

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

Turkey Bingo

Tuesday, November 10th
12:30 pm & 2:30 pm in the RR
Please only sign-up for one game!



You will need 8 dimes and 1 quarter to play
Prizes, 4 Corners and 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/>



Happy Thanksgiving!

Celebrating November

Craft Kits

Drop off dates

Saturday, November 7th

Scarecrow Wreath Kit.

Saturday, November 21st

Sew your own Reindeer Bag Kit.

Sign-up in the **Pink Book!**

Turkey BINGO

w/Tina

Tuesday, November 10th

12:30pm & 2:30pm-RR

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

Horse Races

Friday, November 6th & 20th

1:30pm- RR

You need 6 Quarters to place
your bets!

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

Caramel Candies

Guessing Game

Jar will be located on the table, by
the Mailboxes starting
November 17th.

Winner of **\$25.00 Trader Joe's gift card**
will be announced on November
27th See Calendar for dates

Good Luck!

I would like to wish everyone a warm and wonderful Thanksgiving! It is a day to be thankful, a time with family and friends with homemade cooking and delicious desserts! Let us not forget to watch the Thanksgiving Parade, or even cheer on your favorite football team.

This year would have been my 4th annual holiday tree trimming in our lobby with the residents assisting me with decorating and afterwards enjoying some amazing goodies and hot chocolate. I am sorry to say this year, due to Covid-19 guidelines, we will not be able to decorate the tree together. We will still have the holiday tree in the lobby with all the beautiful holiday decorations. Covid-19 may have limited us with all its restrictions; however, it will not take away the holiday spirit here at Roseville Commons. We still have a lot to be thankful for and we appreciate all our residents and staff.

Happy holidays and many blessings to everyone,

Juanita ☺



Marketing Moments

November is such a comforting month. It gives us a little quiet time between the hoopla of Halloween and the craziness of Christmas especially with its very own, very special holiday, Thanksgiving, my favorite day of the year!

November is also the month when the leaves come off the trees and our weather starts to get nippy. Fall is in full effect and winter is signaling its imminent arrival. It's a great time to slip on some warm socks, grab a warm drink and snuggle inside your lovely apartment home.



Be kind. Be thoughtful. Be sincere. Be happy. But, most of all, be thankful!

lots of virtual hugs,

Marlene

Remembering Old Clem



November 23 is a special holiday for metalworkers and blacksmiths. It is St. Clement's Day, more casually known as Old Clem's Night, honoring Pope Clement I, the patron saint of metalworkers and blacksmiths. Celebrating the holiday, or "Clementing," has died out in all but a few places. The festivities began at sundown with the firing of the anvil. Gunpowder was packed into a small hole in the anvil so when it was struck by a hammer, it exploded in a shower of sparks. Then the smith (or often an apprentice) dressed in a wig, cloak, and mask transformed himself into "Old Clem." Old Clem led a procession through the streets, visiting tavern after tavern, soliciting donations of ale and money to pay for the holiday dinner.

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



Louise Sparacino #126
Lynn Godines #302
Rudy Wells #318

Rights on "The Rock"



In 1963, the infamous prison Alcatraz, known as "The Rock," closed its doors. Soon after, local Native American groups began lobbying for the island to become a cultural center and school. According to the 1868 Treaty of Fort Laramie, Native Americans—referred to as Indians at the time—were allowed to take control of surplus federal lands. So, when a fire destroyed San Francisco's American Indian Center in October of 1969, a group of 89 activists, calling themselves "Indians of All Tribes," occupied Alcatraz island during the morning hours of November 20, 1969.

The occupation lasted 19 months, with numbers on Alcatraz growing to 600. President Nixon chose to leave the peaceful occupiers alone. Officials visited to negotiate, but the occupiers demanded nothing less than the island itself, upon which they hoped to build a school, cultural center, and museum. Slowly, though, the political will of occupiers waned, and many departed, leaving behind a disorganized ragtag band. The activists may have given up Alcatraz, but they had propelled their rights movement forward and transformed Alcatraz into a symbol of Native American pride.

The Great Comet of 1680

For many of the 17th century, the appearance of a comet in the sky was something horrifying to behold. Comets were believed to be omens of disaster, foretelling earthquakes and storms, the death of kings, and the approach of disease. The year after a comet appeared over the skies of England in 1664, the Bubonic Plague killed 100,000 people in London. Then, in 1666, the Great Fire of London burned much of the central city to the ground. The word *disaster* comes from the Greek *dis*, meaning "bad," and *aster*, meaning "star." Indeed, many disasters were presaged by *bad stars*.



In November of 1680, a comet appeared in the heavens so big, so bright, and with such a long tail that it could be seen in the daytime. The appearance of the Great Comet of 1680 threw many into confusion and dread. One letter from the time read: "God threatens us with dreadful punishments if we do not repent." Others turned to science to explain the phenomenon.

