

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 ~ Melody Powers
R.R. Part Time ~ Traci Gelgood
Maintenance ~ Jack Pesola
PT Maintenance ~ Eddie
Bus Transportation ~
Van Transportation ~ Drew Marcus
Housekeeping ~ Margaret, Phul, Terri and Wendy
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

St. Patrick's Day Bingo

Tuesday, March 17th 🍀

12:30 pm & 2:30 pm ~ RR

Please only sign-up for one of these games
You can put your name on the waiting list for
second game!



You will need 8 dimes & 1 quarter for the 12:30 pm Tina.
You will need 4 dimes & 1 quarter for the 2:30 p.m. Juanita.
Raffle Prizes and Blackout gift card!

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!
Independent contractor.

Family Wash & Dry

Rodney Stillford: (916) 871-9850
Fluff & Fold Services
Independent contractor.

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 Cannie & Professional Dog Walker:

Lisa Free (559) 800-3351
Independent contractor.

The Rose Review

Roseville Commons • 275 Folsom Rd. Roseville, CA 95678 • (916) 786-2751
Like us on Facebook <https://www.facebook.com/RosevilleCommonsSeniorLiving/>



Celebrating March

Craft Drop off dates

Saturday, March 6th

Rainbow Heart Tissue Paper Kit

Saturday, March 13th

Bunny Stick Magnet Craft Kit

Saturday, March 20th

Bunny Bottom Sign Craft Kit

Sign-up in the *Pink Book!*

Tuesday Speaker

Tuesday, March 9th ~ RR

Discussion of Rocket Missiles

Liquid propellant

engines by Joel Segel

First come get seated, 12 seats!

St. Patrick's Day BINGO

w/ Tina & Juanita

Tuesday, March 17th

12:30pm (Tina) &

2:30pm (Juanita)-RR

Prizes & Blackout Prize

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



Every Thursday Thirsty Thursdays

1:00pm 3:00pm~ Door to Door
Serving you Spirits & Snacks.



Time to Celebrate for 2021



How exciting it was to have Jason Cain, a Safeway pharmacist, here with the Covid-19 vaccine on Tuesday, Feb. 4th! It was such a

surprise for all of us. A special thank you to all the wonderful staff that assisted during the time to ensure the process went smoothly. It was such a positive day for all of us and a bright light at the end of the tunnel. We are looking forward to the 2nd dose of the vaccine, usually 30 days after the 1st one. It is scheduled for March 4th, when we get "official" confirmation as the time gets closer, we will notify you of your time slot. The next page will continue with some helpful information of what you may experience after the 2nd dose of the vaccine.

Juanita

Preparing for Your Second Coronavirus Vaccination!



You may feel a little worse after the second dose, but side effects dissipate within a day or so.

The most common side effects are

soreness at the injection site, fatigue, and fever; so, we suggest you plan to rest for a day or two after the vaccine. These side effects are a positive sign of your body's immune response.

Medical experts say that the first dose teaches your immune system what the coronavirus is. Side effects after the second dose tell you that your body paid attention in class. If you are exposed to COVID-19 after the vaccine is fully effective, your immune system will have learned its lessons and know what to do.

You can take pain relievers such as Tylenol after your vaccination. And if you develop a fever be sure to drink plenty of fluids! Call your regular healthcare provider if you have side effects that bother you or linger, although that is rare.

The best side effect of getting vaccinated will be optimism — knowing we will soon be able to offer the full range of services we love to provide! We are still required to practice 6ft social distancing and wear our mask. **(This information was provided by the Health Department).**

Juanita

Chef's Comments

Hello Residents,

I hope everyone enjoyed their Valentine's Day dinner! It was our pleasure preparing it for you on that special day.

I have had some residents ask why is it that some of our regular items come off the menu. Well, that is a great question, and the answer is simply if an item is not being ordered very often, we just assume that it is not popular, so we stop ordering the product. We are always trying to improve the menu to make sure the food is popular with most residents. If you have any suggestions, you can contact me at 916-472-6471 with your feedback.

We are looking forward to preparing you a traditional, delicious St. Patrick's Day dinner, complete with corned beef, potatoes, carrots, and dessert.

It looks like we can see the light at the end of this yearlong tunnel, and I hope to have you in the dining room again soon.

Chef Phil



Please slowdown in our halls and watch where you are driving your mobile scooters! We do not want anyone getting run over.



Hold the Phone!

Research shows that on average, a person will spend up to 13 hours per year waiting on hold. That's 43 days of your entire life waiting on the telephone! The month of March, as On-Hold Month, wishes to honor the businesses that provide enjoyable music or other helpful information while we while the hours away. But if you'd rather skip the waiting entirely, here are some tips for avoiding the wait for customer service.

