

List of In-House Services

Kaleidoscope Salon ~

Denise Hubbard (916) 486-2710
 Call to schedule an appointment
 Open Tuesdays ~ Fridays
 8:00 am - 4:00 pm
 Men's Haircut ~ \$12.00
 Shampoo or Conditioner Only ~ \$7.00
 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

Halloween Bingo
Tuesday, October 13th
12:30 pm & 2:30 pm in the RR



You will need 4 dimes and 1 quarter to play
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/>



To the British it is Autumn ... to us it is Fall!

Why is Fall the best season?

For one, it is my favorite season ☺

And because fall is the "cooling off" time right between the blazing summer and the chilling winter. When the cooler temperatures of fall start rolling in, saying goodbye to summer is not hard to do. **Fall** is a great time to break out the jackets, coats, boots, scarves, and hats in preparation for the change in seasons and the beautiful colors of the leaves.

October is going to be a great month, especially if we all stay healthy and not let our guard down! Please continue to wear your mask and maintain the social distancing required by Placer County.

I really appreciate all our residents & staff staying within the essential guidelines so we can continue with and expand our indoor activities, begin medical transportation, and most importantly, keep our salon open.

Great news! Our goal by the middle of October is to have our Dining Room open for DINNER at the 25% capacity mandated by Placer County. A huge thank you to everyone for your patience during these challenging times. I would also like to thank all the staff for their hard work and continuing enthusiasm.

Thank you, fall, for giving us such beautiful colors and cooler weather. ☺

Juanita

Celebrating October

Halloween BINGO

w/Tina & Juanita

Tuesday, October 13th

12:30pm & 2:30pm-RR

*You must sign-up in the **Pink** Book!*

Halloween Painting

Saturday, October 10th

Drop-off Halloween Painting

Kit at your door.

*You must sign-up in the **Pink** Book!*

Halloween Glitter Globe

Saturday, October 17th

Drop-off Halloween Glitter

*Globe Kit at your door. You must sign-up in the **Pink** Book!*

Door to Door

Halloween Costume Party

Wear Your Costumes &

Win a \$15 Visa Card.

One Winner for each floor!

Thursday, October 29th

1:00pm-3:00pm-RR

Happy Halloween

Saturday, October 31

Marketing Moments



Did you know that the ultimate Halloween treat ~ CANDY CORN ~ was created more than 100 years ago and that the recipe has remained unchanged since then? To celebrate this delicious confection, we are having a "Guess the Number of Candy Corn in the Jar" contest. The closest guess wins the candy and a \$25.00 Rite Aid gift card, winner will be announced on October 30th ... National Candy Corn Day!

Here is the process - Tuesday October 20th

Check your front door hook for an Official Guess Entry Sheet ~ only one guess per resident ~ then thru Friday October 23rd, when you're getting your mail or on your daily constitutional (remember 9 times around the 1st floor & you've walked a mile!), check out the Candy Corn Jar on the sofa table near the mailboxes, write your guess on your Entry Sheet, put it on your front door hook and on Saturday, October 24th entries will be collected. Winner announced on the 30th.

October 15th is the start of Medicare's Open Enrollment for 2021. Please take the time to review your health plan and prescription drug coverage to be sure that all your needs are met for the upcoming year!

It is such a tumultuous time. I keep hearing the first few lines of a Jimmy Buffett song ...

I bought a cheap watch from a crazy man, floating down canal, it doesn't use numbers or moving hands, it always just says NOW!

*Now you may be thinking that I was had, but this watch is never wrong and if I have trouble, the warranty said **Breathe In, Breathe out, Move On!***

If we all breathe in, breathe out, wear our masks, we will move on from this.

Share a smile! Be kind! Brighten a neighbor's October day!

Marlene

The smoke has cleared, and the fall weather is coming. This is a great time to read a book out on our beautiful gazebo, while you listen to the soothing sounds of our waterfall.



Pasta's Path to Italy



Pasta is a food beloved by cultures all over the world. While many associate this pantry staple with Italy (thanks to gorgeous visions of spaghetti mounds topped with meatballs), nearly every country has its own version of noodles made from flour, water, and eggs. On October 25, World Pasta Day, enjoy spaghetti from Italy, Lo Mein from China, ramen from Japan, orzo from Greece, or spaetzle from Germany.

Many myths describe how pasta was brought from China to Italy during the 13th century by explorer and merchant Marco Polo. Historians believe it is more likely that noodles originated in central Asia thousands of years prior. Noodles reached East Asia and even moved westward to Europe long before the triumphant return of Marco Polo. Yet none can dispute that in Italy pasta was transformed and refined, thanks to the cultivation of durum wheat, which is high in gluten and long-lasting on the shelf. The Mediterranean climate was suited to growing vegetables and herbs, which led to the development of the many tomato-based sauces that are today synonymous with pasta.

