

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.

Community Hearing Aid Ctr ~

Ed Vinson (916) 797-9188

Free cleaning, batteries & check-up!

2nd Tuesday of each month at 1:30pm

Library on the 1st floor.

Sign up in the book!

Independent contractor.

Affordable Cannie & Professional Dog Walker:

Lisa Free (559) 800-3351

Independent contractor.

Blood Pressure Checks~

Once a month in the Lobby

3rd Thursday of the month @ 9:30am

Except if there is an emergency, call!!

We have someone on site all day and night, every day to assist you!

Office Hours

Monday-Friday

8:30am-5:30pm

Saturday & Sunday

9:00am-5:00pm

Administrator ~ Juanita Junco

Activities Director ~ Tina Evans

Marketing Director ~ Loree Oden

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

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



Laundry Room Hours

Monday-Sunday

8:00am-9:00pm



Nightly Trash Pick-up Hours

Monday-Sunday

6:30pm-9:00pm

The Rose Review

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

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

Celebrating September

Ceramic Classes

w/ Claudie

1st & 3rd Friday's

12:30pm – 1:30pm ~ RR

1st Friday is when the projects are made, 2nd you paint it!

Crystal Bowls Music

w/Kimberly Bass

Wednesday, September 8th

1:00pm ~ RR

Sevilla Magic Show

Celebrating Grandparents Day

w/Mr. Illusion

Saturday, September 11th

2:00pm ~ RR

Tuesday Speaker

“The Art of Striving vs Surviving” ~

w/ Carol Scofield

Tuesday, September 14th

1:00pm ~ RR

Oktoberfest Horse Races

Beers & Pretzels

Friday, September 24th

1:30pm ~ RR

Happy Hour Thursdays

Come enjoy music, a drink, and snacks!

2:30 - 3:30pm ~ RR

w/Jim Hall 9/2

w/Lincoln Highway Band 9/9

w/Ellen & Larry 9/16

w/Beny & The Singing Sax 9/23

w/Michael Jaspar 9/30

Happy September everyone!

It is already September! I cannot believe how time has gone by so quickly. We are all in hope of a little rain this month, so we can have a beautiful autumn this year. I am sure we all agree that autumn brings colorful fall leaves. It is my favorite time of the year!

A Special Month

September is a very special month. We have a wonderful, dedicated Activity Director, Tina Evans, working for Roseville Commons. She just celebrated her 5th year anniversary. There are not enough words to describe how much we appreciated Tina's efforts and tremendous hard work during the last year and a half during the Covid shut down. We all agree it was an extraordinary and challenging time, but the Covid shut down did not stop Tina from being creative, coming up with so many great ideas she delivered to the residents' doors. The biggest hit was Tina's Thirsty Thursday. All the residents enjoyed every sip and snack. Thirsty Thursday took a lot of time going to each door. Tina loves her residents, and it was so important to her to bring joy and less stress to the residents. She also had some fun, crafty ideas for the residents to do at home. We truly admire Tina for keeping our residents motivated and happy with her grace, loyalty, and her sweet, positive attitude. Tina, I am so grateful to have you as part of my team. You Rock!

Juanita



*Thank You For The Lives You Touch!
We Appreciate You So Much!*

Marketing Moments

Smile

Exercise

Play

Try your best

Encourage others

Make new friends

Be your best

Eat well

Roseville Commons is the best place to be!

Welcome autumn! This is my favorite time of year! I love watching the fall leaves start to change color, the cooler breezes, crisp morning air, the refreshing scents of nature and the seasonal activities. It is a perfect time to dig out sweaters, boots, and scarves and put that summer attire in the back of the closet. If you're like me, it's also a great time to clean out, de-clutter, and organize closets, drawers, and cabinets.

With the holidays rapidly approaching, I would like to remind you that our beautiful guest suite is available for a maximum 3-night rental. The rate is \$85 per night for two guests, which includes a free meal for each guest, per day. Please make your reservations with the front office. It books up quickly, and there is no cancellation fee if plans change.

A friendly reminder: If you know someone who is thinking about moving to a community like ours, I would love to offer them a complimentary brunch or dinner with a tour. Plus, when you refer someone who moves in you will get \$1000 off your rent! See me for details.

