

## 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 ~  
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

## **Patriotic Bingo**

**Wednesday, May 19<sup>th</sup>**  
**1:00 pm & 2:30 pm ~ RR**



You will need 8 dimes & 1 quarter for the 1:00 pm Tina.  
You will need 4 dimes & 1 quarter for the 2:30 p.m.  
Juanita.

**Raffle Prizes and Blackout gift**

## **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 ~

Ed Vinson (916) 797-9188  
Free cleaning, batteries & check-up!  
2<sup>nd</sup> Tuesday of each month at 1:30pm  
Library on the 1<sup>st</sup> floor.  
*Sign up in the book!*  
**Independent contractor.**

### 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/>



## *Happy May Day*



*There are special things happening here at Roseville Commons in the month of May. One of the most special days*

*in May is Mother's Day. It is known to be one of the most popular of all such days that honors relationships. Of the many people who have added value to our lives with loving care and many talents of wearing different hats every day, our wonderful mothers. I would like to wish all the Mothers here at Roseville Commons a very blessed day, and you are very much appreciated.*

**Life doesn't come with a manual; it comes with a Mother."**

*Happy Mother's Day to all the wonderful Moms,*

*Juanita*

## **Celebrating May** **Snowie King Shaved Ice** *Friday, May 7<sup>th</sup>*

1:00pm ~ **Front Parking Lot**  
*Come down and enjoy!*

## **Happy Mother's Day May 9<sup>th</sup>**

## **The Lincoln Highway Band** *Friday, May 14<sup>th</sup>*

1:00pm ~ **Front Parking Lot**  
*Come down and enjoy*  
*Live Music!*

## **Craft Drop off dates**

**Saturday, May 15<sup>th</sup>**  
Pom Pom Flag Kit



**Saturday, May 22<sup>nd</sup>**  
Mandala Coloring Sheets  
*Sign-up in the **Pink** Book!*

## **Patriotic BINGO** **w/ Tina & Juanita** **Wednesday, May 19<sup>th</sup>**

1:00pm (Tina) &  
2:30pm (Juanita)-RR  
Prizes & Blackout Prize



## **Wooden Horse Races** **Friday, April 30<sup>th</sup> ~ RR**

1:00pm ~ 6 quarters needed to place  
*your bets!*





## May Birthdays

In astrology, those born from May 1–20 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable. Those born from May 21–31 are Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, and sociable communicators, which makes them valuable colleagues and empathetic friends.

## Famous May Birthdays

Bing Crosby (singer) – May 3, 1903  
 Nellie Bly (journalist) – May 5, 1864  
 Toni Tennille (musician) – May 8, 1940  
 Salvador Dalí (artist) – May 11, 1904  
 Stevie Wonder (musician) – May 13, 1950  
 Henry Fonda (actor) – May 16, 1905  
 Mr. T (actor) – May 21, 1952  
 Naomi Campbell (model) – May 22, 1970  
 Sally Ride (astronaut) – May 26, 1951  
 Bob Hope (entertainer) – May 29, 1903

## Our May Birthdays

Alice Weber, 16<sup>th</sup>, #140  
 Marge Griggs, 23<sup>rd</sup>, #120

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



Patsy Kuehn Apt. 311

Sue Coffey from Apt. 316 to Apt. 127

## Farewell in May



I found out that our amazing Marketing Director, Marlene Squire will have her last day here in our community on Friday, May 8<sup>th</sup>. Marlene has been such an inspiration to me working here at Roseville Commons. She taught me the ropes for our front office, as well as teaching me to feel comfortable with giving tours within our community. Marlene has touched all of our hearts in some way or another, she isn't just a Marketing Director, she gives her all to each and every one of our residents. I can say I'm proud to have worked beside her, and I'm truly going to miss working side by side with her on a daily basis. She was always there for me not only on a professional level, but on a personal level as a friend. I'm very excited for her new adventures with her husband, and her family. Keep in touch and enjoy your retirement, you deserve it!

Hugs,  
Tina

## Not the End of the World



In May of 1910, much of the world was in a panic. Halley's Comet—the celestial nomad that passes Earth every 76 years or so—was right on schedule to make its appearance. But its 1910 pass was forecasted to be especially close, so close that Earth would pass right through the comet's tail. Comets have long been considered harbingers of the end of the world, and 1910 was no different despite advancements in scientific thought and reason.

