

**Office Hours**

Monday-Friday  
8:30am-5:30pm  
Saturday & Sunday  
9:00am-5:00pm

Administrator ~ Juanita Junco  
Marketing Director ~  
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**

Just a friendly reminder to all pet owners, here at Roseville Commons, during the summertime make sure your pet has fresh water, keep them in a shady area. Due to the heat, you should walk your dog in the morning or evening when it is cool, so they don't overheat or burn their paws, and most important your pet's vaccinations are updated. 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 tripping and falling over one of your fur babies.

***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 **Pink** 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/>***Celebrating June******Thirsty Thursday***

**To-go Thursdays in June**  
1:00pm-3:00pm ~ **Rose Room**  
**Stop by for a drink & snack**

***Yahtzee for Fun*****Saturday, June 5<sup>th</sup>**12:00pm ~ **Rose Room***Join in the fun & Sign-up to play!****Bean Bag Toss Baseball*****Saturday, June 5<sup>th</sup> & 12<sup>th</sup>**2:00pm ~ **Rose Room***Join in the fun & Sign-up to play!****Ice Cream Sundae's to-go*****Friday, June 11<sup>th</sup>**1:00pm ~ **Rose Room***Come enjoy a delicious sundae!****Tuesday Speaker*****Tuesday, June 15<sup>th</sup> ~ RR**

*Matte, Sete, Quedas, and a small  
railroad in Brazil*  
*by Joel Segel*

*First come get seated, 15 seats!****Wooden Horse Races*****Friday, June 18<sup>th</sup> ~ RR**

1:30pm ~ 6 quarters needed to  
place your bets!



**Happy Father's Day**  
**June 20<sup>th</sup>**

Fathers are one of the most influential persons in our lives, they leave no stone unturned to help us out of every crisis and express their unconditional love towards us. They have always been our guide each day of our life. Hats off to all the fathers and wishing them a wonderful and blessed day.

***Summer Safety Tips***

- 1) If you need to be out in the heat, be sure to take frequent breaks, and try to find a cool spot periodically. Better yet, take it easy and put off strenuous activities until the coolest part of the day (morning or evening). Instead come down and join in one of our fun indoor activities.
- 2) Drink plenty of water at least two to four cups (16-32) upon rising in the morning, and similar amounts if you are outside in the heat, walking or doing activities.
- 3) Get some sun-protection clothing, protect yourself from overexposure. Cotton clothing is nice and cool, also wearing summer hats.
- 4) Apply sunscreen when outside.
- 5) Get plenty of rest.

***Please check your A/C before noon to make sure it is working,*** if you need help to set your temperature or if you feel it is not working. Please call the office and put a work order in our maintenance will be happy to check it before 4 P.M. **Please do not set your A/C below 70' it will cause your A/C to freeze up.** Thank you ☺.

*Happy Father's Day,**Juanita*



## Reminders

Hello Residents,

The weather is already getting a little hot outside for late May and early June. So, we want to make sure you are all comfortable in your apartment. An easy way to make sure you stay cool is to turn on your air conditioner around 1:00pm, this way your apartment doesn't get too hot. If you wait until your apartment has already heated up, it will take a longer amount of time for it to cool down for you.

We would like everyone to try turning on your air conditioner, just to make sure everything is working correctly. This way if there are any problems, we can fix the issue right away. If you need any assistance, please call our front office, and put in a work order.



Speaking of work orders, we understand that sometimes you are walking down the hall and you see Jack, Drew or one of the employees here at Roseville

Commons and at that moment you think of something you need assistance with in your apartment. We would love to help you out right then, but we do have a procedure to follow. Please stop by or call the front office at (916) 786-2751 and request to put in a work order, they are processed in the order of which they are received, or urgency. If you have a water leak, clogged toilet, or something that needs to be dealt with as soon as possible, please call the office immediately for assistance. We will be there right away! If you have any questions, please feel free to call the front office.