Each of you make Roseville Commons the best place to be! You are appreciated and valued. Happy fall y'all!

Loree

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



Clarence Brewer #216

Activities

Ceramics: Friday, September 3rd & 17th from 12:30pm-1:30pm in the RR. We will be starting a new project on Friday, September 3rd, here is an example of the new project. Then on Friday, September 17th, you will paint them.



Bean bag baseball games: Saturday, September 4th @ 2:30pm & the 25th starting at 1:00pm in the RR. Everyone is able to play this game, even if you use a walker, you can still come join in the fun while making homeruns! If you don't like to play, then come down and be a spectator. There is nothing better than spending some time with your friends and neighbors enjoying something you all have in common.



We will be playing Cornhole on Friday, September 17th at 2:30 in the RR. If you like beanbag baseball, you will enjoy Cornhole.

Come get involved with your community and start playing Wii Bowling, Bingo, **POKENO**, Cornhole, Horseraces, Yahtzee, Scrabble, and card games. Check your daily calendar for events dates, times, and locations.

Tina

Oktoberfest Horse Races

The history of Oktoberfest:

Crown Prince Ludwig (who later became King Ludwig I), married Princess Therese of Saxony-Hildburghausen on 12th October 1810. The citizens of Munich were invited to attend the festivities held on the fields in front of the city gates, to celebrate the happy royal event. The fields was then named Theresienwiese ("Theresa's fields"), in honor of the Crown Princess. The locals sometimes call it the "Wies'n".

Horse races in the presence of the Royal Family marked the close of the event that was celebrated as a festival for the whole of Bavaria. The decision to repeat the horse races in the subsequent year gave rise to the tradition of the Oktoberfest.

In 1811, an added feature to the horse racing was the first Agricultural Show, designed to boost Bavarian agriculture. The horse races, which were the oldest and - at one time - the most popular event of the festival are no longer held today. But the Agricultural Show is still held every three years during the Oktoberfest on the southern part of the festival grounds.

In the first few years, there weren't much fun or amusement options. Until 1818, when the first carousel and two swings were set up. Visitors were able to quench their thirst at small beer stands which grew rapidly in number. In 1896, the beer stands were replaced by the first beer tents and halls, which enterprising landlords set up with the backing of breweries.

The rest of the festival site was taken up by a fun fair. The range of carousels and fun rides started increasing rapidly in the 1870s - as the fairground trade continued to grow and develop in Germany.



So, this year we will be celebrating Oktoberfest in the traditional manner, with Horse Races on Friday, September 24th at 1:30 in the RR, with Beer, Pretzels, and betting. Bring 6 quarters to place your bets and get ready to have some fun!

Tina

Chefs Comments

Hello Residents,

I hope everyone is staying cool in the heat. We hope you have been enjoying the dining room lately. As I prepare the menus these days, I have been running into issues with some items not being available from our vendors as product shortages and labor shortages affect the whole country right now. We are putting in orders early and getting some things from the store to make sure we always have what you would like. But there may be times when I have to make a change to the menu if an item does not come in on time. Thank you for being patient with us while we work these shortages out. As always, please do not hesitate to contact me if you have any input you would like to share.

Sincerely,

Chef Phil



First, the News

On September 25, 1690, the first newspaper in America was published. Sadly, for publisher Benjamin Harris, his *Publick Occurrences Both Foreign and Domestick* lasted for just one edition before British censors shut it down. Harris was the owner of Boston's London Coffee-House, an establishment frequented by the city's intellectual elite. The cafe was the premier venue for sharing news of the world and debating the philosophies of the era. Harris, a savvy businessman, knew he had a captive audience for his monthly publication. But Harris was also a known rabble-rouser. He had published inflammatory pamphlets in England before fleeing to the colonies to evade fines and imprisonment. Harris would eventually return to London and the news business, publishing his *London Post* from 1699 to 1706.

Happiness on the Wing

Bluebirds, with their striking plumage and warbling song, are a pleasant sight to behold. But in many cultures, a bluebird is more than just another pretty bird: It is a powerful sign that happiness is just around the corner. For this reason, September 24 is Bluebird of Happiness Day.