Max for the Mini



October 30, 1965, was the day of the Melbourne Cup Carnival at the Flemington Racecourse in Melbourne, Australia. It was a day of horse races, entertainment, fashion, food, and culture, but the attention was not on the racehorses. Twenty-two-year-old English supermodel Jean Shrimpton, known as "the most beautiful girl in the world," had arrived wearing a simple white shift dress, yet there was nothing simple about the fact that the hem of the little minidress ended four inches above her knees. Moreover, she wore no hat, gloves, or stockings. The Melbourne Cup may have been known as "the race that stops a nation," but Shrimpton's skimpy attire had stopped the nation's heart. Australia was scandalized, and the supermodel had single-handedly launched a fashion revolution.

Was Shrimpton's shocking choice intentional? She had been hired by Dupont to promote its new Orlon fabric and had been sent rolls of the stuff prior to Derby Day. Shrimpton and London dressmaker Colin Rolfe went to work crafting a dress, but Rolfe soon discovered that he did not have enough Orlon to finish his design. Shrimpton advised him to settle on the modern and minuscule white shift. Miniskirts were in vogue amongst the youth of London, largely thanks to the work of fashion designer Mary Quant, so the decision must have seemed a natural one to Shrimpton. It was not deemed acceptable by mainstream Australian society.

The newspapers chided her for her poor taste. Dupont immediately found a Melbourne designer to design more appropriate clothes for Shrimpton's subsequent Derby appearances. Shrimpton wore the new conservative clothes, but she could not escape the scandal of her white minidress. By the end of the Carnival, she had unapologetically returned to her modern look, saying, "I feel Melbourne isn't ready for me yet." By the next year's Carnival, Melbourne designers had copied Shrimpton's look. Any hemline below the knee was now old-fashioned.

From Your Chef

Hello Residents,

We hope are enjoying some of the treats we have brought by in the last few weeks, such as the macadamia cookies, chocolate milkshakes, and the



guacamole with chips. This is only the beginning; we have more surprises in the future for all of you.

We are looking forward to seeing all of you in the

dining room in the future, hopefully sooner than later. We are currently beautifying our Dining Room. So, when we slowly start to reopen, you will be amazed.

For those of you that fill out your own orders, we appreciate you, and we only ask that you make sure your ticket is up to date with the current weekly menu that is posted on your door hook. If you have any questions, please feel free to call the kitchen @ (916) 472-6471.

Happy October,

Chef Phil



Famous October Birthdays

Julie Andrews (actress) – October 1, 1935
 Desmond Tutu (cleric) – October 7, 1931
 Chevy Chase (comedian) – October 8, 1943
 Dick Gregory (comedian) – October 12, 1932
 Mae Jemison (astronaut) – October 17, 1956
 Chuck Berry (musician) – October 18, 1926
 Dizzy Gillespie (musician) – October 21, 1917
 Pelé (soccer star) – October 23, 1940
 Mahalia Jackson (singer) – October 26, 1911
 Bill Gates (engineer) – October 28, 1955

Our October Birthdays

Rosaline L. 1st, #117

Suzanne R. 1st, #311

Mary D. 2nd, #307

Elaine L. 10th, #308

John M. 12th, #233

Victoria L. 17th, #132

Betty Z. 27th, #107

Ben G. 27th, #209



In astrology, those born between October 1–22 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. Those born from October 23–31 are Scorpio's scorpions. Scorpions are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family.



REMINDER:

We are so excited about the social distancing events we have been able to have in our Rose Room, such as exercise classes, Bingo, Pokeno and horse races. With all the excitement sometimes we forget we are still not able to gather in a group of any size in any of our Common Areas, such as our Front Lobby, Rose Room, and the Libraries. We are asking that you wear a mask at all time in our halls and when you attend any exercise class or activity in the Rose Room. These precautions are mandated by our Governor. We are following all the policies and procedures to slowly reopen safely. We appreciate everyone's cooperation. Believe us when we tell you, we do not enjoy reminding anyone of these policies that we all need to follow, and I am sure you probably get tired of hearing us repeating them. We are doing it for the safety of everyone. We hope you are enjoying your beautiful new Roseville Commons mask and wearing it with pride!

Congratulations to Betty M. for winning Marlene's September Songs Trivia last month.

Enjoy your \$25.00 Visa gift card!