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



Bill Richards #214

## For the Fathers



Father's Day arrives on the third Sunday of June, and with it comes the traditional giving of cards, ties, and loving thanks. In 1909, Sonora Scott Dodd was

attending a Mother's Day church service when it occurred to her that there did not exist an equivalent holiday to honor fathers. Her own mother had died when she just 16, leaving her and her 13 brothers and sisters to be raised by their father, Civil War veteran William Jackson Smart. By Dodd's account, her father was a model parent, acting as both father and mother to Dodd and her siblings. She convinced her church to celebrate the first Father's Day on her father's birthday, June 5, but the clergy needed more time to organize such an event. They decided to hold a Father's Day service on the third Sunday of June instead.

## Mystery Out of Space

An eyewitness reported that "the sky was split in two, and high above the forest the whole northern part of the sky appeared covered with fire... Then the sky shut closed, and a strong thump sounded, and I was thrown a few yards... After that such noise came, as if cannons were firing, the earth shook..."

For over 100 years, scientists have been trying to explain the events that took place on the morning of June 30, 1908, in a remote part of Siberia near the Podkamennaya Tunguska River. The most likely explanation is that an asteroid or a comet exploded over Earth, resulting in a massive explosion 185 times stronger than the atomic blast that leveled Hiroshima. The Tunguska event, as it is now called, is still considered to be the largest impact of a cosmic object with our planet in recorded history. The account above was provided by a local farmer who lived 40 miles away. Imagine the devastation if the impact had occurred closer to civilization.

Luckily, Tunguska is a harsh and remote region of Siberia, and in 1908 was devoid of human settlement. After the explosion, no one ventured to Tunguska to investigate, partly due to the region's inaccessibility and partly due to political upheaval throughout Russia. Both World War I and the Russian Revolution were on the horizon. It was not until 1927 that a team of researchers led by Leonid Kulik finally made the expedition.



Kulik's team found a scene of utter devastation. 80 million trees over an area of 830 square miles lay flattened. Most mysteriously, Kulik could not find a crater or any fragments of a meteorite. For this reason, scientists believe that an asteroid or a comet exploded miles above Earth's surface in the atmosphere, causing a catastrophic air burst that created shockwaves powerful enough to break windows hundreds of miles away. But many questions remain unanswered, and scientists still puzzle over the events of June 30, 1908.

## Chef's Comments

Hello Residents,

It is such a joy to see people in the dining room and hearing all the happy conversations. We are definitely looking forward to opening up all the way as soon as we are able. We were saddened to see our cook, Caralyn, leave our community in May. But we are excited for her future journey. We have hired a new cook and his name is Scott. He trained at a culinary school in New York, and we feel he will be an excellent addition to our team.



With summer around the corner, we are looking to add some great summer foods to the menu as the temperature is rising. Remember to stay hydrated during these

summer months, drink plenty of water each day. According to the National Academies of Sciences, Engineering, and Medicine, men need about 15.5 cups or 3.7 liters of **fluid** per day. Women, on the hand, require about 11.5 cups or 2.7 liters per day. As always if you have any questions or comments, please feel free to contact me.

Than  
Chef 



## June Birthdays

In astrology, those born from June 1–20 are the Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, sociable communicators. Those born from June 21–30 are Cancer's Crabs. Crabs like to retreat into their "shells" and enjoy being surrounded by loved ones at home. They nurture deep relationships and become loyal friends.