The German astronomer Gottfried Kirch became the first man ever to see a comet from a telescope when he discovered the Great Comet on November 21, 1680. It came to be known as *Kirch's Comet*. A Spanish Jesuit priest, Eusebio Kino, charted the comet's course as he traveled from Cadiz, Spain, to Mexico City. His published account of the comet, the *Exposición astronómica de la cometa*, was one of the first scientific papers published in the New World. But the most famous investigator of the Great Comet was undoubtedly Isaac Newton.

Astronomer Johannes Kepler had previously argued that objects revolved around the sun in elliptical orbits. Alas, he never proved this theory. Newton, using data from the Royal Astronomer John Flamsteed, proved once and for all that the comet did indeed travel around the sun in an elliptical orbit. Newton's study of the Great Comet also led to his well-known theories of gravity.

From Your Chef

Hello Residents,

November is here, which means the Holiday season is starting off. I am looking forward to cooking some great meals. Even though this year will be very different than our previous years. On



Thursday, November 26th we are going to be serving you an amazing holiday feast with delicious, juicy turkey, and glazed ham, along with all the fixings, and let's not forget the pie! There are not many things better than a Thanksgiving feast, spending time with family and friends while watching a football game on the TV!

The 11th of November is Veteran's Day, and I personally want to thank all the Veterans out there for their service!



As always, if you need anything relating to the kitchen, please reach out to us in the kitchen at (916) 472-6471.

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.

Gobble Gobble,
Chef Phil



Famous November Birthdays

Will Rogers (cowboy) – November 4, 1879
 William Wells Brown (writer) – November 6, 1814
 Dorothy Dandridge (actress) – November 9, 1922
 Neil Young (musician) – November 12, 1945
 Whoopi Goldberg (comedian) – November 13, 1955
 Danny DeVito (actor) – November 17, 1944
 Dominique Dawes (gymnast) – November 20, 1976
 Ricardo Montalban (actor) – November 25, 1920
 Tina Turner (singer) – November 26, 1939
 Samuel Clemens (writer) – November 30, 1835

Our November Birthdays

Arlene R. 12th, #142

Jan Q. 17th, #127

Dominic C. 21st, #110

Sue C. 26th, #316

Shirleen S. 30th, #304



In astrology, those born from November 1–21 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. Those born between November 22–30 are Archers of Sagittarius. The Archer's open mind, optimism, curiosity, and enthusiasm make them the travelers of the zodiac. They treasure freedom: freedom to roam, freedom of thought, and freedom to express themselves.



Caramel Candy



Some say the Arabs first discovered caramel around 1000 A.D. This was a crunchy type of caramel, created by crystallizing sugar in boiling water. So, when did caramel arrive in our fair land? While the exact history of

caramel is unknown, it is recorded that about 1650. It is believed that American settlers were making hard candies in kettles. Between this time and the early 1880's, some ingenious candy maker added fat and milk while boiling sugar and water, creating what is now known as caramel. Today, caramels can have different textures. "Short" caramels tend to have a softer texture. "Long" caramels are chewier. It's our opinion that both textures are delicious. All this talk about Caramel, brings us to our **Caramel Cadies Guess Entry Contest**. On **Tuesday, November 17th** We will pass out Guess entry of how many Caramel Candies are in the jar will be left on your door hook. The Jar will be located on the table, by the Mailboxes. On **Tuesday, November 24th** Leave your guess entry of how many Caramel Candies are in the jar on your door hook, so we can collect them. Winner of **\$25.00 Trader Joe's gift card** will be announced for the guessing the number of Caramel Candies!

Good Luck!

Tina



Thanksgiving Day, is an annual national holiday in the United States and Canada celebrating

the harvest and other blessings of the past year. Americans generally believe that their Thanksgiving is modeled on a 1621 harvest feast shared by the English colonists (Pilgrims) of Plymouth and the Wampanoag people. The American holiday is particularly rich in legend and symbolism, and the traditional fare of the Thanksgiving meal typically includes turkey, bread stuffing, potatoes, cranberries, and pumpkin pie. With respect to vehicular travel, the holiday is often the busiest of the year, as family members gather with one another.

*Wishing you a Happy Thanksgiving,
Tina*

Dog Leash Reminder:

We want to remind all the owners of dogs to keep them on their leash and close to you while taking them for a walk within our Community, as well as on the outside of our property. Also, being aware of the people around you during their walk is necessary. We would not want anyone tripping on a leash causing them to fall and get hurt or a serious injury.



*Thank you,
Tina*

Craft Corner

This month I will be providing you with some exciting holiday crafts: The first one is a Scarecrow Wreath kit, you can hang it on your front door, or somewhere in your home. I will be dropping this kit off at your door on Saturday, November 7th.



Then on Saturday, November 21st I will be dropping off a Sew your own Reindeer Bag Kit to your door. There are limited spaces. So, please make sure you sign-up in the **Pink** book.