Much of the blame for the doomsday predictions has fallen on the French astronomer Camille Flammarion. When he spotted the comet in September of 1909, he published his observations thus: "The comet's tail is composed of deadly cyanogen and other gases, including hydrogen. If the earth should pass through his tail, either the hydrogen will ignite, blasting earth asunder in a gigantic explosion, or the comet gases will sweep aside our own atmosphere, reacting with the nitrogen to form the familiar laughing gas, nitrous oxide, and suffocating all animal life in a ghastly parody of death."

Flammarion was not alone in his dire predictions. Another astronomer worried that the comet "would cause the Pacific to change basins with the Atlantic, and the primeval forests of North and South America to be swept by the briny avalanche over the sandy plains of the Sahara, tumbling over and over with houses, ships, sharks, whales, and all sorts of living things in one heterogenous mass of chaotic confusion."

Of course, when Halley's Comet did make its closest approach to Earth between May 14 and 22, none of these fantastic catastrophes manifested. Instead, telescope sales skyrocketed, and Earthlings enjoyed spectacular views of the famous comet. One misfortune that did occur was the uncanny death of Mark Twain. Born under the appearance of Halley's Comet in 1835, he predicted his own death with the reappearance of the comet in 1910. Sadly, on April 21 of that year, his morbid prognostication came true.

## Craft Corner



This month we Celebrate Armed Forces Day and Memorial Day. So, by honoring the men and women who have died for our country, and to the ones that have served and continue to serve our country, I purchased some Pom Pom Flag Kits for you to make and hang proudly on your front door. Memorial Day is a federal holiday in the United States for honoring and mourning the military personnel who have died in the performance of their military duties while serving in the United States Armed Forces. The holiday is observed on the last Monday of May. I will deliver them to your door on Saturday, May 15th.

Then on Saturday, May 22<sup>nd</sup> I will be dropping off Mandala coloring sheets.



If there is a craft, a game, or an exercise program you would like me to look into, please contact me at (916) 749-3189.

Tina 😊



## The Hart of the West

Billy the Kid. Jesse James. Wyatt Earp. America's Wild West has plenty of memorable names, but few of those names belong to women. History has largely forgotten the name Pearl Hart, even though she staged the last stagecoach robbery of the Wild West on May 30, 1899.



Pearl Taylor was born in Ontario, Canada, to a respectable family that provided her with a good education, but not good enough to keep her from falling in love with a gambler named Frederick Hart. She ran away to marry Hart at age 17 and endured years of abuse. The couple's drinking, gambling, and joblessness drew them to the Chicago World's Fair in 1893 in search of work. Instead, Hart found Buffalo Bill's Wild West Show and was enamored of the cowboy lifestyle.

What we know of Hart's life is spotty, but sometime after her experience in Chicago, she ended up in the mining town of Globe, Arizona, where she met another drifter, named Joe Boot. Hart and Boot were both broke, so they decided to rob the Globe-to-Florence stagecoach. Armed with a .38 revolver and dressed like a man, she made off with \$431, after returning one dollar to each traveler so they could buy something to eat once they reached Florence.

After her capture, Hart regaled reporters with a dramatic retelling of her exploits. Her fans begged for autographs, and she obliged them, signing as the "Bandit Queen." Hart was sent to Yuma, the nearest city with jailing facilities for women, but it took just a few days for her to sweet-talk some accomplices into helping her escape. Hart was later found in New Mexico and returned to the Yuma prison. When she became pregnant a year later, Hart was released with a pardon from the Arizona governor, who hoped to avoid a scandal. The rest of Hart's life is a mystery. Some say she may have joined the vaudeville circuit. Others say she settled down with a rancher and lived out her days as a law-abiding citizen. Either way, Hart's wild life story has earned her a place in the fabled history of America's West.

## Marketing Moments

May your heart be happy  
May your days be bright  
May your roads be smooth  
May your burdens be light  
May you touch the stars  
May you never forget how special you are!



To each and every one of you, longtime friends and new, I say a warmhearted goodbye! After 9+ years as the Marketing Director of Roseville

Commons, I am retiring. My final day here is May 8<sup>th</sup>. Soon after, my husband and I will be moving to Southern California ... days to be spent with our toes in the sand, fishing poles in the surf, family close by and exciting adventures to be enjoyed!