First, call during off-peak hours. Don't call at lunchtime, when reps are most likely to be busy, or on Mondays or Fridays, when calls are heaviest. If given the option, press 0 to be connected to an operator. This will prevent endless computerized menus. Another tip is to choose the "sales" or "place an order" option no matter what your purpose. This will likely get you to a live person who can put you directly in touch with a customer service representative. You can even download an app that will wait on hold for you, so you don't waste those precious hours.

St. Patrick's Day Sins



The very first St. Patrick's Day parade was held in Boston in 1737, and it seems as if we've been wearing green and eating corned beef and cabbage on March 17 ever since. But some of the most beloved St. Patrick's Day traditions are not traditional at all. For example, the Irish don't eat corned beef. It was Irish Americans who began eating beef in the 19th century. In Ireland, Irish bacon or lamb stew is the dish of choice on the holiday. Long before green was the color of the Emerald Isle, St. Patrick was associated with the color blue. As the political divide grew between Britain and Ireland, the Irish adopted the color green as a symbol of independence. Perhaps most shocking of all, St. Patrick's real name wasn't Patrick at all, but Maewyn Succat. Nor was he from Ireland but born in Britain under the rule of the Romans. Was St. Maewyn Italian?

Craft Corner



This month I am keeping you very busy with three fun craft kits. The first one is a fun Rainbow Heart Tissue Paper kit to celebrate St. Patrick's Day. I will be dropping off a kit at your door on Saturday, March 6th.

Then, on Saturday, March 13th

I will be dropping off an adorable Springtime Bunny Stick Magnet craft kit at your door.



The third craft is a cute Bunny Bottom Sign craft kit. You can hang it on your front door for Easter. I will be dropping a kit off at your door on Saturday, March 20th



Please make sure you sign-up in the **Pink** book located on the desk by the front office. I hope you all are enjoying these fun filled craft kits. I am always looking for feedback on any crafts, games, and movies. This is your community, I'm here to help with the fun for all of you!

Tina 😊

March Birthdays

In astrology, those born between March 1–20 are Pisces' Fish. Pisces are friendly, wise, and selfless, making them compassionate and generous friends. Their intuitive and romantic natures also make them creative and expressive artists. Those born from March 21–31 are Rams of Aries. The first sign of the zodiac, Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, Aries are both eager to get the job done and unafraid to confront problems head-on.

Famous March Birthdays

Ron Howard (director) – March 1, 1954
Shaquille O'Neal (athlete) – March 6, 1972
Wanda Sykes (comedian) – March 7, 1964
Bobby Fischer (chess player) – March 9, 1943
Simone Biles (gymnast) – March 14, 1997
Queen Latifah (singer) – March 18, 1970
Spike Lee (director) – March 20, 1957
Aretha Franklin (singer) – March 25, 1942
Mariah Carey (singer) – March 27, 1970
Warren Beatty (actor) – March 30, 1937

Our March Birthdays

Aurora M. 2nd, #129
Mary H. 3rd, #314
Pauline B. 3rd, #217
Susan D. 6th, #218
Robbie P. 9th, #332
Bertie F. 11th, #216
Russ R. 12th, #142
Rudy W. 21st, #318
Ruby H. 26th, #208
Ruth B. 27th, #301
Bruce S. 31st, #231

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



Bonny Matley	#119
Marge Griggs	#120
Joan Franzen	#141

That Was Awkward



If you dread embarrassment, then you will not be looking forward to March 18, Awkward Moments Day. The day exists to remind us that **no one is**

perfect, and we all suffer embarrassments from time to time. Embarrassment is the result of self-focus. When we do something wrong—call someone by the wrong name or make a mistake in public—we tend to focus only on our transgression. We suffer from what researchers call “empathy neglect.” We are so embarrassed that we forget that others are kind and sympathetic to us. Of course, if someone else made a mistake, we would not shame them. So why should we feel awkward or embarrassed? Today, don't feel awkward, but instead, feel empathy.

About the month of March

It's March—Happy New Year! Wait...what? Welcome to the third month of the year—or, if you were born before 150 B.C., the first!

According to the oldest Roman calendars, one year was ten months long, beginning in March and ending in December. It may sound crazy, but you can still see traces of this old system in our modern calendar: because December was the tenth month, it was named for the number ten in Latin (decem), just like September was named for seven (septem). So, what about January and February? They were just two nameless months called “winter.”

This made me wonder why two months were added to the calendar. So, I looked it up and here is the answer:

Ten days were added to the year to form a regular Julian year of 365 days. ... At the time Julius Caesar took office, the seasons, and the calendar were three months out of alignment due to missing intercalations, so Julius added two extra months to the year 46 B.C., extending that year to 445 days. Januarius became part of the calendar within half a century after Rome was founded because Plutarch said that Numa, the king who followed Romulus, made it the first month of the year and made February the last.



