p.m. Happy Hour on Wheels ~ door to door. 	25 10:00 a.m. ~ out front Balance & Strength Exercises 12:45 p.m.~ Front Parking Lot Bingo (8 dimes), for 6 games. You need to sign-up in the Pink Book! 	26 10:00 a.m. ~ out front Seated Exercises 12:30 p.m. ~ out front Walk to & from Rite Aid Call Tina @ 916-749-3189 to have the weekly Brain Teasers/Crosswords dropped off at your door.
27  <p>Yom Kippur Begins</p>	28 	29 10:00 a.m. ~ out front Balance & Strength Exercises 12:30 p.m. ~ out front Walk to & from Rite Aid  <p>Walking Has Many Benefits!</p>	30 10:00 a.m. ~ out front Balance & Strength Exercises 12:45 p.m.~ Front Parking Lot POKENO (20 dimes), for 6 games. Black-out Prizes! You need to sign-up in the Pink Book!	<div> <div>September 2020</div> <div>Roseville Commons Activities</div> </div>		