

## 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!

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

## Holiday Bingo

Tuesday, December 22<sup>nd</sup>

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



## Celebrating December

### *St. Nick Night*

Saturday, December 5<sup>th</sup>

Put your shoe outside your front door for a sweet treat!



### Craft Kits

#### Drop off dates

Saturday, December 12<sup>th</sup>

Holiday Coloring Tote w/pens

Saturday, December 19<sup>th</sup>

Reindeer Ornament Kit.

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

### Holiday BINGO

w/Tina

Tuesday, December 22<sup>nd</sup>

12:30pm & 2:30pm-RR

Prizes & Blackout

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

### Ugly Sweater Contest ~

#### Door to Door

Thursday, December 24<sup>th</sup>

1:00-3:00pm Happy Hour



### Happy New Year's Eve

Thursday, December 31<sup>st</sup>

1:00-3:00 door to door Spirts!

## DEAR ST. NICHOLAS,

*All I want for the holiday this year is not only gifts under the beautiful tree, yummy holiday pumpkin pie, and watching my favorite movie "Miracle on 34<sup>th</sup> Street", what I really want is to wish the best of health*



*to all our residents and staff and to express how much I appreciate everyone for all the support and patience during this year. Together, with social distancing and wearing our masks, we will get through this very different holiday season. I know we cannot show our smile with our mask on; but, during this holiday, we still can wave hello to each other or write a note to someone who does not have family, or even call just to say hello and I am thinking of you. I want to wish health & happiness to everyone. I am looking forward to getting back to normal in our little wonderful world really soon.*

*Sincerely,*

*Juanita*

## Giving Back



Unfortunately, this year we are unable to have our annual Blue food barrel brought into our community to collect food for the needy for The Salvation Army, or gifts for the children through the Toys for Tots program. If you are wanting to donate to any organization this year, you will have to contact the organization on your own, to see what their process is during COVID-19. Salvation Army contact number is 1-800-728-7825, they also collect for Toys for Tots. Thank you for your generosity.

## Sitting Down for Equal Rights



On December 1, 1955, Rosa Parks was commuting home after working a long day at a Montgomery, Alabama, department store. Segregation was written into law and Blacks were required to sit in the back of the bus, with seats in the front reserved for white riders. When a white man entered the bus and found no open seats, the bus driver asked four Black riders seated in the first row of the “colored” section to stand. Three complied, but Parks did not. This was not because she was tired from working all day. In her own words, she “was tired of giving in.”

Parks was arrested and later released on bail, but not before word of her arrest reached civil rights activist E.D. Nixon. Nixon quickly organized a boycott of the Montgomery buses and enlisted the support of Martin Luther King Jr. Despite threats and bombings of both Nixon and King’s homes, the boycott continued. Nearly a year later, the Supreme Court ruled Montgomery’s bus segregation unconstitutional. Parks’ story has remained an inspiration for generations of civil rights activists seeking equality, justice, and equal protection under the law.

## Marketing Moments

It is holiday spirit in the heart that puts holiday spirit in the air! Given what big hearts you all have, it will be a wondrous December at Roseville Commons.

- Deck the Halls*
- Eggnog*
- Candy canes*
- Eat, drink and be merry*
- Mistletoe*
- Believe in the magic*
- Eggnog*
- Rudolph the red nose reindeer*



In the midst of all the hustle and bustle of the season, please take a moment

on December 7<sup>th</sup> to remember and honor the valiant servicemen, servicewomen and civilians who lost their lives during that fateful attack on Pearl Harbor 79 years ago.

And here’s something to make you smile (sorry, our RC gentlemen) ...

“Three Wise Women would have asked for directions, arrived on time, helped deliver the baby, bought practical gifts, cleaned the stable, made a casserole, and there would be peace on earth!”