Nature Shows the Way



It's hard to believe in this digital age of GPS systems and hand-held cellular phone mapping that explorers once knew how to navigate without a compass. On November 6, Marooned Without a Compass Day, you, too, could learn how to find your way. At night under clear skies, it is easy enough to find your direction. Simply look to Polaris, the north star. During the day, find your way by planting a stick in the ground. Mark the end of its shadow with a rock. Wait 30 minutes and mark the new end of the shadow with another rock. The first rock is west. The second rock is east. Bisect the two to find north and south. You've just made your own compass!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Daylight Saving Time Ends

1 10:00 Tai Chi-RR
 You Must Wear a Mask at all times and stay 6 feet apart!
 1:00 Matinee Movie-RR
 You Must Wear a Mask at all times during the movie and please do not move your chair.



2 10:00 Senior Stretching-RR
 DVD Seated Exercise
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!



3 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises
12:30 POKENO -RR
 (15 nickels & 2 quarters), for 6 games
2:30 POKENO -RR
 (15 nickels & 2 quarters), for 6 games
 You Must Wear a Mask at all times, 1 person per table!

4 10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises
1:00 ~ 3:00 Thirsty Thursday ~ door to door.



5 10:00 Seated Exercise-RR w/Tina ~ Seated exercise & Bands
11:30 Tai Chi-RR
1:30 Horse Races-RR
Horse Races, you will need 6 quarters to bet! Sign-up in the Pink book



6 10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises
12:30 Walk to Rite Aid-OF Weather permitting
1:00 Matinee Movie-RR
Drop-off Scarecrow Wreath. Sign-up in The Pink Book!
 Teasers/Crosswords
 To be dropped off at your door.




Take Care of Yourself!

8 10:00 Tai Chi-RR
 You Must Wear a Mask at all times and stay 6 feet apart!
 1:00 Matinee Movie-RR
 You Must Wear a Mask at all times during the movie and please do not move your chair.



9 10:00 Senior Stretching-RR
 DVD Seated Exercise
12:30 Turkey Bingo-RR
 (8 dimes & 1 quarter), for 5 games
Win Prizes & Blackout gift Card
2:30 Turkey Bingo-RR
 (8 dimes & 1 quarter), for 5 games



10 10:00 Balance & Strength-RR 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!

Veterans Day
 Remembrance Day (Canada)

11 10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises
1:00 ~ 3:00 Thirsty Thursday ~ door to door.



12 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises
11:30 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!



13 10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises
12:30 Walk to Rite Aid-OF Weather permitting
1:00 Matinee Movie-RR
 Teasers/Crosswords
 To be dropped off at your door.



National Clean out your Refrigerator Day!

15 10:00 Tai Chi-RR
 You Must Wear a Mask at all times and stay 6 feet apart!
 1:00 Matinee Movie-RR
 You Must Wear a Mask at all times during the movie and please do not move your chair.



16 10:00 Senior Stretching-RR
 DVD Seated Exercise
2:00 Bingo-RR
 (10 dimes & 1 quarter), for 5 games
Guess entry of how many Caramel Candies will be left on your door hook. Jar will be located on the table, by the Mailboxes. Good Luck!

17 10:00 Balance & Strength-RR 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!

18 10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises
1:00 ~ 3:00 Thirsty Thursday ~ door to door.



19 10:00 Seated Exercise-RR w/Tina ~ Seated exercise & Bands
11:30 Tai Chi-RR
1:30 Horse Races-RR
Horse Races, you will need 6 quarters to bet! Sign-up in the Pink book



20 10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises
12:30 Walk to Rite Aid-OF Weather permitting
1:00 Matinee Movie-RR
Drop-off Sew Your Own Reindeer Bag. Sign-up in The Pink Book!
 Teasers/Crosswords
 To be dropped off at your door.




NOVEMBER is Peanut Butter Lovers MONTH

22 10:00 Tai Chi-RR
 You Must Wear a Mask at all times and stay 6 feet apart!
 1:00 Matinee Movie-RR
 You Must Wear a Mask at all times during the movie and please do not move your chair.



23 10:00 Senior Stretching-RR
 DVD Seated Exercise
12:30 POKENO -RR
 (20 dimes), for 6 games
2:30 POKENO -RR
 (20 dimes), for 6 games
 Leave your guess entry of how many Caramel Candies are in the jar on your door hook, so we can collect them.

24 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises
1:00 ~ 3:00 Holiday Cheers ~ Door to Door Eggnog & Treats
 Happy Thanksgiving Eve 



Thanksgiving Day (US)

26 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises
11:30 Tai Chi-RR
2:00 Bingo-RR
 (10 dimes & 1 quarter), for 5 games
Winner of \$25.00 Trader Joe's gift card will be announced for the guessing the number of Caramel Candies!

27 10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises
12:30 Walk to Rite Aid-OF Weather permitting
1:00 Matinee Movie-RR
 Teasers/Crosswords
 To be dropped off at your door.



National Throw Out your Leftovers Day!

29 10:00 Tai Chi-RR
 You Must Wear a Mask at all times and stay 6 feet apart!
 1:00 Matinee Movie-RR

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November 2020

Roseville Commons Activities

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