In many Native North American cultures, the bluebird is a symbol of prosperity, fertility, and hope. The Cochiti people of New Mexico believe that the bluebird is the first-born offspring of the sun, and to this day it sings at first light to wake us up. The Ojibwa spirit Nanabozho, while putting color into the world, had his paint stolen by bluebirds. As the bluebirds flew through a waterfall's mist, the paint was scattered to create a rainbow. Nanabozho liked it so much that he decreed that every time the sun touches the mist of a waterfall, a rainbow should appear.

The Chinese have revered the bluebird for millennia. During the Shang Dynasty, dating back to 1766 BC, a bluebird was considered the messenger of Xi Wangmu, the Queen Mother of the West. The goddess began life as a fearsome immortal but evolved into a protector fairy queen. The appearance of a bluebird meant that Xi Wangmu was protecting young women who chose to break from traditional family roles: singers, nuns, and priestesses.

The bluebird of happiness features so prominently in the folklore of the Lorraine people of France that it inspired a stage play called *The Blue Bird*. Throughout the 20th century, it was developed into a children's novel, an opera, and seven films.

Of course, bluebirds are not the only birds with symbolic significance. Owls have been associated with wisdom since the worship of the Greek goddess Athena. Eagles are symbols of strength, courage, and freedom. Ravens symbolize knowledge and act as intermediaries for the gods. Cranes are symbols of healing and hope. But amongst all birds, perhaps none is more lighthearted and joyous than the bluebird.

September Birthdays

In astrology, those born from September 1–22 are Virgo's Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity and love for others makes them defenders of justice, goodness, and purity. Those born from September 23–30 balance the scales of Libra. Peaceful and fair, Libras value balance and symmetry. For this reason, they often champion justice and equality. Using tact and calm, they resolve conflicts among family and friends.

Famous September Birthdays

Beyoncé (singer) – Sept. 4, 1981
 Kim Yuna (figure skater) – Sept. 5, 1990
 Idris Elba (actor) – Sept. 6, 1972
 Hugh Grant (actor) – Sept. 9, 1960
 Misty Copeland (ballerina) – Sept. 10, 1982
 Tyler Perry (producer) – Sept. 13, 1969
 Dorothy Vaughan (mathematician) – Sept. 20, 1910
 Ray Charles (musician) – Sept. 23, 1930
 Serena Williams (tennis star) – Sept. 26, 1981
 Gene Autry (cowboy) – Sept. 29, 1907

Our September Birthdays

Kevin DeVilbiss, 8th, #231
John Padgen, 10th, #332
Joel Segel, 15th, #305
Martha Upfold, 19th, #131
Barbara Segerman, 19th, #232
Vivian Curry, 27th, #215
Bettie Hill, 28th, #128



Say Happy Birthday to your friends and neighbors!

Mark Your Calendars

Last month our **Activity Talk & Raffle** had a great turnout. We will have another one in October, so think about what kinds of events you would like to see happen here within your community. But as for this month, I have a variety of events planned for all of you to choose from. We are starting our month off with Happy Hour at 2:30pm in the RR on **Thursday, September 2nd** with Jim Hall. He will be singing you some oldies to current music; you can tap your toes sitting at your seat or get up and grab a partner to dance.

Then on **Tuesday, September 8th** at 1:00pm in the RR we will have the talented Kimberly Bass accompanying herself with an array of gem infused crystal alchemy bowls. Kimberly has developed an extraordinary style of harmonic singing that is in perfect synergy with the acoustic vibrations emanating from the crystal bowls. Drawing from a lifetime of vocal experience, Kimberly's mastery of harmony has been described as "other worldly, putting the listener into a transfixed external moment."



On **Tuesday, September 14th** we have Motivational Speaker Carol Scofield at 1:00pm in the RR discussing "The Art of Striving vs. Surviving" and what a perfect time to have her out to speak on this topic. Then on **Tuesday, September 28th** at 1:00 in the RR we have Waverly Pierce, an Aesthetician from A Touch of Class Day Spa, coming out to do a presentation on "How to take care of your skin." This is always a wonderful subject, especially with the weather we have been having lately.