*with love and best wishes for a joyous holiday season,*

*Marlene*



## The Legend of St. Nicholas: The Real Santa Claus



*The legend of Santa Claus can be traced back hundreds of years to a monk named St. Nicholas. It is believed that Nicholas was born sometime around 280 A.D. in Patara, near Myra in modern-day Turkey. Much admired for his piety and kindness, St. Nicholas became the subject of many legends. It is said that he gave away all his inherited wealth and traveled the countryside helping the poor.*

*With Blessing,*

*Juanita*

## A Pearl of Wisdom



December 15 is Wear Your Pearls Day, a day to wear the pearl jewelry that’s been hiding out in your jewelry box. It is also a day to appreciate nature’s design. A pearl is created when an irritant, often a parasite (not a grain of sand as commonly thought), invades an oyster, mussel, or clam. To defend itself against the foreign invader, the oyster secretes a fluid called *nacre* that envelops the irritant. Layer upon layer of nacre coats the irritant until a pearl is formed. Nacre is more commonly known as mother-of-pearl. It is incredibly strong and beautifully iridescent. For this reason, Wear Your Pearls day is also a day to recognize the hidden beauty and strength that comes with life’s small imperfections.

## Craft Corner

This month I will be providing you with some exciting holiday crafts: The first one is a Holiday Coloring Tote bag w/pens. Great for your Bingo & Pokeno winnings! I will be dropping this kit off at your door on Saturday, December 12<sup>th</sup>.



Then on Saturday, December 19<sup>th</sup> I will be dropping off a Reindeer Ornament Kit to your door. Please make sure you sign-up in the **Pink** book.

## The Bermuda Triangle



On December 5, 1945, five bombers, collectively known as Flight 19, piloted by experienced veterans, took off from a naval air station in Fort Lauderdale, Florida, on a routine training flight over the Atlantic. But then something strange happened. The flight’s leader, Lieutenant Charles Taylor, suddenly believed that his compass was malfunctioning. Soon, all the pilots were disoriented and lost. Some believed they were flying out over the open ocean, while others believed they were heading into the Gulf of Mexico. Then the planes vanished. This disappearance is perhaps the most dramatic of those involving the infamous Bermuda Triangle. Scientists today insist that the pilots made several mistakes under poor flying conditions, yet many still fear the Bermuda Triangle as an inexplicable place of menace and mystery.

## Famous December Birthdays

Richard Pryor (comedian) – December 1, 1940  
 Andy Williams (singer) – December 3, 1927  
 Kirk Douglas (actor) – December 9, 1916  
 Ada Lovelace (programmer) – December 10, 1815  
 Rita Moreno (actress) – December 11, 1931  
 Brad Pitt (actor) – December 18, 1963  
 Jane Fonda (actress) – December 21, 1937  
 Humphrey Bogart (actor) – December 25, 1899  
 Susan Butcher (musher) – December 26, 1954  
 LeBron James (athlete) – December 30, 1984

## Our December Birthdays

Mark W. 6th, #325  
 Marian P. 10th, #212  
 Mary B. 13th, #320  
 Jean Z. 25th, #130  
 Norm R. 26th, #311



In astrology, those born between December 1–21 are the 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. Those born between December 22–31 are Capricorn's Goats. Goats are responsible masters of self-control. They are practical planners and leaders who value



## Mark your Calendar:

On Saturday, December 5<sup>th</sup> don't forget to put your shoe outside your front door at 6:30pm for **St. Nick to leave you a treat.**



On Tuesday, December 22<sup>nd</sup> we will have our Holiday **BINGO** in the RR. First game is at 12:30, the second



game is at 2:30. Please only sign-up for one game. This way everyone gets a chance to enjoy all the fun. You will need 8 dimes & 1 quarter to play. There will be raffles, prizes, and a Blackout gift card.



On Thursday, December 24<sup>th</sup> during our Holiday Cheer Hours from 1:00-3:00, we will have a door to door **Ugly Sweater Contest**. We will pass out voting entries on the day of the event. Pictures will be posted on our Community Board of all the entries. You have until Wednesday, December 30<sup>th</sup> to vote. Leave your voting entry on your front door to be picked up by 10:00am on December 30<sup>th</sup>. One winner per floor will be posted on the Community Board and receive a **\$25.00 Trader Joe's gift card**. **Please vote for each floor, not just your floor!**



On Thursday, December 31<sup>st</sup> we will be celebrating a New Year door to door from 1:00-3:00 pm. We would love to see everyone dressed to impress on this special day. I know this year is a different kind of celebration, but that is no reason not to enjoy the holidays as much as we possibly can! 😊

*Best Wishes to a New Year,*  
**Tina**

## Strange Christmas Traditions

The holidays bring many beloved traditions: trimming the tree, hanging stockings, and singing carols. Many countries around the world enjoy traditions you may be less familiar with.