Don't forget this month is Daylight Savings Time. On the second Sunday in March is when Daylight Saving Time **begins** in most areas of the U.S., so in 2021 we'll “spring forward” one hour and on **Sunday, March 14, 2021, at 2 a.m.** Be sure to set your clocks *ahead* one hour before bed on Saturday night!

Tina

Marketing Moments

Wishing you a pot of gold and all the joy your heart can hold! Put on your green ~ it's the color of the day ~ St. Patrick's Day, of course and it's how the Leprechauns know to give good wishes to you!





























Yes, there are Leprechauns in our Community, 20 for sure we know of ~ their green hats are hidden throughout the open common areas. On St. Patrick's Day, March 17th, look everywhere! Each hat has a “Truth or Blarney” question on it. Should you find one, and **only one hat per resident please**, put your name and answer on the back and turn it into the Office by the end of St. Patrick's Day. If your answer is correct, your name will be entered into a drawing for a \$15.00 SUBWAY gift card. 5 winners will be drawn and announced on March 18th. May the Luck of the Irish be with you!



Refer a friend or relative to our Community and you'll receive \$1,000.00 off your rent 30 days after he/she moves in. See me for complete details. That's almost as good as a Leprechaun's Pot of Gold!

Marlene

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HAPPY St. Patrick's DAY</p>	<p>9:00 Tai Chi ~ DVD – RR 1 10:00 Senior Stretching ~ DVD-RR DVD Seated Exercise You Must Wear a Mask at all times and stay 6 feet apart!</p> <p>Carpet cleaning in Common area</p> 	<p>9:00 Qi Gong ~ DVD-RR 2 10:00 Senior Stretching ~ DVD-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!</p> 	<p>10:00 Balance & Strength-RR 3 w/Tina ~ Seated & Standing Exercises 1:00 POKENO -RR (18 nickels & 2 Quarters - 6 games) 2:30 POKENO -RR (18 nickels & 2 Quarters - 6 games) You Must Wear a Mask at all times, 1 person per table!</p>	<p>9:00 Qi Gong ~ DVD-RR 4 10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises 12:00 ~ 2:30 2nd COVID-19 Shot - RR We will notify all residents with your appointment time for your second shot.</p> 	<p>No Activities today! Rest day after your shot.</p> 	<p>10:00 Seated Exercises - RR 5 w/Tina ~ Seated & Band Exercises 12:00 POKENO -RR (12 nickels & 1 Quarter - 4 games) 1:00 Matinee Movie-RR Drop-off Rainbow Heart Tissue Paper Kit. Sign-up in The Pink Book!</p> 
<p>10:00 Tai Chi ~ DVD - RR 7 You Must Wear a Mask at all times and stay 6 feet apart! 1:00 Matinee Movie-RR</p> 	<p>9:00 Tai Chi ~ DVD – RR 8 10:00 Senior Stretching ~ DVD-RR DVD Seated Exercise You Must Wear a Mask at all times and stay 6 feet apart! 1:00 Matinee Movie-RR</p> 	<p>9:00 Qi Gong ~ DVD-RR 9 10:00 Senior Stretching ~ DVD-RR DVD Seated Exercise 1:00 Tuesday Speaker-RR Discussion of Rocket Missiles ~ Liquid propellant engines by Joel Segel First come get seated (12) 2:30 Bingo-RR (10 dimes & 1 quarter), for 5 games</p> 	<p>10:00 Balance & Strength-RR 10 w/Tina ~ Seated & Standing Exercises 1:00 POKENO -RR (18 nickels & 2 Quarters - 6 games) 2:30 POKENO -RR (18 nickels & 2 Quarters - 6 games) You Must Wear a Mask at all times, 1 person per table!</p>	<p>9:00 Qi Gong ~ DVD-RR 11 10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises 1:00 ~ 3:00 Thirsty Thursday ~ door to door.</p> 	<p>9:00 Tai Chi ~ DVD - RR 12 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises 12:30 Bingo-RR (10 dimes & 1 quarter), for 5 games 2:30 Bingo-RR (10 dimes & 1 quarter), for 5 games</p>  <p>6:00 Friday Night Movie-RR</p>	<p>10:00 Seated Exercises - RR 13 w/Tina ~ Seated & Band Exercises 12:00 POKENO -RR (12 nickels & 1 quarter - 4 games) 1:00 Matinee Movie-RR Drop-off Bunny Stick Magnet Craft Kit. Sign-up in the Pink Book! Teasers/Crosswords To be dropped off at your door.</p> 
