

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

Mardi Gras Bingo

Fat Tuesday, February 16<sup>th</sup>  
12:30 pm & 2:30 pm in the RR  
Please only sign-up for one game!



If you like, wear Purple, Gold and Green  
and a Mask to celebrate!

You will need 8 dimes and 1 quarter for the 12:30 pm game.  
You will need 4 dimes and 1 quarter for the 2:30 p.m. game.

Prizes and Blackout!

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!  
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 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 February

Groundhog Day

February 2  
Find a Groundhog, answer the question correctly to be entered to Win a Pizza Dinner!

Chinese New Year BINGO  
Year of the OX

w/ Tina  
Tuesday, February 12<sup>th</sup>  
12:30pm & 2:30pm-RR  
Prizes & Blackout Prize  
You must sign-up in the Pink Book!



w/ Juanita & Tina  
Tuesday, February 16<sup>th</sup>  
12:30pm & 2:30pm -RR  
Prizes & Blackout Gift Card  
You must sign-up in the Pink Book!

Craft Drop off dates  
Saturday, February 13<sup>th</sup>  
String your own Necklace & Bracelet Kit

Saturday, February 27<sup>th</sup>  
Mandala Coloring Sheets  
Sign-up in the Pink Book!

Every Thursday  
Thirsty Thursdays  
1:00pm 3:00pm~ Door to Door  
Serving you Spirits & Snacks.

Happy Valentine's Day

It is amazing how time is already flying by in 2021 ... February is here! It is the most romantic month of the year. I am sure that more boxes of delicious chocolates and beautiful flowers are sold on Valentine's Day than any other time during the whole year, and that there will be a lot more candlelight dinners at home since we are not able to dine out. A candlelight dinner, now that is romantic!

Not only do we have Valentine's Day in February, but we also have Wacky days in February that people celebrate. Here are a few of my favorites:

- 1<sup>st</sup> National Freedom Day (Freedom to take a nap or be lazy or watch T.V., read a good book or even take a freedom walk)
  - 11<sup>th</sup> Don't Cry over Spilt Milk Day (Don't worry about the small things in life)
  - 16<sup>th</sup> Do A Grouch A Favor Day (Even when someone is a grouch, treat them with kindness anyway, we all have a bad day sometimes)
  - 17<sup>th</sup> Random Acts of Kindness Day (This should be everyday)
- Valentine's Day Is Not Just for Couples

Valentine's is a day to remember all the people we love and care about, during this time especially when everything is so different. Let us take advantage of Valentine's Day to reach out to all our loved ones, and just say hello, thinking of you. During this New Year, I would like to make a little suggestion on how to be thoughtful of others ... wear a mask or a face shield when you are picking up your mail, walking the hallways or in the common areas. By practicing this thoughtful suggestion, we will continue to stay virus free in Roseville Commons and keep positive thoughts that normal will return soon.

Spreading a lot of love and care for others is so much better than spreading the virus. Please stay safe and healthy.

Happy Valentine's Day everyone!

Juanita





## Activities Corner

During COVID-19 we have been playing Bingo and POKENO safely, while social distancing ourselves from one another and wearing our masks in our Rose Room. I have been trying to think of other games that we all can safely play. So, this month we are going to play an old Comedy T.V. Show Game called The Match Game.

I'm sure a lot of you might remember this show when it came out back in the 60's and currently. **Match Game** is an American



television panel game show that premiered on NBC in 1962 and has been revived

several times over the course of the next six decades. The **game** features contestants trying to **match** answers given by celebrity panelists to fill-in-the-blank questions. **Here is an example of a question:** *Jim said, "My dentist must be nearsighted, he just tried to my nose!"* The panelists guess what they think the contestant is going to say by filling in the blank space. If they match the contestants answer, the contestant gets a point for each correct answer.

On Friday, February 19<sup>th</sup> at 1:00 p.m. in the RR we will be playing this fun filled game. There is no money needed, we are playing to enjoy ourselves with some good old fashion entertainment. There will be 2 contestants, 6 panelists and 3 Judges/score keepers. I hope to see my regulars, as well as some new people joining in the fun. I hope this brings back some good memories.

The New Match Game with Alec Baldwin celebrated its 58<sup>th</sup> episode on September 24, 2020.