On **Wednesday, September 28th** at 2:30pm we will have **Juanita's Fall Bingo**. You will need 4 dimes and 1 quarter to play. You can win raffle prizes and a gift card from Black Out. I'm hoping one of these events is something you will be interested in. Check your calendar daily!

Tina

Masks During Activities



All of the staff at Roseville Commons would like to say "Thank You" to all of you for wearing your masks during our events. We are trying to keep everyone safe and healthy during this time. We

do not want anyone catching COVID. During Happy Hours you can have your mask off to eat and drink, then we kindly ask you to put it back on. I know that some of us have a hard time wearing masks, and we understand. But, believe me, most of us don't always enjoy wearing them either. We are complying with and following the state guidelines. We have been having such a great time having our entertainers out, as well as during our activities, and I want to be able to continue having them. So, for now we will continue to wear these masks during our social events, and if there are changes, we will send out a notice. We greatly appreciate how everyone has been so understanding.

We care about you,
Tina

Reliable by Nature




In 1870, former U.S. Representative and Civil War officer Henry Washburn led an expedition down the Yellowstone River to explore and survey a remote region of northwest Wyoming. Washburn's party was the first to map the area, explore its many lakes, and climb its mountains. What awed the explorers most were the many boiling and steaming thermal features of the region. One geyser fascinated them most of all. On September 18, 1870, the party realized that it would reliably erupt 100 feet into the air every 74 minutes. Washburn himself dubbed the geyser "Old Faithful." This famous geyser would help make Yellowstone America's first national park in 1872.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