## Famous June Birthdays

Morgan Freeman (actor) – June 1, 1937  
 Prince (musician) – June 7, 1958  
 Frank Lloyd Wright (architect) – June 8, 1867  
 Judy Garland (entertainer) – June 10, 1922  
 Jacques Cousteau (explorer) – June 11, 1910  
 Burl Ives (singer) – June 14, 1909  
 Lionel Richie (singer) – June 20, 1949  
 Clarence Thomas (Justice) – June 23, 1948  
 Pearl S. Buck (novelist) – June 26, 1892  
 Pat Morita (actor) – June 28, 1932  
 Michael Phelps (Olympian) – June 30, 1985

## Our June Birthdays

Betty Murphy, 3<sup>rd</sup>, #329  
 Pat Calloway, 4<sup>th</sup>, #229  
 Louise Sparacino, 7<sup>th</sup>, #126  
 Sylvia Rakow, 8<sup>th</sup>, #312  
 Jen C. Eidson, 9<sup>th</sup>, #330  
 Anne Loehr, 12<sup>th</sup>, #134  
 Elaine Bukove, 12<sup>th</sup>, #202  
 John Brunton, 13<sup>th</sup>, #123  
 Joan Franzen, 20<sup>th</sup>, #141  
 Barbara Buscher, 30<sup>th</sup>, #109

## Resident Refer a Friend



A \$1000.00 rent credit is just waiting for you! If you have a friend or a relative that is thinking about

moving to an independent living community, have him/her give us a call at (916) 786-2751 for a tour and brunch. 60 days after move-in, you'll receive \$1000.00 off your next month's rent.

## Say Sooie!

Sooo-ie! June 14 is Pig Callers Day. While the University of Arkansas has



all but trademarked their "Woo Pig Sooie" cheer to encourage their beloved Razorbacks, do real pig farmers call "sooie" to their pigs? True hog calling sounds as you'd expect: grunts and squeals. Calls are

varied and depend on your strategy. Male calls lure males who want to fight for territory. Female calls are used to lure a mate. Piglet distress calls are meant to alert adult pigs. So why has "sooie" become the default pig call of choice? Perhaps it comes from the word sow, which is the term for a female pig. Or maybe it comes from the word *suidae*, which is the Latin classification for the scientific family of pigs. No doubt about it, hog calling competitions are often more about fun than accuracy, so "sooie" it is!

## Good Times

It was such a thrill having The Lincoln Highway Band outside to entertain us last month. I loved seeing everyone having such a wonderful time enjoying the music, tapping their toes to the beat, socializing with each other outside, and I even saw some people dancing on the sidewalk (social distancing of course). It really warmed my heart; this was a much-needed day for all of us, it is such a wonderful sign of good things to come.

I wanted to thank Russell Ramos at Suncrest Hospice for coming out and donating the delicious drumsticks during our event. Nothing like a cool ice cream cone on a hot day. I was hoping to get a few more Fridays with entertainers to perform for us outside, but the weather really has a mind of its own. It's been so hot and windy outside, that I do not want to jeopardize anyone's health, including our entertainers.



I have some wonderful news for all you bean bag baseball players, we are able to start playing again. Our first game will be on Saturday, June 5<sup>th</sup> at 2:00pm in the RR. We need at least 5 people on each team.

The **bean bag Baseball** game is played with a standing board that has been modified with openings, the same rules for baseball apply to playing bean bag baseball. Don't worry if you have never played, I'll show you the ropes. Each **player** is allowed to throw **bean bags** until he/she either has a base hit, or three strikes. This is such a fun game, which you can benefit from playing. As we age, vision, depth perception, balance, and coordination can decline, so playing bean bag baseball can help you with your mobility, leg strength, balance, and hip mobility, as well as depth perception and vision. Lastly it builds great community camaraderie, and it is just fun to play. Now, let's play ball!

*Tina*

## The King Is Born

On June 5, 1956, a young and charismatic musician named Elvis Presley appeared on The Milton Berle Show. While this was not Elvis' first television appearance, and not even his first



appearance with "Uncle Miltie," his rendition of Hound Dog became at once both famous and infamous. Before this performance, Elvis was often captured on camera playing his guitar from the waist up. However, for Hound Dog, the 21-year-old Elvis threw aside his guitar so that America could watch him gyrate his body from head to toe. For these scandalous gyrations, he was dubbed "Elvis the pelvis" and panned by critics as gross and inappropriate. The publicity for this performance put Elvis into the spotlight and launched his career into orbit to become the "King of Rock 'n' Roll."