In Japan, an estimated 3.6 million families eat Kentucky Fried Chicken during the holiday season. This is largely thanks to Takeshi Okawara, who managed the first KFC franchises in Japan. In 1970, Okawara marketed the holiday "party barrel," a complete fried chicken dinner replicating American turkey dinners. There were so few existing holiday traditions in Japan that KFC filled the void. These days, if you do not pre-order your KFC dinner weeks in advance, you will have to stand in line for hours to get your "Kentucky Holiday."

If you happen to be in Norway over the holidays, you'll be hard-pressed to find a broom, for they are all hidden away. Norwegian folklore tells of how evil spirits and witches emerge on December 24<sup>th</sup>. Norwegians hide their brooms so that witches cannot steal them for riding.

In Caracas, Venezuela, the morning of the 25<sup>th</sup> brings presents and roller skates. Authorities close down the city streets on that morning so that thousands of residents can roller-skate to church in safety. One tradition tells of how children go to sleep with one end of a skate lace tied around their toe and the other end dangling out the window. In the morning they are awakened by skaters tugging at the lace to alert them that it is time for mass.

In Ukraine, trees are not decorated with tinsel and ornaments but with faux spider webs. A common folktale tells the story of a poor woman who could not afford tree decorations. When she awoke on December 25<sup>th</sup>, she found her tree glistening with spider webs, courtesy of the spiders in her house who took pity on her.

These traditions may seem strange to you, but does your family have any holiday traditions that others may find nontraditional?

## Emergency Pull Cords



The emergency pull cords located in your bedroom(s) and bathroom are very essential. The housekeepers and maintenance personnel have noticed these cords are being tied up around the handrail in the bathroom and tied up sitting on the window sill in your bedroom(s) lately. Please do not tie these cords up, if you have an emergency, there is no way you are going to be able to reach the cord to pull in case of an emergency. Please take a moment after reading this article to check your pull cords, and make sure the cords are hanging down correctly, as they are made to assist you in an emergency.

## Where Is Rudolph?



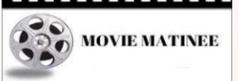
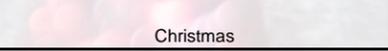
This month, I will have a fun game, starting Tuesday, December 1<sup>st</sup>. Every Tuesday-Saturday I will hide a stick Rudolph somewhere in our community (excluding the 25<sup>th</sup>). He will not be hidden in the rooms

that we are not able to walk around. So, look in the halls, laundry rooms, RR, lobby area and maybe even outside in our beautiful courtyard or front porch. You never know where Rudolph will shine his bright red nose. Once you find him, bring him to the front office for a special treat. You can only win once, so everyone else has a chance to win. Have fun!

