

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.

Suburban Notary
Christina Valdez (916) 878-0435
Mobile Notary
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 staff on site 24 hours, 7 days a week. We are here to assist you!

Office Hours

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

Administrator ~ Kathy Korbasch
Activities Director ~ Tina Evans
Marketing Director ~ Loree Oden
Resident Relations ~ Melody Powers
R.R. Part Time ~
Maintenance ~ Jack Pesola
PT Maintenance ~ Jeremy Meran
Bus Transportation ~
Van Transportation ~ Drew Marcus
Housekeeping ~ Margaret, Phil, Rosa
Night Porters ~ Joy, Julia, Corina, 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
6:00 pm-9:00 pm

The Rose Review

Roseville Commons · 275 Folsom Rd. Roseville, CA 95678 · (916) 786-2751
Like us on Facebook <https://www.facebook.com/RosevilleCommonsSeniorLiving/>

Celebrating March

Sing-along
w/ Dan
1st & 3rd Tuesday's
12:30pm – 1:30pm ~ RR
Ceramic Classes
w/ Claudie
1st Friday make project &
3rd Friday paint project
12:30pm – 1:30pm ~ RR

Seated Massages
by/Kevin McLachlan
Tuesday, March 8th
9:30am-1:00pm ~ \$20.00 for 15
minutes, in the Craft Room
on the 1st floor
Sign-up in the Pink Book

Friday Speaker/BINGO
Friday, March 4th
2:00pm ~ RR
w/ Meg Sayles
Bright Smile Dentist

Happy Hour Thursdays
2:30 - 3:30pm ~ RR
w/ Back 2 Back 3/3
w/The Doo-Wops 3/10
w/The Moon Glow Band 3/17
St. Patrick's Day Celebration
w/Last 4 Standing 3/24
w/Colin Hobbs and The Invisibles 3/31

Wine Social
Friday, March 11th, 2:30pm ~ RR
w/Gary Blodgett
Friday, March 25th, 2:30pm ~ RR
w/Jim Hall

Welcome, March!

I am so thankful to all residents, families, and staff for welcoming me as your new Community Administrator at Roseville Commons. I truly love coming to work every day and seeing your smiling faces when I walk in the door! I appreciate all the residents and staff for putting up with my singing, and I love it when you join in!

Daylight savings goes into effect this month. Don't forget to set your clocks ahead one hour on Sunday, March 13th. When we "spring forward" an hour. We add one hour of natural daylight to our afternoon schedule. It's a fantastic opportunity to take advantage of the beautiful weather and landscaping that March has to offer.



Spring will be upon us soon, and it is a perfect time to open our new patio area located next to the Dining Room. We are all looking forward to having the new patio furniture set-up in this area by the middle of March. The new patio will provide another outdoor social area to hold extraordinary events, barbecues, and is also a wonderful place to visit with your family or friends.

I'm wishing you the Luck of the Irish this month. Be sure to wear something green on March 17th or you might get pinched by one of our staff leprechauns! Tina, our Activity Director, has planned a full day of fun St. Patrick's Day activities and Chef Chris will be preparing a traditional corned beef and cabbage dinner.



Wishing you a blessed month,

Kathy

History in Bloom



On March 27, 1912, Mayor Yukio Ozaki of Tokyo gifted 3,020 cherry trees to Washington, D.C., as a gesture of friendship and cooperation between Japan and the United States. Over 100 years later, Washington's Cherry Blossom Festival remains one of the capital's most beloved events, drawing over one million visitors each year.

The story of the cherry trees began in 1885 with author, geographer, and photographer Eliza Ruhamah Scidmore. Scidmore often accompanied her brother, a diplomat, on assignments to the Far East, enjoying access to parts of countries that ordinary travelers could only dream of. It was Scidmore who, upon her return to Washington D.C. from Japan, first floated the idea of planting cherry trees along the Potomac River. Scidmore's ideas were rebuffed, but she was persistent.

In 1909, Scidmore wrote a letter to the new first lady, Helen Herron Taft, informing the president's wife of her intention to raise money to purchase and donate cherry trees to the city. The first lady was more than receptive. As luck would have it, a Japanese delegation was present in Washington. Hearing of the plan, the delegates graciously offered 2,000 trees, which the first lady accepted. Unfortunately, these trees arrived in America infested with insects and parasites. All 2,000 had to be destroyed. The idea, however, did not die. Japanese officials announced that another 3,020 trees would be shipped to Washington.