Stay safe,

Tina



Life Is a Cabaret

On October 6, 1889, the *Moulin Rouge* cabaret opened in the Montmartre section of Paris. Europe was in the midst of an economic and social reawakening after the horrors of the Franco-Prussian War. Europeans attempted to heal the scars of the recent past by diving headfirst into a period of carefree frivolity. For those seeking fun, freedom, and *joie de vivre* during this *Belle Epoque*, there was no better refuge than the bohemian haven of Montmartre.



Savvy businessmen Joseph Oller and Charles Zidler enjoyed instant success after the opening of their cabaret. They gave Parisians what they wanted, an atmosphere of decadence and glamour replete with dancing girls in suggestive costumes and free-flowing libations. The well-to-do came to enjoy nights of debauchery. Artists soaked up the atmosphere as inspiration. Even humble laborers could afford to buy a drink, watch a show, and marvel at the glittering chandeliers and mirrored walls. No one could miss the massive red windmill standing outside—an homage to earlier windmills of Montmartre that had been converted to drinking establishments—or the colossal model elephant in the adjoining garden, a prop left over from the Universal Exhibition of 1889. Everything at the Moulin Rouge was larger than life.

The fame of the Moulin Rouge spread, thanks largely to its reputation for the French cancan. The scandalous dance featured a chorus line of high-kicking dancing girls who felt no shame in revealing black stockings, garters, lace, and anything else underneath their frilly skirts. The cancan may not have been invented in Paris, but it was certainly made famous thanks to the talents of *La Goulue*, *Nini pattes-en-l'air*, and Miss Jenny, the most notable cancan dancers of the time. Even the great French painter Henri de Toulouse-Lautrec was drawn to the cabaret, and he captured the frenetic excitement of the Moulin Rouge in his most famous works. Visitors still flock to the iconic red windmill, and after 130 years it remains as alluring as ever.

Craft Corner

This month I will be providing you with some fun Halloween crafts: A Halloween Painting Kit, which I will drop off at your door on Saturday, October 10th. I hope you enjoy this fun craft.



Then on Saturday, October 18th I will be dropping off a Halloween Glitter Globe Kit to your door. There are limited spaces. So, please make sure you are signing-up in the **Pink** book.



Teasers/Crosswords

If you enjoy working on brain teasers and crossword puzzles, then you should give me a call at (916) 749-3189 and I will drop off the weekly Teasers/Crosswords at your door every Saturday. Kind of like having a Newspaper delivered!

6 Reasons to do Puzzles:

- 1) **Strengthens Memory** ~ The more regularly participants engaged with word puzzles, the better they performed on tasks assessing attention, reasoning, and memory.
- 2) **Keeps the Mind Active** ~ Since doing crossword puzzles keeps your brain 10 years younger, it's truly never too late to learn something new
- 3) **Builds Social Bonds** ~ Humans are social beings
- 4) **Helps Fight Mental Disease** ~ Like Alzheimer's and dementia.
- 5) **A Positive Distraction** ~ Sometimes we just need to sit down and focus on a single task to help our minds defrag.
- 6) **Improves Your Mood** ~ They distract you from boredom and stress, this task can improve your mood in other ways too.