**Tina**

# December 2020

## Roseville Commons Activities!

|   |   |  |  |  |  |   |
|---|---|--|--|--|--|---|
| <p>Happy St. Nick Day, hope you enjoy your sweet treat!</p>  | <p>6 <b>10:00</b> Tai Chi ~ DVD - RR<br/><b>1:00</b> Matinee Movie-RR</p>  <p><b>Friendly reminder from Lois Richie, today is the last day of Employee Christmas Fund!</b></p>  | <p>7 <b>9:00</b> Qi Gong ~ DVD-RR<br/><b>10:00</b> Senior Stretching-RR<br/>DVD Seated Exercise<br/><b>2:00</b> <b>Bingo</b>-RR<br/>(10 dimes &amp; 1 quarter), for 5 games<br/><b>You Must Wear a Mask at all times and only 1 person per table!</b></p>    | <p>8 <b>10:00</b> Balance &amp; Strength-RR w/Tina ~ Seated &amp; Standing Exercises<br/><b>12:30</b> <b>POKENO</b> -RR<br/>(18 nickels &amp; 2 Quarters - 6 games)<br/><b>2:30</b> <b>POKENO</b> -RR<br/>(18 nickels &amp; 2 Quarters - 6 games)<br/><b>You Must Wear a Mask at all times, 1 person per table!</b></p>  | <p>9 <b>9:00</b> Qi Gong ~ DVD-RR<br/><b>10:00</b> Seated Exercises -RR w/Tina ~ Seated &amp; Band Exercises<br/><b>1:00 ~ 3:00</b> <b>Thirsty Thursday</b> ~ door to door.</p>   | <p>10 <b>9:00</b> Tai Chi ~ DVD - RR<br/><b>10:00</b> Seated Exercise-RR w/Tina ~ Seated exercise &amp; Bands<br/><b>1:30</b> Horse Races-RR<br/>Horse Races, you will need 6 quarters to bet! Sign-up in the <b>Pink</b> book</p>    | <p>11 <b>10:00</b> Seated Exercises - RR w/Tina ~ Seated &amp; Band Exercises<br/><b>12:00</b> <b>Bingo</b>-RR<br/>(8 dimes &amp; 1 quarter), for 4 games<br/><b>1:00</b> Matinee Movie-RR<br/><b>6:30</b> <b>St. Nick Night</b><br/><b>Put your shoe outside your front door for a sweet treat!</b></p>   |
| <p>National ice cream &amp; Violin Day!</p>                 | <p>12 <b>10:00</b> Tai Chi ~ DVD - RR<br/><b>1:00</b> Matinee Movie-RR</p>  <p><b>You Must Wear a Mask at all times during the movie and please do not move your chair.</b></p>  | <p>13 <b>9:00</b> Qi Gong ~ DVD-RR<br/><b>10:00</b> Senior Stretching-RR<br/>DVD Seated Exercise<br/><b>2:00</b> <b>Bingo</b>-RR<br/>(10 dimes &amp; 1 quarter), for 5 games<br/><b>You Must Wear a Mask at all times and only 1 person per table!</b></p>   | <p>14 <b>10:00</b> Balance &amp; Strength-RR w/Tina ~ Seated &amp; Standing Exercises<br/><b>12:30</b> <b>POKENO</b> -RR<br/>(18 nickels &amp; 2 Quarters - 6 games)<br/><b>2:30</b> <b>POKENO</b> -RR<br/>(18 nickels &amp; 2 Quarters - 6 games)<br/><b>You Must Wear a Mask at all times, 1 person per table!</b></p>   | <p>15 <b>9:00</b> Qi Gong ~ DVD-RR<br/><b>10:00</b> Seated Exercises -RR w/Tina ~ Seated &amp; Band Exercises<br/><b>1:00 ~ 3:00</b> <b>Thirsty Thursday</b> ~ door to door.</p>  <p>Hanukkah Begins</p>  | <p>16 <b>9:00</b> Tai Chi ~ DVD - RR<br/><b>10:00</b> Balance &amp; Strength-RR w/Tina ~ Seated &amp; Standing Exercises<br/><b>2:00</b> <b>Bingo</b>-RR<br/>(10 dimes &amp; 1 quarter), for 5 games<br/><b>You Must Wear a Mask at all times, 1 person per table!</b></p>  | <p>17 <b>10:00</b> Seated Exercises - RR w/Tina ~ Seated &amp; Band Exercises<br/><b>12:00</b> <b>Bingo</b>-RR<br/>(8 dimes &amp; 1 quarter), for 4 games<br/><b>1:00</b> Matinee Movie-RR<br/><b>Drop-off Holiday Coloring Tote w/pens.</b><br/>Sign-up in <b>The Pink Book!</b><br/>Teasers/Crosswords<br/>To be dropped off at your door</p>  |