*Be kind to Team Roseville!  
Stay well ~ stay safe ~ stay happy!*

*Marlene*

## Blasting Off in May

April brightened up our community, in the smallest ways, like our dining room opening up at a 25% capacity for brunch. We were also able to increase the amount of people for our daily activities. We are following all the guideline of the CDC and Placer County. I know it may not seem like much, but in reality, there is truly a bright light at the end of the tunnel. We just need to stay focused and remember that we are all in this together and we are going to come out even stronger. Over the last year we have endured being in complete lockdown, to having all your meals served to you in your apartment on a daily basis, all activities were outside in up to 90 degrees weather, under a tent in the parking lot and we all did it. Yes, there was some complaining, but We Did It! And that is what has made us stronger and be more compassionate towards one another, we never know what tomorrow is going to bring us, so take advantage of what you have today and the people in your life. Another thing that we haven't had in our lives for over a year is live entertainment. March 14<sup>th</sup>, 2020 was our last Happy Hour with Gary Blodgett, and I think it's time we start taking baby steps to getting that back. Music makes the World go round, it fills our hearts and soul with rhythm and joy, makes our feet start to tap. So, to cure our aching hearts we will have live entertainment on Friday, May 15<sup>th</sup> out in the front parking lot with The Lincoln Highway Band. They will be here from 1:00pm-2:30pm, we still need to social distance, but at least you can enjoy the sweet, sweet sound of live music.

*Enjoy Life,  
Tina*

## Chef's Comments

Hello Residents,



I cannot begin to tell you how wonderful it has been to have some of you back in the dining room. We love seeing people in here and serving you right at the table. We are really looking forward to when we can open up even more as restrictions are loosened by the CDC. We hope you are enjoying being able to come down to the dining room, and eat a sit-down meal, while visiting with your friends. We are starting to hit the nice weather and we want to remind you to stay hydrated. On top of drinking water, make sure to include fresh fruits and salad, these will also help you hydrate.

*Take care and stay safe,  
Chef Phil*

## Honoring Mother Ocean



Good sons and daughters will remember that May 9 is Mother's Day, a day to shower mom with love and appreciation. But will we also remember that May 10 is Mother Ocean Day? Just as our mothers gave us life and nurtured us, so too do our oceans sustain life on planet Earth. Oceans produce half of all the world's oxygen and absorb massive amounts of carbon dioxide. Covering 70% of Earth's surface, our oceans are also responsible for regulating climate and weather patterns. Preserving the health of our oceans is our first line of defense against a rapidly warming planet. On this day, perhaps you can visit the beach for a local cleanup or watch a documentary about undersea life.