September 2021

Roseville Commons Activities

<p>9:05 Tai Chi ~ DVD ~ RR 5</p> <p>10:00 Senior Stretching ~ RR</p> <p>DVD Seated Exercise</p> <p>1:00 Matinee Movie ~ RR</p>  <p>6:00 Scrabble ~ LB</p>	<p>No Transportation ~ Holiday!</p> <p>9:05 Tai Chi ~ DVD ~ RR</p> <p>10:00 Senior Stretching ~ RR</p> <p>DVD Seated Exercise</p> <p>11:00 Tai Chi ~ DVD ~ RR</p> <p>1:00 Matinee Movie ~ RR</p> <p>6:00 Cards ~ LB</p>  <p>Labor Day Rosh Hashanah Begins</p>	<p>9:00 Qi Gong ~ DVD ~ RR 7</p> <p>10:00 Senior Stretching ~ RR</p> <p>DVD Seated Exercise</p> <p>12:30 Music w/Dan ~ RR</p> <p><i>Sing Along</i></p> <p>You don't have to sing, come down and listen.</p> <p>1:45 Wii Bowling ~ RR</p> <p>2:00 Wii Bowling ~ RR</p> <p>6:00 Scrabble ~ LB</p>	<p>9:00 Qi Gong ~ DVD ~ RR 8</p> <p>10:00 Seated/Band ~ RR</p> <p>Exercise class w/Tina</p> <p>1:00 Crystal Bowls Music ~ RR</p> <p>By Kimberly Bass</p> <p>2:30 Bingo ~ RR</p> <p>6:00 Cards ~ LB</p>  	<p>9:00 Qi Gong ~ DVD ~ RR 9</p> <p>10:00 Balance & Strength ~ RR</p> <p>w/Tom seated/balance</p> <p>12:30 Wii Bowling ~ RR</p> <p>1:00 Wii Bowling ~ RR</p> <p>2:30 Happy Hour ~ RR</p> <p>w/ Lincoln Highway Band</p> <p>Mixed music</p> 	<p>9:00 Tai Chi ~ DVD ~ RR 10</p> <p>10:00 Seated/Band ~ RR</p> <p>Exercise class w/Tina</p> <p>11:00 Tai Chi ~ DVD ~ RR</p> <p>1:00 Bingo ~ RR</p> <p>(8 dimes & 2 quarters)</p> <p>2:30 POKENO ~ RR</p> <p>(18 nickels & 2 Quarters)</p> <p>6:00 Friday Night Movie-RR</p> 	<p>9:00 Seated Yoga ~ DVD ~ RR 11</p> <p>10:00 Balance & Strength ~ RR</p> <p>Exercise class w/Tina</p> <p>2:00 Magic Show ~ RR</p> <p>Charlie from Sevilla Magic FX</p> <p><i>Celebrating Grandparents Day</i></p> <p>6:00 Saturday Night Movie ~ RR</p> 
<p>9:05 Tai Chi ~ DVD ~ RR 12</p> <p>10:00 Senior Stretching ~ RR</p> <p>DVD Seated Exercise</p> <p>1:00 Matinee Movie ~ RR</p>  <p>6:00 Scrabble ~ LB</p> <p>Happy Grandparents Day</p> 	<p>9:05 Tai Chi ~ DVD ~ RR 13</p> <p>10:00 Senior Stretching ~ RR</p> <p>DVD Seated Exercise</p> <p>11:00 Tai Chi ~ DVD ~ RR</p> <p>Carpet cleaning in Common area.</p> <p>6:00 Cards ~ LB</p> <p>National Peanut Day! Guess how many peanuts are in the jar & Win-Table in the Lobby Entrance</p> 	<p>9:00 Qi Gong ~ DVD ~ RR 14</p> <p>10:00 Senior Stretching ~ RR</p> <p>DVD Seated Exercise</p> <p>1:00 Tuesday Speaker ~ RR</p> <p><i>"The Art of Striving vs. Surviving"</i></p> <p>w/ Carol S. Scofield</p> <p>2:30 Wii Bowling ~ RR</p> <p>3:00 Wii Bowling ~ RR</p> <p>6:00 Scrabble ~ LB</p> 	<p>9:00 Qi Gong ~ DVD ~ RR 15</p> <p>10:00 Seated/Band ~ RR</p> <p>Exercise class w/Tina</p> <p>1:00 POKENO ~ RR</p> <p>(18 nickels & 2 Quarters)</p> <p>2:30 Bingo ~ RR</p> <p>(10 dimes & 2 quarters)</p> <p>6:00 Cards ~ LB</p>  <p>Yom Kippur Begins</p>	<p>9:00 Qi Gong ~ DVD ~ RR 16</p> <p>10:00 Balance & Strength ~ RR</p> <p>w/Tom seated/balance</p> <p>12:30 Wii Bowling ~ RR</p> <p>1:00 Wii Bowling ~ RR</p> <p>2:30 Happy Hour ~ RR</p> <p>w/ Ellen & Larry</p> <p>Peanut guess winner announced!</p> 	<p>9:00 Tai Chi ~ DVD ~ RR 17</p> <p>10:00 Seated/Band ~ RR</p> <p>Exercise class w/Tina</p> <p>11:00 Tai Chi ~ DVD ~ RR</p> <p>12:30 Ceramics Class ~ RR</p> <p>w/Claudie</p> <p>2:30 Cornhole ~ RR</p> <p>3:00 Cornhole ~ RR</p> <p>6:00 Friday Night Movie-RR</p> 	<p>9:00 Seated Yoga ~ DVD ~ RR 18</p> <p>10:00 Balance & Strength ~ RR</p> <p>Exercise class w/Tina</p> <p>1:30 Saturday Movie ~ RR</p> <p>Tina is off in Lieu of Labor Day</p> <p><i>The Shaikeer Gun in the West, w/Don Knotts, Comedy.</i></p> <p>6:00 Saturday Night Movie ~ RR</p>  <p>Oktoberfest Begins</p>