<p>10:00 Tai Chi ~ DVD - RR 14 You Must Wear a Mask at all times and stay 6 feet apart! 1:00 Matinee Movie-RR</p>  <p>Daylight Saving Time Begins</p>	<p>9:00 Tai Chi ~ DVD – RR 15 10:00 Senior Stretching ~ DVD-RR DVD Seated Exercise You Must Wear a Mask at all times and stay 6 feet apart!</p> <p>Carpet cleaning in common area</p> 	<p>9:00 Qi Gong ~ DVD-RR 16 10:00 Senior Stretching ~ DVD-RR DVD Seated Exercise 2:00 POKENO-RR (18 dimes & 2 quarter), for 6 games You Must Wear a Mask at all times and only 1 person per table!</p> 	<p>10:00 Balance & Strength-RR 17 w/Tina ~ Seated & Standing Exercises 1:00 St. Patrick's Day Bingo -RR (8 dimes & 1 quarter) Blackout 2:30 St. Patrick's Day Bingo -RR (4 dimes & 1 quarter) Blackout</p>  <p>St. Patrick's Day</p>	<p>9:00 Qi Gong ~ DVD-RR 18 10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises 1:00 ~ 3:00 Thirsty Thursday ~ door to door.</p> 	<p>9:00 Tai Chi ~ DVD - RR 19 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises 12:30 Bingo-RR (10 dimes & 1 quarter), for 5 games 2:30 Bingo-RR (10 dimes & 1 quarter), for 5 games</p>  <p>6:00 Friday Night Movie-RR</p>	<p>10:00 Seated Exercises - RR 20 w/Tina ~ Seated & Band Exercises 12:00 SPRING POKENO -RR (12 nickels & 1 Quarter - 4 games) 1:00 Matinee Movie-RR Drop-off Bunny Bottom Sign Craft Kit. Sign-up in the Pink Book! Welcome Spring</p>  <p>Spring Begins</p>
<p>10:00 Tai Chi ~ DVD - RR 21 You Must Wear a Mask at all times and stay 6 feet apart! 1:00 Matinee Movie-RR</p> 	<p>9:00 Tai Chi ~ DVD – RR 22 10:00 Senior Stretching ~ DVD-RR DVD Seated Exercise You Must Wear a Mask at all times and stay 6 feet apart! 1:00 Matinee Movie-RR</p> 	<p>9:00 Qi Gong ~ DVD-RR 23 10:00 Senior Stretching ~ DVD-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!</p> 	<p>10:00 Balance & Strength-RR 24 w/Tina ~ Seated & Standing Exercises 1:00 POKENO -RR (18 nickels & 2 Quarters - 6 games) 2:30 POKENO -RR (18 nickels & 2 Quarters - 6 games) You Must Wear a Mask at all times, 1 person per table!</p>	<p>9:00 Qi Gong ~ DVD-RR 25 10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises 1:00 ~ 3:00 Thirsty Thursday ~ door to door.</p> 	<p>9:00 Tai Chi ~ DVD - RR 26 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises 1:00 Bingo-RR (8 dimes & 2 quarter), for 4 games 2:30 Horse Races-RR 6 quarters needed to bet! Sign-up in the Pink book 6:00 Friday Night Movie-RR</p> 	<p>10:00 Seated Exercises - RR 27 w/Tina ~ Seated & Band Exercises 12:00 POKENO -RR (12 nickels & 1 Quarter - 4 games) 1:00 Matinee Movie-RR Teasers/Crosswords To be dropped off at your door</p> <p>Passover Begins</p>
<p>10:00 Tai Chi ~ DVD - RR 28 You Must Wear a Mask at all times and stay 6 feet apart! 1:00 Matinee Movie-RR</p>  <p>Palm Sunday</p>	<p>9:00 Tai Chi ~ DVD – RR 29 10:00 Senior Stretching ~ DVD-RR DVD Seated Exercise You Must Wear a Mask at all times and stay 6 feet apart! 1:00 Matinee Movie-RR</p> 	<p>9:00 Qi Gong ~ DVD-RR 30 10:00 Senior Stretching ~ DVD-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!</p> 	<p>10:00 Balance & Strength-RR 31 w/Tina ~ Seated & Standing Exercises 1:00 POKENO -RR (18 nickels & 2 Quarters - 6 games) 2:30 POKENO -RR (18 nickels & 2 Quarters - 6 games) You Must Wear a Mask at all times, 1 person per table!</p>	<p>March 2021 <i>May your day be touched by a bit of Irish Luck!</i></p>		

RR = Rose Room, You Must Wear a Mask while always staying 6 feet apart! Please sign-up in the PINK Book! 12-person limit. Activities on the calendar are subject to change!