Sunday

Monday

Tuesday

Wednesday


























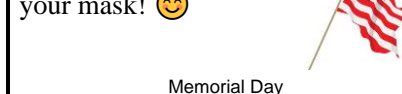
Thursday

Friday

Saturday



# May 2021

<div></div> <div>May 2021</div>				<div>10:00 Balance &amp; Strength -RR 1</div> <div>Balance &amp; Strength Exercises ~ w/Tina</div> <div>12:00 <b>POKENO</b> -RR</div> <div>1:30 Wii Bowling-RR</div> <div>2:00 Wii Bowling-RR</div> <div>6:00 Saturday Night Movie-RR</div> <div>May Day</div>									
<div>10:00 Tai Chi ~ DVD - RR 2</div> <div>You Must Wear a Mask at all times and stay 6 feet apart!</div> <div>1:00 Matinee Movie-RR</div> <div></div>		<div>9:00 Tai Chi ~ DVD – RR 3</div> <div>10:00 Senior Stretching ~ DVD-RR</div> <div>DVD Seated Exercise</div> <div>11:00 Tai Chi ~ DVD – RR</div> <div>You Must Wear a Mask at all times and stay 6 feet apart!</div> <div>Carpet cleaning in Common area.</div> <div></div>		<div>9:00 Qi Gong ~ DVD-RR 4</div> <div>10:00 Senior Stretching ~ DVD-RR</div> <div>DVD Seated Exercise</div> <div>1:30 Wii Bowling - RR (4 people)</div> <div>2:00 Wii Bowling - RR (4 people)</div> <div></div>		<div>10:00 Seated Exercises-RR 5</div> <div>Seated w/Band Exercises w/Tina</div> <div>1:00 <b>Bingo</b>-RR</div> <div>(10 dimes &amp; 2 quarters)</div> <div>2:30 <b>POKENO</b> -RR</div> <div>(18 nickels &amp; 2 Quarters - 6 games)</div> <div>You Must Wear a Mask at all times, 1 person per table!</div> <div></div>		<div>9:00 Qi Gong ~ DVD-RR 6</div> <div>10:00 Balance &amp; Strength ~ RR</div> <div>w/Tom seated/balance</div> <div>1:00 ~ 3:00 <b>Cinco Celebration</b></div> <div>~ door to door. Enjoy a Margarita, Mojito, a Corona, or a soda w/ some appetizers.</div> <div></div>		<div>9:00 Tai Chi ~ DVD - RR 7</div> <div>10:00 Seated Exercises - RR</div> <div>Seated w/Band Exercises ~ w/Tina</div> <div>1:00 <b>Snowie King Shaved Ice</b> ~ OF</div> <div>Front Parking Lot</div> <div>2:30 <b>Bingo</b>-RR</div> <div>6:00 Friday Night Movie-RR</div> <div></div>		<div>10:00 Balance &amp; Strength -RR 8</div> <div>Balance &amp; Strength Exercises ~ w/Tina</div> <div>12:00 <b>POKENO</b> -RR</div> <div>1:30 Wii Bowling-RR</div> <div>2:00 Wii Bowling-RR</div> <div>6:00 Saturday Night Movie-RR</div> <div></div>	
<div>10:00 Tai Chi ~ DVD - RR 9</div> <div>You Must Wear a Mask at all times and stay 6 feet apart!</div> <div>1:00 Matinee Movie-RR</div> <div></div> <div>Mother's Day</div>		<div>9:00 Tai Chi ~ DVD – RR 10</div> <div>10:00 Senior Stretching ~ DVD-RR</div> <div>DVD Seated Exercise</div> <div>11:00 Tai Chi ~ DVD – RR</div> <div>1:00 Matinee Movie-RR</div> <div>Please wear your mask! 😊</div> <div></div>		<div>9:00 Qi Gong ~ DVD-RR 11</div> <div>10:00 Senior Stretching ~ DVD-RR</div> <div>DVD Seated Exercise</div> <div>1:30 <b>Hearing Clinic</b> ~ LB</div> <div>Sign-up in the <b>Pink</b> book</div> <div>Tina's Office Day!</div>		<div>10:00 Seated Exercises-RR 12</div> <div>Seated w/Band Exercises w/Tina</div> <div>1:00 <b>Bingo</b>-RR</div> <div>(10 dimes &amp; 2 quarters)</div> <div>2:30 <b>POKENO</b> -RR</div> <div>(18 nickels &amp; 2 Quarters - 6 games)</div> <div>You Must Wear a Mask at all times, 1 person per table!</div>		<div>9:00 Qi Gong ~ DVD-RR 13</div> <div>10:00 Balance &amp; Strength ~ RR</div> <div>w/Tom seated/balance</div> <div>1:00 ~ 3:00 <b>Thirsty Thursday</b> ~ door to door.</div> <div></div>		<div>9:00 Tai Chi ~ DVD - RR 14</div> <div>10:00 Seated Exercises - RR</div> <div>Seated w/Band Exercises ~ w/Tina</div> <div>1:00 <b>The Lincoln Highway Band</b>~ OF</div> <div>Come enjoy some music in the front parking lot. Social distancing is a must. 1:00pm-2:30pm</div> <div>6:00 Friday Night Movie-RR</div>		<div>10:00 Balance &amp; Strength -RR 15</div> <div>Balance &amp; Strength Exercises ~ w/Tina</div> <div>Drop off at your door a <b>Pom Pom Flag Kit</b></div> <div>12:00 <b>POKENO</b> -RR</div> <div>1:30 Wii Bowling-RR</div> <div>2:00 Wii Bowling-RR</div> <div>6:00 Saturday Night Movie-RR</div> <div></div> <div>Armed Forces Day</div>	
