

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

January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are responsible masters of self-control and considered some of the hardest workers in the zodiac. They are practical planners and leaders who value experience and expertise. Those born from January 20–31 are the Water Bearers of Aquarius. These deep-thinking intellectuals have big and original dreams. The world is full of possibilities, and Aquarians seek freedom in order to reach their greatest potential.

Betsy Ross (upholsterer) – January 1, 1752
 Diane Keaton (actress) – January 5, 1946
 Zora Neale Hurston (writer) – January 7, 1891
 Elvis Presley (musician) – January 8, 1935
 Max Roach (drummer) – January 10, 1924
 Martin Luther King Jr. (minister) – January 15, 1929
 Michelle Obama (first lady) – January 17, 1964
 Etta James (singer) – January 25, 1938
 Oprah Winfrey (TV host) – January 29, 1954
 Jackie Robinson (ballplayer) – January 31, 1919

Our January Birthdays

Thomasine B. 1st, #136

Joan C. 5th, #333

Betty M. 22nd, #220

Dixie B. 23rd, #210

Joyce C. 24th, #125

Rheta N. 26th, #124

Barbara Mc. 26th, #315

Patti J. 28th, #310

If you see your neighbors out on their birthday, wish them a happy one!



The Rose Review

Roseville Commons • 275 Folsom Rd. Roseville, CA 95678 • (916) 786-2751

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

Celebrating January

Wishing you a
Happy New Year!



Craft Kits

Drop off dates

Saturday, January 9th

Make your own Stuffed Moose

Saturday, January 30th

Heart Dream Catcher

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

New Year BINGO

w/Juanita & Tina

Tuesday, January 19th

12:30pm & 2:30pm-RR

Prizes & Blackout

You must sign-up in

the **Pink** Book!

Horse Races

Friday, January 8th & 22nd

12:30pm & 2:30pm-RR

You need 6 quarters to place your bets!

Every Thursday

Thirsty Thursdays

1:00pm 3:00pm~ Door to Door

Serving you Spirits & Snacks



WOW! It is unbelievable that we will celebrate 2021. Amazing how time passes so quickly! I would like to wish everyone a wonderful New Year filled with an abundance of joy, and especially good health!!

A SPECIAL THANK YOU

A special thank you to all of our residents for your very generous contributions to the Staff Christmas Fund. Your donation was a little over \$15,000. Special thank you to Lois Richie, the driving force behind the Christmas Fund, for donating her time handling all the money, going back and forth to the bank and making sure the funds were divided fairly to all the staff. Your giving kindness is so appreciated.

A huge thank you to all our **AMAZING** dining staff & Ray Stone staff going above and beyond last year during this difficult time to take wonderful care of our residents.

Happy New year, everyone, and many blessings to all!

Juanita

Giving Back



I want to give a big Thank You to some of our residents. With everything going on this last year during 2020, our resident Lois Richie, has been very busy crocheting hats for the homeless. Lois has been doing this kind act for the last 18 years. Along the way she has had some help from Mary Daniels, and Rosie S. These ladies do this out of the kindness of their heart. Volunteering helps every party involved as it gives much needed support to nonprofits, while also teaching you many important tools that can greatly impact your life. Such as it's good for your health, it boosts your confidence, it can give you a sense of purpose, it can unlock potential skills that you may not have known you had, it shares your expertise with others, it can build a network of people that would like to be involved with giving back, all while teaching you a better sense of your community. If you are a person who enjoys crocheting and would like to join in the cause of giving back, please get in touch with Lois, or myself. So, thank you to Lois, Mary, and Rosie, you are so very special people.



I want to thank all who donated in some way this last year and continue to do so. If we have learned anything during this pandemic, it's that we need to help one another. It does not have to be in a charitable way, it can be as

easy as saying hello to someone, picking up the phone and checking on your neighbor, especially if you have not seen them out walking in the halls in a day or so. We do not know what a person is going through, and that hello could make a huge difference in their life. I hope for nothing but a positive outcome of this challenging experience we have all witnessed this last year. We all should be respectful towards one another; life is too darn short for us not to. If you can be anything, be kind.

Good tidings and great joy to all,
Tina

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 ~ Janette Munoz
Van Transportation ~ Drew Marcus
Housekeeping ~ Margaret, Phul, Terri and Wendy
Night Porters ~ Joy, Julia, and Justin.