## Suckers for Seersucker



On a hot and humid Thursday in June, United States senators arrive to work wearing seersucker suits. "Seersucker Thursday" is an annual bipartisan tradition, a throwback to the days before air-conditioning was installed in the U.S. Capitol. The holiday was championed by Mississippi Senator Trent Lott in 1996, who wanted to "bring a little Southern charm to the Capitol." Seersucker is popular in the South, but the cool, dimpled cotton fabric originated in India. The word *seersucker* comes from the Persian phrase *shir o shekar*, meaning "milk and sugar," which refers to the smooth and coarse textures of the cloth's alternating light and dark stripes.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>At midnight, in the month of June, I stand beneath the mystic moon.</i> ~ Edgar Allan Poe ~		<b>9:00</b> Qi Gong ~ DVD-RR <b>1</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:30</b> Wii Bowling -RR (4 people) <b>2:00</b> Wii Bowling -RR (4 people)	<b>10:00</b> Seated Exercises-RR <b>2</b> Seated Band Exercises w/Tina <b>1:00</b> Bingo-RR (10 dimes & 2 quarters) <b>2:30</b> POKENO -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>3</b> <b>10:00</b> Balance & Strength ~ RR w/Tom seated/balance <b>1:00 ~ 3:00</b> Thirsty Thursday ~ RR <b>Drinks &amp; Snack To-go!</b> <b>1:30</b> Wii Bowling-RR <b>2:00</b> Wii Bowling-RR	<b>9:00</b> Tai Chi ~ DVD - RR <b>4</b> <b>10:00</b> Seated Exercises - RR Band Exercises ~ w/Tina <b>1:00</b> Bingo-RR (10 dimes & 2 quarters) <b>2:30</b> POKENO -RR (18 nickels & 2 Quarters - 6 games) <b>6:00</b> Friday Night Movie-RR	<b>10:00</b> Balance & Strength -RR <b>5</b> Exercises ~ w/Tina <b>12:00</b> Yahtzee for fun-RR <b>2:00</b> Bean Bag baseball -RR <b>6:00</b> Saturday Night Movie-RR
<b>9:05</b> Tai Chi ~ DVD - RR <b>6</b> You Must Wear a Mask at all times and stay 6 feet apart! <b>1:00</b> Matinee Movie-RR	<b>9:05</b> Tai Chi ~ DVD – RR <b>7</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise Carpet cleaning in Common area.	<b>9:00</b> Qi Gong ~ DVD-RR <b>8</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:30</b> Hearing Clinic ~ LB <b>Sign-up in the Pink book</b> Tina's Office Day!	<b>10:00</b> Seated Exercises-RR <b>9</b> Seated Band Exercises w/Tina <b>1:00</b> Bingo-RR (10 dimes & 2 quarters) <b>2:30</b> POKENO -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</b> <b>10:00</b> Balance & Strength ~ RR w/Tom seated/balance <b>1:00 ~ 3:00</b> Thirsty Thursday ~ RR <b>Drinks &amp; Snack To-go!</b> <b>1:30</b> Wii Bowling-RR <b>2:00</b> Wii Bowling-RR	<b>9:00</b> Tai Chi ~ DVD - RR <b>11</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:00</b> Ice Cream Sundae ~ RR <b>Sundae to-go</b> <b>2:30</b> Yahtzee for fun-RR <b>6:00</b> Friday Night Movie-RR	<b>10:00</b> Balance & Strength -RR <b>12</b> Exercises ~ w/Tina <b>2:00</b> Bean Bag baseball -RR <b>6:00</b> Saturday Night Movie-RR