<div>10:00 Tai Chi ~ DVD - RR 16</div> <div>You Must Wear a Mask at all times and stay 6 feet apart!</div> <div>1:00 Matinee Movie-RR</div> <div></div> <div>Shavuot Begins</div>		<div>9:00 Tai Chi ~ DVD – RR 17</div> <div>10:00 Senior Stretching ~ DVD-RR</div> <div>DVD Seated Exercise</div> <div>11:00 Tai Chi ~ DVD – RR</div> <div>You Must Wear a Mask at all times and stay 6 feet apart!</div> <div>Carpet cleaning in Common area.</div> <div></div>		<div>9:00 Qi Gong ~ DVD-RR 18</div> <div>10:00 Senior Stretching ~ DVD-RR</div> <div>DVD Seated Exercise</div> <div>1:30 Wii Bowling - RR (4 people)</div> <div>2:00 Wii Bowling - RR (4 people)</div> <div></div>		<div>10:00 Seated Exercises-RR 19</div> <div>Seated w/Band Exercises w/Tina</div> <div>1:00 <b>Patriotic Bingo</b> -RR w/Tina</div> <div>(8 dimes &amp; 1 quarter) Blackout</div> <div>2:30 <b>Patriotic Bingo</b> -RR</div> <div>(4 dimes &amp; 1 quarter) Blackout w/Juanita</div> <div></div>		<div>9:00 Qi Gong ~ DVD-RR 20</div> <div>10:00 Balance &amp; Strength ~ RR</div> <div>w/Tom seated/balance</div> <div>1:00 ~ 3:00 <b>Thirsty Thursday</b> ~ door to door.</div> <div></div>		<div>9:00 Tai Chi ~ DVD - RR 21</div> <div>10:00 Seated Exercises - RR</div> <div>Seated w/Band Exercises ~ w/Tina</div> <div>1:00 Horse Races-RR</div> <div>6 quarters needed to bet!</div> <div>2:30 <b>Bingo</b>-RR</div> <div>6:00 Friday Night Movie-RR</div> <div></div>		<div>10:00 Balance &amp; Strength -RR 22</div> <div>Balance &amp; Strength Exercises ~ w/Tina</div> <div>12:00 <b>POKENO</b> -RR</div> <div>Drop off <b>Mandala Coloring Sheets</b></div> <div>1:30 Wii Bowling-RR</div> <div>2:00 Wii Bowling-RR</div> <div>6:00 Saturday Night Movie-RR</div> <div></div>	
<div>10:00 Tai Chi ~ DVD - RR 23</div> <div>You Must Wear a Mask at all times and stay 6 feet apart!</div> <div>1:00 Matinee Movie-RR</div> <div></div>		<div>9:00 Tai Chi ~ DVD – RR 24</div> <div>10:00 Senior Stretching ~ DVD-RR</div> <div>DVD Seated Exercise</div> <div>11:00 Tai Chi ~ DVD – RR</div> <div>1:00 Matinee Movie-RR</div> <div>Please wear your mask! 😊</div> <div></div>		<div>9:00 Qi Gong ~ DVD-RR 25</div> <div>10:00 Senior Stretching ~ DVD-RR</div> <div>DVD Seated Exercise</div> <div>1:30 Wii Bowling - RR (4 people)</div> <div>2:00 Wii Bowling - RR (4 people)</div> <div></div>		<div>10:00 Seated Exercises-RR 26</div> <div>Seated w/Band Exercises w/Tina</div> <div>1:00 <b>Bingo</b>-RR</div> <div>(10 dimes &amp; 2 quarters)</div> <div>2:30 <b>POKENO</b> -RR</div> <div>(18 nickels &amp; 2 Quarters - 6 games)</div> <div>You Must Wear a Mask at all times, 1 person per table!</div>		<div>9:00 Qi Gong ~ DVD-RR 27</div> <div>10:00 Balance &amp; Strength ~ RR</div> <div>w/Tom seated/balance</div> <div>1:00 ~ 3:00 <b>Thirsty Thursday</b> ~ door to door.</div> <div></div>		<div>9:00 Tai Chi ~ DVD - RR 28</div> <div>10:00 Seated Exercises - RR</div> <div>Seated w/Band Exercises ~ w/Tina</div> <div>1:00 <b>Yahtzee for fun</b> ~ RR</div> <div>I will teach you how to play, come enjoy the fun!</div> <div>6:00 Friday Night Movie-RR</div> <div></div>		<div>10:00 Balance &amp; Strength -RR 29</div> <div>Balance &amp; Strength Exercises ~ w/Tina</div> <div>12:00 <b>POKENO</b> -RR</div> <div>1:00 Saturday Comedy Matinee ~ RR</div> <div>Carol Burnett Show</div> <div>Tina Working on her Bulletin boards.</div> <div>6:00 Saturday Night Movie-RR</div>	
<div>10:00 Tai Chi ~ DVD - RR 30</div> <div>You Must Wear a Mask at all times and stay 6 feet apart!</div> <div>1:00 Matinee Movie-RR</div> <div></div>		<div>9:00 Tai Chi ~ DVD – RR 31</div> <div>10:00 Senior Stretching ~ DVD-RR</div> <div>DVD Seated Exercise</div> <div>11:00 Tai Chi ~ DVD – RR</div> <div>1:00 Matinee Movie-RR</div> <div>Please wear your mask! 😊</div> <div></div> <div>Memorial Day</div>		<div>May, more than any other month of the year, wants us to feel most alive.</div> <div>– Fennel Hudson</div>									