Roseville Commons Contact

Numbers:

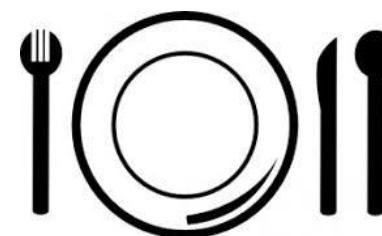
Front Office: (916) 786-2751
Fax: (916) 786-2781
Transportation: (916) 870-2452
Kitchen: (916) 472-6471
Activities Office: (916) 749-3189



Chef's Comments

Hello Residents,

What a long, strange year it has been. We would have never thought back in March when we closed the dining room that it would remain closed this long. We have a plan in place to open and we were hopeful that last month we would have been opened. Unfortunately, the state



was put back on lock down and health officials told us to wait. We have a new dinner cook,

Robin, who some of you know from her time as a server. She is now our dinner cook and I have to say she is very talented. We are so happy to have her on our team here at Roseville Commons. I would like to thank all of you for your patience and graciousness throughout this last year during this pandemic, it has been a learning experience for all of us. It appears as though there is a light at the end of this tunnel, and we are hopeful to have you back in the dining room with us again soon. If you have any questions or would like to speak with me regarding the dining services, please feel free to contact me at 916-472-6471.

May 2021 be an extraordinary one!

Chef Phil



Craft Corner



This month I will be providing you with some fun crafts: The first one is a kit for you to make a stuffed animal moose. I will be

dropping this kit off at your door on Saturday, January 9th.

Then on Saturday, January 30th

I will be dropping off a Heart Dream Catcher Kit to your door. You could hang this on your front door for the month of February to celebrate Valentine's Day. Please make sure you sign-up in the **Pink** book for both craft kits.



Better Health, Step by Step



The American Lung Association wants you to Take the Stairs on January 13, hoping that this holiday encourages you to get exercise one step at a time. Stair climbing strengthens your leg muscles, improves balance, burns fat, and increases blood flow and heart rate, which help lower blood pressure and boost good cholesterol. You don't need to climb 100 flights of stairs to enjoy the benefits. A sustained workout of 20 minutes, or even taking a couple of flights up and down, is often enough to experience some health benefits. For more ambitious athletes, there are plenty of exotic staircases to challenge your stamina. Lion Rock in Sri Lanka is home to a 1,500-year-old-palace carved into a rock with 1,200 steps that allow you to reach the 660-foot peak.

Music to Our Ears



On January 31, the world's greatest musicians and recording artists will compete for the coveted Grammy Awards. With or without a live audience, event organizers have carefully planned an awards ceremony full of dazzling performances.

The story of the Grammy awards began with the Hollywood Walk of Fame. In 1953, the Hollywood Chamber of Commerce developed the Walk of Fame as a beautification project that would honor the four major branches of the entertainment industry: motion pictures, television, audio recording, and radio. Representatives of the music and recording industry were asked to submit a list of names to be honored with the famous coral-colored star, but honorees would only be considered eligible based on minimum sales of one million records or 250,000 albums. The committee soon realized that these metrics would exclude some of music's most important names. The sales requirements were done away with and a new association was formed, the National Academy of Recording Arts and Sciences. This Academy was keenly aware of the Oscar awards for motion pictures and the Emmys for television. It was only natural that the music industry should have its own awards, and so the Grammys, named for the gramophone, were invented in 1959.

That very first awards ceremony was held in two locations simultaneously, in Beverly Hills, California, and New York City. Grammys were awarded in 28 categories, with Ella Fitzgerald winning Best Jazz Performance and Best Female Vocalist, Henry Mancini winning Album of the Year, and Domenico Modugno winning Record of the Year. Over the decades, the number of awards and categories has ballooned to nearly 100, but four awards remain the most coveted: Album of the Year, Record of the Year, Song of the Year, and Best New Artist. Only two artists have won all four at once, and this happened last year when 18-year-old Billie Eilish swept all categories. What extraordinary talents could win this year?

Marketing Moments

A new year is here ... may the world be filled with love, kindness, good health and prosperity in 2021!

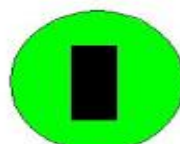
Speaking of prosperity, please remember that if you refer a friend, former neighbor, or family member to visit our wonderful community and he/she places a security deposit by



January 31st, you will receive a \$1,000.00 credit off your rent 30 days after move-in. That surely will help!

with warmest wishes,
Marlene

How Do You Spell Fun?



New Year Bingo

Tuesday, January 19th

12:30 pm & 2:30 pm in the RR

Please only sign-up for one game!



You will need 4 dimes &

1 quarter to play

Prizes and Blackout!

WINTER WELLNESS



Make your health a priority this winter! It is important to show yourself some love this season. Follow these helpful strategies to prevent the winter blues,

maintain a healthy Immune system, and stay stress free.

Tips to Encourage a Healthy Diet

- ◆ Eating healthy helps to boost our immune system.
- ◆ Seasonal immune-boosting foods include: cranberries, oranges, bell peppers, broccoli, garlic, lemon Juice, ginger and almonds.
- ◆ Continue to fill half your plate with colorful fruits and vegetables.
- ◆ Limit your alcohol consumption (Women: 1 drink/day; Men: 2 drinks/day)

Healthy Sleep Habits

- ◆ Average adult needs 7-9 hours of sleep each night.
- ◆ Sleep can boost your immune system by allowing the body to repair itself and fend off illnesses.
 - ◆ Stick to a routine by aiming to hit the pillow at the same time each night.
 - ◆ Keep your room dark.
 - ◆ Limit/ Avoid screen time 30 mins before bed and try deep breathing exercises, or mini meditations before closing your eyes. Several apps offer free meditation guides or calming music to rest your mind.