Tina

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2020

Roseville Commons Activities

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| | 4 10:00 Tai Chi-RR You Must Wear a Mask at all times and stay 6 feet apart! 1:30 Matinee Movie-RR You Must Wear a Mask at all times during the movie and please do not move your chair. | 5 10:00 Senior Stretching-RR DVD Seated Exercise 12:30 Walk to Rite Aid-OF Go get your Flu Shot! 2:00 Bingo-RR (10 dimes & 1 quarter), for 5 games You Must Wear a Mask at all times and only 1 person per table! | 6 10:00 Balance & Strength-OF w/Tina ~ Seated & Standing Exercises 12:30 POKENO -RR (20 dimes), for 6 games 2:30 POKENO -RR (20 dimes), for 6 games You Must Wear a Mask at all times, 1 person per table! | 7 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises 1:00 ~ 3:00 Thirsty Thursday ~ door to door. | 8 10:00 Seated Exercise-OF w/Tina ~ Seated exercise & Bands 10:00 Tai Chi-RR 2:00 Bingo-RR (10 dimes & 1 quarter), for 5 games You Must Wear a Mask at all times, 1 person per table! | 9 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises 12:30 Walk to Rite Aid-OF 1:30 Matinee Movie-RR Teasers/Crosswords. To be dropped off at your door. Drop-off Halloween Painting. Need to sign-up in The Pink Book, only 16 spots! |
| <p>Come down for a ½ hour morning Senior Stretching workout!</p> | 11 10:00 Tai Chi-RR You Must Wear a Mask at all times and stay 6 feet apart! 1:30 Matinee Movie-RR You Must Wear a Mask at all times during the movie and please do not move your chair. <p>Columbus Day (US) Thanksgiving Day (Canada)</p> | 12 10:00 Balance & Strength-OF Seated & Standing Exercises 12:30 Halloween Bingo-RR (4 dimes & 1 quarter) Blackout game. Only sign-up for 1 game 2:30 Halloween Bingo-RR (4 dimes & 1 quarter) Blackout game. Only sign-up for 1 game You Must Wear a Mask at all times and only 1 person per table! | 13 10:00 Balance & Strength-OF w/Tina ~ Seated & Standing Exercises 12:30 POKENO -RR (20 dimes), for 6 games 2:30 POKENO -RR (20 dimes), for 6 games You Must Wear a Mask at all times, 1 person per table! | 14 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises 1:00 ~ 3:00 Thirsty Thursday ~ door to door. | 15 10:00 Seated Exercise-OF w/Tina ~ Seated exercise & Bands 10:00 Tai Chi-RR 2:00 Bingo-RR (10 dimes & 1 quarter), for 5 games You Must Wear a Mask at all times, 1 person per table! | 16 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises 12:30 Walk to Rite Aid-OF 1:30 Matinee Movie-RR Teasers/Crosswords. To be dropped off at your door. Drop-off Halloween Glitter Globe. Need to sign-up in The Pink Book, only 12 spots! |
| <p>Get your costumes ready for Thursday, Oct. 29th. Win \$15 Visa Card ~ 1 per floor!</p> | 18 10:00 Tai Chi-RR You Must Wear a Mask at all times and stay 6 feet apart! 1:30 Matinee Movie-RR You Must Wear a Mask at all times during the movie and please do not move your chair. | 19 10:00 Senior Stretching-RR DVD Seated Exercise 12:30 Walk to Rite Aid-OF Go get your Flu Shot! 2:00 Bingo-RR <p>We will pass out Guess entry of how many Candy Corns will be left on your door hook. Jar will be located on the table, by the Mailboxes. Good Luck!</p> | 20 10:00 Balance & Strength-OF w/Tina ~ Seated & Standing Exercises 12:30 POKENO -RR (20 dimes), for 6 games 2:30 POKENO -RR (20 dimes), for 6 games Pass out Birthday Bags for October Babies! | 21 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises 1:00 ~ 3:00 Thirsty Thursday ~ door to door. | 22 10:00 Seated Exercise-OF w/Tina ~ Seated exercise & Bands 10:00 Tai Chi-RR 1:30 Horse Races-OF Horse Races, you will need 6 quarters to bet! Sign-up in the Pink book | 23 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises 12:30 Walk to Rite Aid-OF 1:30 Matinee Movie-RR Teasers/Crosswords To be dropped off at your door. Leave your guess entry of how many Candy Corns are in the jar on your door hook, so we can collect them. |
| | 25 10:00 Tai Chi-RR You Must Wear a Mask at all times and stay 6 feet apart! 1:30 Matinee Movie-RR You Must Wear a Mask at all times during the movie and please do not move your chair. | 26 10:00 Senior Stretching-RR DVD Seated Exercise 12:30 Walk to Rite Aid-OF Go get your Flu Shot! 2:00 Bingo-RR You Must Wear a Mask at all times and only 1 person per table! | 27 10:00 Balance & Strength-OF w/Tina ~ Seated & Standing Exercises 12:30 POKENO -RR (20 dimes), for 6 games 2:30 POKENO -RR (20 dimes), for 6 games You Must Wear a Mask at all times, 1 person per table! | 28 10:00 Balance & Strength-RR w/Tina ~ Seated exercise & Bands 1:00 ~ 3:00 Thirsty Thursday Door to Door Halloween Costume Contest! We will be taking pictures, so everyone can vote for the best costume. One winner per floor. \$15 Visa card. | 29 10:00 Seated Exercise-OF w/Tina ~ Seated exercise & Bands 10:00 Tai Chi-RR 2:00 Bingo-RR (10 dimes & 1 quarter), for 5 games Winner of \$25.00 Rite Aid gift card will be announced for the guessing the number of Candy Corns! | 30 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises 12:30 Walk to Rite Aid-OF 1:30 Matinee Movie-RR Teasers/Crosswords To be dropped off at your door. |

RR = Rose Room, OF = Out Front **You Must Wear a Mask while staying 6 feet apart at all times! Please sign-up in the PINK Book! 12-person limit**