It airs on ABC at 10 p.m., on Thursday nights.



## A Crackerjack Idea



Sugar-coated popcorn and peanuts were a common snack at the end of the 19th century, but in 1896 Fritz and Louis

Rueckheim created a formula that prevented the mix of popcorn and peanuts from sticking together. One customer who sampled this idea found it so wonderful that he exclaimed, "That's a crackerjack!" The *Cracker Jack* name was born. It wasn't until February 19, 1913, that Cracker Jack placed the first of their famous prizes inside a box. These were small prizes such as metal tops, tiny joke books, paper dolls, and even miniature furniture. When Cracker Jack began offering prizes in a set or series, sales soared; people wanted to collect entire sets. Perhaps the most famous prizes of all were the baseball cards of 1914. Today, a complete set of 144 cards is worth tens of thousands of dollars.



We here at Roseville Commons love all our precious furry

friends. Please keep in mind all dogs should be on a leash when you are walking them in the common areas, as well as outside in the front or the courtyard. We do not want anyone stripping and falling over one of your fur babies.

We have a trash can located out in the courtyard by the two double doors for you to dispose of your pet's waste. Please make sure you are putting it in a plastic bag first, prior to disposing of it. Please keep our area beautiful by picking up after your pet.

## Chef's Comments

Hello Residents,



Can you believe it is already February 2021? Well February means

Valentine's Day and while it does not look like we will have our normal dinner banquet all together, we are still planning on a very special and a wonderful meal for you. To say the least, this has been the strangest last 11 months in our lives. But I think we can see the light at the end of the tunnel with the vaccine starting to be available and being administered throughout each county. I am hopeful that we will be back to breaking bread together, and I get to walk the dining room to interact and speak with all of you very soon in the coming weeks and or months. So, lets all keep up with the social distancing and wearing your masks.

*Be Well and Stay Safe,*

*Chef Phil*



## Craft Corner



This month you will be beading your own necklace and bracelet. All materials will be provided, all you need is a pair of

scissors, and your hands to bead. I will be dropping off one kit at your door on Saturday, February 13<sup>th</sup>.

Then on Saturday, February 27<sup>th</sup> I will be dropping off some beautiful Springtime Mandala coloring sheets.



Please make sure you sign-up in the **Pink** book.

## Sleep on It



If you're feeling sleepy on February 28, feel free to nod off wherever you're sitting or standing, for it is Public Sleeping Day. For some, sleeping in public is

taboo behavior and an embarrassing social faux pas. But in some places, such as Japan, napping in public on a bench, on the subway, at the mall, or even in the office is considered a sign of hard work and diligence. The perception is that a person is working so hard that they are exhausted and cannot help themselves from falling asleep on the spot. The Japanese even have a term for it: *inemuri*. While some translate it as "sleeping on the job," a more faithful translation is "being present while asleep." An intentional nap is frowned upon but falling asleep unintentionally while trying to be present is quite acceptable.



## Marketing Moments

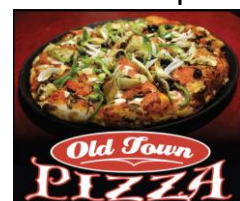
One small happy thought in the morning can change your day! February is so full of happy days ... Mardi Gras, Valentine's Day, Chinese New Year, Super Bowl, Groundhog Day and more ... that that should be easy to do!

Groundhog Day derives from the Pennsylvania Dutch superstition that if a groundhog emerging from its burrow on this day sees its shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks; but, if the groundhog does not see its shadow because of cloudiness, spring will arrive early.

So, on Tuesday, February 2nd, twenty (20) paper groundhogs will be "burrowed" throughout the community ~ only in the common areas that are



currently open ~ each groundhog has a trivia question written on it. If you find one, and only one groundhog per resident, put your answer along with your name on the back and drop it off at the Office by the end of Groundhog Day. If your answer is correct, your name will be entered into a drawing for a delicious pizza & salad dinner from Old



Town Pizza. 5 winners will be drawn and announced on Wednesday 2/03 with dinner delivered on Friday the 5<sup>th</sup>. and, by the way, did you

know that *FEBRUARY* is one of the most misspelled words in the English language?