<p>9:05 Tai Chi ~ DVD ~ RR 19</p> <p>10:00 Senior Stretching ~ RR</p> <p>DVD Seated Exercise</p> <p>1:00 Matinee Movie ~ RR</p>  <p>6:00 Scrabble ~ LB</p>	<p>9:05 Tai Chi ~ DVD ~ RR 20</p> <p>10:00 Senior Stretching ~ RR</p> <p>DVD Seated Exercise</p> <p>11:00 Tai Chi ~ DVD ~ RR</p> <p>1:00 Matinee Movie ~ RR</p>  <p>6:00 Cards ~ LB</p> <p>Sukkot Begins</p>	<p>9:00 Qi Gong ~ DVD ~ RR 21</p> <p>10:00 Senior Stretching ~ RR</p> <p>DVD Seated Exercise</p> <p>12:30 Music w/Dan ~ RR</p> <p><i>Sing Along</i></p> <p>You don't have to sing, come down and listen to the music.</p> <p>1:45 Wii Bowling ~ RR</p> <p>2:00 Wii Bowling ~ RR</p> <p>6:00 Scrabble ~ LB</p>	<p>9:00 Qi Gong ~ DVD ~ RR 22</p> <p>10:00 Seated/Band ~ RR</p> <p>Exercise class w/Tina</p> <p>1:00 POKENO ~ RR</p> <p>(18 nickels & 2 Quarters)</p> <p>2:30 Bingo ~ RR</p> <p>(10 dimes & 2 quarters)</p> <p>6:00 Cards ~ LB</p>  <p>Autumn Begins</p>	<p>9:00 Qi Gong ~ DVD ~ RR 23</p> <p>10:00 Balance & Strength ~ RR</p> <p>w/Tom seated/balance</p> <p>12:30 Wii Bowling ~ RR</p> <p>1:00 Wii Bowling ~ RR</p> <p>2:30 Happy Hour ~ RR</p> <p>w/ Beny & The Singing Sax</p> <p>Mixed music</p> 	<p>9:00 Tai Chi ~ DVD ~ RR 24</p> <p>10:00 Seated/Band ~ RR</p> <p>Exercise class w/Tina</p> <p>11:00 Tai Chi ~ DVD ~ RR</p> <p>1:30 Horse Races ~ RR</p> <p>Place your Bets!</p> <p>Beers & Pretzels' For Oktoberfest!</p> <p>6:00 Friday Night Movie-RR</p> 	<p>9:00 Seated Yoga ~ DVD ~ RR 25</p> <p>10:00 Balance & Strength ~ RR</p> <p>Exercise class w/Tina</p> <p>1:00 Bean Bag baseball ~ RR</p> <p>If you don't want to play, come watch the game!</p> <p>6:00 Saturday Night Movie ~ RR</p> 
<p>9:05 Tai Chi ~ DVD ~ RR 26</p> <p>10:00 Senior Stretching ~ RR</p> <p>DVD Seated Exercise</p> <p>1:00 Matinee Movie ~ RR</p>  <p>6:00 Scrabble ~ LB</p>	<p>9:05 Tai Chi ~ DVD ~ RR 27</p> <p>10:00 Senior Stretching ~ RR</p> <p>DVD Seated Exercise</p> <p>11:00 Tai Chi ~ DVD ~ RR</p> <p>Carpet cleaning in Common area.</p> <p>6:00 Cards ~ LB</p>  	<p>9:00 Qi Gong ~ DVD ~ RR 28</p> <p>10:00 Senior Stretching ~ RR</p> <p>DVD Seated Exercise</p> <p>1:00 Tuesday Speaker ~ RR</p> <p><i>How to take care of your skin.</i></p> <p>w/ Waverly Pierce ~ Kemp</p> <p>2:30 Wii Bowling ~ RR</p> <p>6:00 Scrabble ~ LB</p>  <p>Simchat Torah Begins</p>	<p>9:00 Qi Gong ~ DVD ~ RR 29</p> <p>10:00 Seated/Band ~ RR</p> <p>Exercise class w/Tina</p> <p>11:00 Qi Gong ~ DVD ~ RR</p> <p>2:30 Fall Bingo ~ RR</p> <p>(4 dimes & 1 quarter)</p> <p>Raffle Prizes</p> <p>6:00 Cards ~ LB</p>  	<p>9:00 Qi Gong ~ DVD ~ RR 30</p> <p>10:00 Balance & Strength ~ RR</p> <p>w/Tom seated/balance</p> <p>12:30 Wii Bowling ~ RR</p> <p>1:00 Wii Bowling ~ RR</p> <p>2:30 Happy Hour ~ RR</p> <p>w/ Michael Jaspar</p> <p>Everything Jazz</p> 		

RR = Rose Room on the 1st floor, LB = Library on the 1st floor Events on the calendar are subject to change!