Stay Active

- ◆ Physical activity helps boost the immune system and helps us manage pain.

Maintenance Corner

Each year, when the cold, winter weather arrives, questions arise regarding condensation (water vapor or moisture in the air), which is a sign of excess humidity inside the home. Condensation occurs when moist air comes in contact with the colder surface, such as a window or mirror. Although the surface of a window may be the first place you notice condensation forming, the window is not the problem. Windows, in this case, merely provide a visible sign that excess humidity or moisture is present in the house. Warm air holds more moisture than cool air. When that warm, moist air comes in contact with a cooler surface, the moisture suspended in the warm air transfers to the cooler surface as condensation.

Poor air circulation within your home will cause the air next to the windows to cool down quickly, causing condensation. When it remains still, next to a cool surface, it cools down sooner than air that is well circulated. Drapes, blinds, and other window coverings tend to trap air next to the window, greatly reducing the air circulation around them. Whenever possible, window coverings should be left open, so the trapped air can be allowed to move. Windows with direct sunlight normally will not develop condensation. Fortunately, the climate in the Sacramento area is favorable most of the year, so dealing with condensation is only temporary. Hopefully, the tips included herein will be reducing any problems associated with condensation.

Jack

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2021

Roseville Commons Activities



3 10:00 Tai Chi ~ DVD - RR
You Must Wear a Mask at all times and stay 6 feet apart!
1:00 Matinee Movie-RR

4 9:00 Qi Gong ~ DVD-RR
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!

5 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises
12:30 **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!

6 9:00 Qi Gong ~ DVD-RR
10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises
1:00 ~ 3:00 **Thirsty Thursday** ~ door to door.

7 9:00 Tai Chi ~ DVD - RR
10:00 Seated Exercise-RR w/Tina ~ Seated exercise & Bands
2:00 Horse Races-RR
Horse Races, you will need 6 quarters to bet! Sign-up in the **Pink** book

8 10:00 Seated Exercises - RR w/Tina ~ Seated & Band Exercises
1:00 Matinee Movie-RR
Drop-off Stuffed Animal Moose Kit. Sign-up in The Pink Book!
Teasers/Crosswords
To be dropped off at your door



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

11 9:00 Qi Gong ~ DVD-RR
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!

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

13 9:00 Qi Gong ~ DVD-RR
10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises
1:00 ~ 3:00 **Thirsty Thursday** ~ door to door.

14 9:00 Tai Chi ~ DVD - RR
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

15 10:00 Seated Exercises - RR w/Tina ~ Seated & Band Exercises
1:00 Matinee Movie-RR
Teasers/Crosswords
To be dropped off at your door



17 10:00 Tai Chi ~ DVD - RR
You Must Wear a Mask at all times and stay 6 feet apart!
1:00 Matinee Movie-RR

Martin Luther King Day

18 9:00 Qi Gong ~ DVD-RR
10:00 Senior Stretching-RR
12:30 **New Year Bingo**-RR (4 dimes & 1 quarter) Blackout
Win Prizes & Blackout gift Card
2:30 **New Year Bingo** -RR

19 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises
12:30 **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!

20 9:00 Qi Gong ~ DVD-RR
10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises
1:00 ~ 3:00 **Thirsty Thursday** ~ door to door.

21 9:00 Tai Chi ~ DVD - RR
10:00 Seated Exercise-RR w/Tina ~ Seated exercise & Bands
2:00 Horse Races-RR
Horse Races, you will need 6 quarters to bet! Sign-up in the **Pink** book

22 10:00 Seated Exercises - RR w/Tina ~ Seated & Band Exercises
12:00 **Bingo**-RR (8 dimes & 1 quarter), for 4 games
1:00 Matinee Movie-RR
Teasers/Crosswords
To be dropped off at your door



24 10:00 Tai Chi ~ DVD - RR
You Must Wear a Mask at all times and stay 6 feet apart!
1:00 Matinee Movie-RR

25 9:00 Qi Gong ~ DVD-RR
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!
 (observed)

26 10:00 Balance & Strength-RR w/Tina ~ Seated & Standing Exercises
12:30 **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!

27 9:00 Qi Gong ~ DVD-RR
10:00 Seated Exercises -RR w/Tina ~ Seated & Band Exercises
1:00 ~ 3:00 **Thirsty Thursday** ~ door to door.

28 9:00 Tai Chi ~ DVD - RR
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

29 10:00 Seated Exercises - RR w/Tina ~ Seated & Band Exercises
1:00 Matinee Movie-RR
Drop-off Heart Dream Catcher Kit. Sign-up in The Pink Book!
Teasers/Crosswords
To be dropped off at your door



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May your trouble be less, and your blessings be more, and nothing but happiness come through your door.
Happy New Year 2021!