*Best wishes for a happy day, every day!*

*Marlene*

## February Birthdays

In astrology, those born between February 1–18 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. Those born between February 19–28 are Pisces' Fish. Pisces are friendly, wise, and selfless, making them compassionate and generous friends. Their intuitive and romantic natures also make Fish creative and expressive artists.

Rosa Parks (activist) – February 4, 1913  
Hank Aaron (ballplayer) – February 5, 1934  
Laura Ingalls Wilder (writer) – February 7, 1867  
Thomas Edison (inventor) – February 11, 1846  
Frederick Douglass (reformer) – February 14, 1818  
Smokey Robinson (singer) – February 19, 1940  
Nina Simone (singer) – February 21, 1933  
Julius Erving (athlete) – February 22, 1950  
Jackie Gleason (comedian) – February 26, 1916  
Elizabeth Taylor (actress) – February 27, 1932

## Our February Birthdays

*Ted T. 1<sup>st</sup>, #327*

*Lynn G. 7<sup>th</sup>, #302*

*Manual M. 13<sup>th</sup>, #129*

*Teri T. 14<sup>th</sup>, #101*

*Lois R. 15<sup>th</sup>, #138*

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



## Making Black History



In 1915, historian and journalist Dr. Carter G. Woodson founded the Association for the Study of African American Life and History (ASALH). He was just the second African American after W. E. B. Du Bois to obtain a Ph.D. from

Harvard University and one of the first scholars to study the African diaspora. As a member of the American Historical Association (AHA), Woodson realized that the AHA had no interest in the history of African Americans. He set out on his own to create an institution where African American scholars could study black history without misrepresentation. The ASALH was the result of those efforts.

For over a decade, Woodson worked with the most prominent black intellectuals and activists in America to promote his cause: W. E. B. Du Bois, Marcus Garvey, John E. Bruce, T. Thomas Fortune, and Hubert Henry Harrison. In 1926, Woodson brought more prominence to his movement by championing "Negro History Week" during the second week of February. He wanted the week to coincide with the birthdays of abolitionist leader Frederick Douglass and President Abraham Lincoln, two key figures of African American history. This event was an opportunity for schools and communities to organize celebrations of African Americans and their contributions to American society by offering free lectures and performances and establishing black history clubs.

During the coming decades, mayors from cities all across America proclaimed the second week of February "Negro History Week." Then, in 1970, the Black students and educators at Kent State University expanded on Woodson's vision and declared the entire month of February Black History Month. In 1976, President Gerald Ford followed suit, officially recognizing Black History Month nationwide. The theme that year was *America for All Americans*. This year's theme is *The Black Family*, offering, in the words of the ASALH, "a rich tapestry of images for exploring the African American past and present."

## Striking Gold

On February 10, 1942, Glenn Miller and His Orchestra received a unique trophy from his record label, RCA Victor. As congratulations for selling 1.2 million copies of the song "Chattanooga Choo Choo," a feat no other artist had yet to achieve, Miller was gifted the first gold record on a live radio broadcast. The record wasn't solid gold, but rather a vinyl record sprayed with gold, but soon other record labels began to follow suit, taking it upon themselves to award their musicians with gold records. Today the issuance of gold records is left to the Recording Industry Association of America (RIAA). The RIAA awarded Perry Como the first official Gold Record for "Catch a Falling Star" in 1958 after it sold 500,000 copies. The RIAA also has a Platinum Record for one million copies, a Multi-Platinum for two million, and a Diamond for 10 million copies sold. A visit to Chattanooga's former rail station, which has been transformed into a landmark hotel where train cars serve as rooms, reminds visitors of Glenn Miller's extraordinary honor all those years ago.























## One of my favorite no bake recipes

### CREAM CHEESE PIE

- Buy the mini graham cracker crust pie shells (my favorite!) 6 to a packages. Cream the 5 filling ingredients with an electric mixer or whisk.
- 1 (8 ounce) package Philadelphia cream cheese (you can use light) ~ softened.
- ¼ cup of sugar, or sugar substitute
- The juice of one large lemon
- Zest of one lemon, if you like (optional)
- 1 teaspoon pure vanilla extract
- Refrigerate filling in a covered container to chill.
- Pull out after a few hours and scoop some filling in one of your mini graham cracker pie shells.
- Then top with some or your favorite canned pie filling, Cherry, Blackberry, or Apple.