It was on March 27 that First Lady Helen Taft and Viscountess Chinda, wife of the Japanese ambassador, planted the first two Yoshino cherry trees on the north bank of the Tidal Basin. Additional trees were planted around the Basin, in East Potomac Park, and at the White House. Many of the original trees, despite being over 150 years old, still bloom each year in Washington to the surprise and delight of botanists. The cherry trees are the most pampered in Washington, getting expert care from National Park Service horticulturalists. The tree crews are tending not only to the trees but also to American history.

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



Betty Willis #139

Frank Escamilla #314

Rosa Gantan #221

On-site Seated Massages

Hello Residents,

Let's all welcome back our massage therapist, Kevin McLachlan.



Kevin's first day back will be Tuesday, March 8th from 9:00 am-1:00 pm. You can sign-up in the **Pink** book located on the table by the front

office for a 15-minute slot. But, if you would like a 30-minute massage, make sure to sign-up for two slots back-to-back. Kevin is a certified massage Therapist CAMTC # 66645, and has his own company, Celtic Hands Massage which is located in Roseville.

Kevin is kind enough to pack up his equipment and come out to our community and offer us the convenience of in-house seated massages once a month. Kevin charges \$20.00 for a 15-minute seated chair massage in our Craft Room, located by the large laundry room on the 1st floor. I'm telling you from a firsthand experience that Kevin gives a wonderful, relaxing chair massage. If you have the knots, he has the fix! Sign-up for a relaxing massage with Kevin.



What's Happening in March

This month we have so many fun filled activities planned for you to choose from! These events provide the perfect opportunity for you to meet new friends and maybe find a new game you enjoy.



To start the month off right, we have sing-along with Dan on Tuesday, March 1st from 12:30pm-1:30pm

Then, on **Thursday, March 3rd** you will have the pleasure of enjoying the music from Frank Sinatra, Tony Bennett, Elvis, and more during our Happy Hour with the group Back 2 Back at 2:30pm in the RR.

On **Friday, March 4th** before you go to bed, don't forget to brush your teeth. We will have Meg Sayles from **Bright Smile Dentist** coming in at 2:30 pm to play a fun game of Bingo, while she goes over what their company has to offer.



On **Friday, March 11th** we



have a fun filled Wine Social planned with the incredibly talented Gary Blodgett. He will be playing his guitar and banjo, while singing you mixed music, along with a little country and swing, which you can tap your toes

to, or get up and dance to.

On **Thursday, March 17th** we will be celebrating St. Patrick's Day with delicious appetizers and the wonderful group, The Moon Glow Band.

Make sure to wear green, so a little leprechaun



doesn't pinch you! 😊

On **Thursday, March 24th**

at 2:30 pm in the RR we have a fabulous new band coming in for our Happy Hour. The Last 4 Standing will have the community rockin' your shoes off, while getting you up, and out of your seats playing you golden oldies from the 50's & 60's, along with a mix of Country, and Doo-Wop!

*Be seeing you soon,
Tina*

Chefs Comments

Hello Roseville Residents,

Top o' the morning to you! This month we start it off with Mardi Gras, or "Fat Tuesday." We will feature a delicious Mardi Gras themed lunch and dinner for you all to enjoy.

Then, get ready to celebrate on Thursday, March 17th and be prepared for a rustic St. Patrick's Day celebration dinner. After one (or two) libations during your St. Patrick's Day celebration with The Moon Glow Band, head on

over to the dining room for some tender and succulent corned



beef with creamy horseradish sauce. It will of course be accompanied by red boiled potatoes, braised green cabbage, and steamed dill carrots. If you're a meat and potatoes kind of person, this meal is literally for you!



As you have noticed, we have been adding new meals to the winter menu (which I hope you are enjoying) and we are trying to add more fiber into the meals as well. Fiber can

be found in oats, barley, whole grains (breads or pastas), nuts, beans, fruits, and vegetables. It is greatly beneficial for your body as it slows digestion, so you feel fuller longer, helps lower blood sugar and cholesterol levels, and has also been shown to reduce the risk of heart disease, high cholesterol, diabetes, stroke, obesity, and certain types of cancer. So, I hope you are enjoying the flavors and benefits of this!