| <p>Get ready for our ugly sweater contest!</p>             | <p>18 <b>10:00</b> Tai Chi ~ DVD - RR<br/><b>1:00</b> Matinee Movie-RR</p>  <p><b>You Must Wear a Mask at all times during the movie and please do not move your chair.</b></p>  | <p>19 <b>9:00</b> Qi Gong ~ DVD-RR<br/><b>10:00</b> Senior Stretching-RR<br/>DVD Seated Exercise<br/><b>12:30</b> <b>Holiday Bingo</b>-RR<br/>(8 dimes &amp; 1 quarter), for 5 games<br/><b>Win Prizes &amp; Blackout gift Card</b><br/><b>2:30</b> <b>Holiday Bingo</b> -RR<br/>(8 dimes &amp; 1 quarter), for 4 games</p>  | <p>20 <b>10:00</b> Balance &amp; Strength-RR w/Tina ~ Seated &amp; Standing Exercises<br/><b>12:30</b> <b>POKENO</b> -RR<br/>(18 nickels &amp; 2 Quarters - 6 games)<br/><b>2:30</b> <b>POKENO</b> -RR<br/>(18 nickels &amp; 2 Quarters - 6 games)<br/><b>You Must Wear a Mask at all times, 1 person per table!</b></p>   | <p>21 <b>9:00</b> Qi Gong ~ DVD-RR<br/><b>10:00</b> Seated Exercises -RR w/Tina ~ Seated &amp; Band Exercises<br/><b>1:00 ~ 3:00</b> <b>Holiday Cheer &amp; Door to door Ugly Sweater Contest!</b> We will be taking pictures, so everyone can vote for Ugliest Sweater.</p>  | <p>22 <b>Happy New Year's Eve</b> 31<br/><b>9:00</b> Qi Gong ~ DVD-RR<br/><b>10:00</b> Seated Exercises -RR w/Tina ~ Seated &amp; Band Exercises<br/><b>1:00 ~ 3:00</b> <b>Celebrate a New Year</b> ~ door to door.</p>  <p>New Year's Eve</p>                              | <p>23 <b>10:00</b> Seated Exercises - RR w/Tina ~ Seated &amp; Band Exercises<br/><b>1:00</b> Matinee Movie-RR<br/>Teasers/Crosswords<br/>To be dropped off at your door</p>  <p>Christmas</p>   |
| <p>National Fruitscake Day</p>                             | <p>24 <b>10:00</b> Tai Chi ~ DVD - RR<br/><b>1:00</b> Matinee Movie-RR</p>  <p><b>You Must Wear a Mask at all times during the movie and please do not move your chair.</b></p>  | <p>25 <b>9:00</b> Qi Gong ~ DVD-RR<br/><b>10:00</b> Senior Stretching-RR<br/>DVD Seated Exercise<br/><b>2:00</b> <b>Bingo</b>-RR<br/>(10 dimes &amp; 1 quarter), for 5 games<br/><b>You Must Wear a Mask at all times and only 1 person per table!</b></p>   | <p>26 <b>10:00</b> Balance &amp; Strength-RR w/Tina ~ Seated &amp; Standing Exercises<br/><b>12:30</b> <b>POKENO</b> -RR<br/>(18 nickels &amp; 2 Quarters - 6 games)<br/><b>2:30</b> <b>POKENO</b> -RR<br/>(18 nickels &amp; 2 Quarters - 6 games)<br/><b>One Winner of a \$25.00 Trader Joe's gift card per floor will be announced for the Ugly Sweater contest!</b></p> | <p>27 <b>Happy New Year's Eve</b> 31<br/><b>9:00</b> Qi Gong ~ DVD-RR<br/><b>10:00</b> Seated Exercises -RR w/Tina ~ Seated &amp; Band Exercises<br/><b>1:00 ~ 3:00</b> <b>Celebrate a New Year</b> ~ door to door.</p>  <p>New Year's Eve</p>                                | <p>28 <b>10:00</b> Seated Exercises - RR w/Tina ~ Seated &amp; Band Exercises<br/><b>1:00</b> Matinee Movie-RR<br/>Teasers/Crosswords<br/>To be dropped off at your door</p>  <p>Boxing Day (Canada)<br/>Kwanzaa Begins</p>   | <p>29 <b>Happy Holidays, from all the staff at Roseville Commons!</b></p>    |