Then Sit back and Enjoy! Tina ☺



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10:00</b> Tai Chi ~ DVD - RR You Must Wear a Mask at all times and stay 6 feet apart! <b>1:00</b> Matinee Movie-RR 	<b>10:00</b> Tai Chi ~ DVD - RR You Must Wear a Mask at all times and stay 6 feet apart! <b>1:00</b> Matinee Movie-RR 	<b>9:00</b> Qi Gong ~ DVD-RR <b>10:00</b> Senior Stretching ~ DVD-RR DVD Seated Exercise <b>2:00</b> <b>Bingo</b> -RR Find a Groundhog, answer the question correctly could win a Dinner! 	<b>10:00</b> Balance & Strength-RR w/Tina ~ Seated & Standing Exercises <b>12:30</b> <b>POKENO</b> -RR (18 nickels & 2 Quarters - 6 games) <b>2:30</b> <b>POKENO</b> -RR (18 nickels & 2 Quarters - 6 games) You Must Wear a Mask at all times, 1 person per table!	<b>9:00</b> Qi Gong ~ DVD-RR <b>10:00</b> Seated Exercises -RR w/Tina ~ Seated & Band Exercises <b>1:00 ~ 3:00</b> <b>Thirsty Thursday</b> ~ door to door. 	<b>9:00</b> Tai Chi ~ DVD - RR <b>10:00</b> Balance & Strength-RR w/Tina ~ Seated & Standing Exercises <b>1:00</b> <b>Bingo</b> -RR (8 dimes & 2 quarter), for 4 games <b>2:30</b> Horse Races-RR Horse Races, you will need 6 quarters to bet! Sign-up in the <b>Pink</b> book 	<b>10:00</b> Seated Exercises - RR w/Tina ~ Seated & Band Exercises <b>12:00</b> <b>POKENO</b> -RR (12 nickels & 1 Quarter - 4 games) <b>1:00</b> Matinee Movie-RR <b>Teasers/Crosswords</b> <b>To be dropped off at your door</b>
<b>10:00</b> Tai Chi ~ DVD - RR You Must Wear a Mask at all times and stay 6 feet apart! <b>1:00</b> Matinee Movie-RR 	<b>10:00</b> Tai Chi ~ DVD - RR You Must Wear a Mask at all times and stay 6 feet apart! <b>1:00</b> Matinee Movie-RR 	<b>9:00</b> Qi Gong ~ DVD-RR <b>10:00</b> Senior Stretching ~ DVD-RR DVD Seated Exercise <b>2:00</b> <b>Bingo</b> -RR (10 dimes & 1 quarter), for 5 games You Must Wear a Mask at all times and only 1 person per table! 	<b>10:00</b> Balance & Strength-RR w/Tina ~ Seated & Standing Exercises <b>12:30</b> <b>POKENO</b> -RR (18 nickels & 2 Quarters - 6 games) <b>2:30</b> <b>POKENO</b> -RR (18 nickels & 2 Quarters - 6 games) You Must Wear a Mask at all times, 1 person per table!	<b>9:00</b> Qi Gong ~ DVD-RR <b>10:00</b> Seated Exercises -RR w/Tina ~ Seated & Band Exercises <b>1:00 ~ 3:00</b> <b>Thirsty Thursday</b> ~ door to door. 	<b>9:00</b> Tai Chi ~ DVD - RR <b>10:00</b> Balance & Strength-RR w/Tina ~ Seated & Standing Exercises <b>12:30</b> <b>Chinese New Year Bingo</b> -RR (8 dimes & 1 quarter) Blackout Win Prizes & Blackout Prize <b>2:30</b> <b>Chinese New Year Bingo</b> -RR 	<b>10:00</b> Seated Exercises - RR w/Tina ~ Seated & Band Exercises <b>12:00</b> <b>POKENO</b> -RR (12 nickels & 1 quarter - 4 games) <b>1:00</b> Matinee Movie-RR <b>Drop-off Necklace and Bracelet Kit.</b> Sign-up in The <b>Pink</b> Book! <b>Teasers/Crosswords</b> <b>To be dropped off at your door</b>