<b>9:05</b> Tai Chi ~ DVD - RR <b>13</b> You Must Wear a Mask at all times and stay 6 feet apart! <b>1:00</b> Matinee Movie-RR	<b>9:05</b> Tai Chi ~ DVD – RR <b>14</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:00</b> Matinee Movie-RR Please wear your mask!	<b>9:00</b> Qi Gong ~ DVD-RR <b>15</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:00</b> Tuesday Speaker-RR Matte, Sete, Quedas and a small railroad in Brazil by Joel Segel <b>First 15 will be seated</b>	<b>10:00</b> Seated Exercises-RR <b>16</b> Seated Band Exercises w/Tina <b>1:00</b> Bingo-RR (10 dimes & 2 quarters) <b>2:30</b> POKENO -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>17</b> <b>10:00</b> Balance & Strength ~ RR w/Tom seated/balance <b>1:00 ~ 3:00</b> Thirsty Thursday ~ RR <b>Drinks &amp; Snack To-go!</b> <b>1:30</b> Wii Bowling-RR <b>2:00</b> Wii Bowling-RR	<b>9:00</b> Tai Chi ~ DVD - RR <b>18</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:30</b> Horse Races-RR 6 quarters needed to bet! Sign-up in the Pink book <b>6:00</b> Friday Night Movie-RR	<b>9:00</b> Qi Gong ~ DVD-R <b>19</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:00</b> Saturday Movie ~ RR Susannah of The Mountains ~ Shirley Temple <b>6:00</b> Saturday Night Movie-RR
<b>9:05</b> Tai Chi ~ DVD - RR <b>20</b> You Must Wear a Mask at all times and stay 6 feet apart! <b>1:00</b> Matinee Movie-RR	<b>9:05</b> Tai Chi ~ DVD – RR <b>21</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise Carpet cleaning in Common area.	<b>9:00</b> Qi Gong ~ DVD-RR <b>22</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:30</b> Wii Bowling -RR (4 people) <b>2:00</b> Wii Bowling -RR (4 people)	<b>9:00</b> Qi Gong ~ DVD-RR <b>23</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:00</b> Bingo-RR (10 dimes & 2 quarters) <b>2:30</b> POKENO -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>24</b> <b>10:00</b> Balance & Strength ~ RR w/Tom seated/balance <b>1:00 ~ 3:00</b> Thirsty Thursday ~ RR <b>Drinks &amp; Snack To-go!</b> <b>1:30</b> Wii Bowling-RR <b>2:00</b> Wii Bowling-RR	<b>9:00</b> Tai Chi ~ DVD - RR <b>25</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:00</b> Bingo-RR (10 dimes & 2 quarters) <b>2:30</b> POKENO -RR (18 nickels & 2 Quarters - 6 games) <b>6:00</b> Friday Night Movie-RR	<b>9:00</b> Qi Gong ~ DVD-RR <b>26</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:00</b> Saturday Movie ~ RR The Littlest Rebel ~ Shirley Temple <b>6:00</b> Saturday Night Movie-RR
<b>9:05</b> Tai Chi ~ DVD - RR <b>27</b> You Must Wear a Mask at all times and stay 6 feet apart! <b>1:00</b> Matinee Movie-RR	<b>9:05</b> Tai Chi ~ DVD – RR <b>28</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:00</b> Matinee Movie-RR Please wear your mask!	<b>9:00</b> Qi Gong ~ DVD-RR <b>29</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:30</b> Wii Bowling -RR (4 people) <b>2:00</b> Wii Bowling -RR (4 people)	<b>9:00</b> Qi Gong ~ DVD-RR <b>30</b> <b>10:00</b> Senior Stretching ~ RR DVD Seated Exercise <b>1:00</b> Bingo-RR (10 dimes & 2 quarters) <b>2:30</b> POKENO -RR (18 nickels & 2 Quarters - 6 games) You Must Wear a Mask at all times, 1 person per table!	<div> <div>June 2021</div> <div>Roseville Commons Activities</div> </div>		

RR = Rose Room, OF = Out Front. You Must Wear a Mask while staying 6 feet apart! Please sign-up in the PINK Book! 14-person limit. Activities on the calendar are subject to change!