<b>10:00</b> Tai Chi ~ DVD - RR You Must Wear a Mask at all times and stay 6 feet apart! <b>1:00</b> Matinee Movie-RR 	<b>10:00</b> Tai Chi ~ DVD - RR You Must Wear a Mask at all times and stay 6 feet apart! <b>1:00</b> Matinee Movie-RR 	<b>9:00</b> Qi Gong ~ DVD-RR <b>10:00</b> Senior Stretching ~ DVD-RR <b>12:30</b> <b>Mardi Gras Bingo</b> -RR (4 dimes & 1 quarter) Blackout Win Prizes & Blackout gift Card. <b>2:30</b> <b>Mardi Gras Bingo</b> -RR 	<b>10:00</b> Balance & Strength-RR w/Tina ~ Seated & Standing Exercises <b>12:30</b> <b>POKENO</b> -RR (18 nickels & 2 Quarters - 6 games) <b>2:30</b> <b>POKENO</b> -RR (18 nickels & 2 Quarters - 6 games) You Must Wear a Mask at all times, 1 person per table!	<b>9:00</b> Qi Gong ~ DVD-RR <b>10:00</b> Seated Exercises -RR w/Tina ~ Seated & Band Exercises <b>1:00 ~ 3:00</b> <b>Mardi Gras Thirsty Thursday</b> ~ door to door. Wear your mask & Beads! 	<b>9:00</b> Tai Chi ~ DVD - RR <b>10:00</b> Balance & Strength-RR w/Tina ~ Seated & Standing Exercises <b>1:00</b> <b>Match Game</b> -RR 2 Contestants and 9 panelists and 1 score keeper. No money needed, dress up as a famous person if you like. Playing for FUN!! 	<b>10:00</b> Senior Stretching ~ DVD-RR <b>1:00</b> Matinee Movie-RR 
<b>10:00</b> Tai Chi ~ DVD - RR You Must Wear a Mask at all times and stay 6 feet apart! <b>1:00</b> Matinee Movie-RR 	<b>10:00</b> Tai Chi ~ DVD - RR You Must Wear a Mask at all times and stay 6 feet apart! <b>1:00</b> Matinee Movie-RR 	<b>9:00</b> Qi Gong ~ DVD-RR <b>10:00</b> Senior Stretching ~ DVD-RR DVD Seated Exercise <b>2:00</b> <b>Bingo</b> -RR (10 dimes & 1 quarter), for 5 games You Must Wear a Mask at all times and only 1 person per table! 	<b>10:00</b> Balance & Strength-RR w/Tina ~ Seated & Standing Exercises <b>12:30</b> <b>POKENO</b> -RR (18 nickels & 2 Quarters - 6 games) <b>2:30</b> <b>POKENO</b> -RR (18 nickels & 2 Quarters - 6 games) You Must Wear a Mask at all times, 1 person per table!	<b>9:00</b> Qi Gong ~ DVD-RR <b>10:00</b> Seated Exercises -RR w/Tina ~ Seated & Band Exercises <b>1:00 ~ 3:00</b> <b>Thirsty Thursday</b> ~ door to door. 	<b>9:00</b> Tai Chi ~ DVD - RR <b>10:00</b> Balance & Strength-RR w/Tina ~ Seated & Standing Exercises <b>12:30</b> <b>Bingo</b> -RR (10 dimes & 1 quarter), for 5 games <b>2:30</b> <b>Bingo</b> -RR (10 dimes & 1 quarter), for 5 games 	<b>10:00</b> Seated Exercises - RR w/Tina ~ Seated & Band Exercises <b>1:00</b> Matinee Movie-RR <b>Drop-off Mandala Coloring Sheets.</b> Sign-up in The <b>Pink</b> Book! <b>Teasers/Crosswords</b> <b>To be dropped off at your door</b>
<b>10:00</b> Tai Chi ~ DVD - RR You Must Wear a Mask at all times and stay 6 feet apart! <b>1:00</b> Matinee Movie-RR 						<b>10:00</b> Seated Exercises - RR w/Tina ~ Seated & Band Exercises <b>1:00</b> Matinee Movie-RR <b>Drop-off Mandala Coloring Sheets.</b> Sign-up in The <b>Pink</b> Book! <b>Teasers/Crosswords</b> <b>To be dropped off at your door</b>

# February 2021

*Though, February is short, it is filled with lots of love and sweet surprises!*

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