Sincerely,

Chef Chris



Crafts w/Tina

We have a fun, easy to assemble craft planned for you on Monday, March 7th at 2:30pm in the Rose room (RR). Something for you to decorate your front door for St. Patrick's Day. I hope to see you there. If you do not wish to participate in the class and would like one dropped off at your front door, please specify on the sign-up sheet.



Painting Class

For all you artists out there, on **Tuesday, March 22nd**, we will have a spring themed Sip & Paint class at 1:00 pm ~ 3:00 pm with our



wonderful instructor, Claudie. There is a limited number of spaces (14), so please make sure to sign-up in the **Pink** book. There will be a waiting list, so if someone cancels the next person will be contacted. There were 8 people signed-up for the

January sip & paint, which was cancelled due to Covid. So, I put those people back on the list first for this new painting class: Elaine B, Dee H, Lois R., Caroline W., Shirley V., Sue C., Lena T., and Victoria G. If you are one of these people and you do not wish to paint in this class, please remove your name from the list.

**Thank you,
Tina.**

Born in March

In astrology, those born from March 1–20 are Pisces' Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive natures also make Fish creative and expressive artists. Those born from March 21–31 are Aries' Rams. As the first sign of the zodiac, Rams love to lead the charge of change and progress. Sometimes impulsive, always passionate, Rams are dynamic and fun friends

Famous March Birthdays

Lupita Nyong'o (actress) – March 1, 1983
Desi Arnaz (actor) – March 2, 1917
Alexander Graham Bell (inventor) – March 3, 1847
Shaquille O'Neal (athlete) – March 6, 1972
Raul Julia (actor) – March 9, 1940
Liza Minnelli (entertainer) – March 12, 1946
Simone Biles (gymnast) – March 14, 1997
Vanessa Williams (singer) – March 18, 1963
Spike Lee (director) – March 20, 1957
Steve McQueen (actor) – March 24, 1930
Aretha Franklin (singer) – March 25, 1942
Warren Beatty (actor) – March 30, 1937

Our March Birthdays

Pauline Battle, 3rd, #217
Susan Donahue, 6th, #218
Tom Roe, 8^h, #111
Robbie Padjen, 9th, #332
Russ Ramey, 12th, #142
Rudy Wells, 21st, #318
Ruby Holder, 26th, #208
Ruth Barton, 27th, #209
Bruce Swartz 31st, #231

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Activities

Ceramics with Claudie: Friday, March 4th & 18th from 12:30pm-1:30pm in the RR. We will be starting a new project on Friday, March 4th. Then on Friday, March 18th, you will paint them.



Bean bag baseball games: Tuesday, March 1st, Friday, March 18th and Monday, March 21st at 2:30pm in RR. Everyone is welcome to play this game. Even if you use a walker, you can still come join in on 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.



On Tuesday, March 29th at 2:30 in the RR we will have our Horse Races. Come join in the fun, all you need is 6 quarters and a winning spirit.



Come get involved with your community and start joining in the fun: We offer exercise classes, ceramic classes, crafts, Wii Bowling, Bingo, **POKENO**, bean bag baseball, Cornhole, horse races, Yahtzee, Scrabble, card games, sing-alongs and much more. We also provide live entertainment during our Happy Hours and Wine Socials. Check your daily calendar for events dates, times, and locations. If there is an activity you would like us to try out, please contact me anytime at (916) 749-3189 (if it goes to VM, please leave me a message and I will get back with you). You can also stop by my office on the 3rd floor.

*Sincerely,
Tina*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2022

9:00 Qi Gong ~ DVD ~ RR 1
10:00 Weights & Balance ~ RR
Exercise class w/Tina
11:00 Tai Chi ~ DVD ~ RR
12:30 Music w/Dan ~ RR
Sing-A-Long
2:30 Bean Bag baseball ~ RR
6:00 Resident Games ~ LB

Mardi Gras



9:00 Qi Gong ~ DVD ~ RR 2
10:00 Seated/Band ~ RR
Exercise class w/Tina
1:30 POKENO ~RR
(18 nickels & 2 Quarters)
2:45 Bingo ~ RR
(10 dimes & 2 quarters)
6:00 Cards ~ LB
Get your friends & neighbors
& play some cards!

Ash Wednesday



9:00 Qi Gong ~ DVD ~ RR 3
10:00 Senior Stretching ~ RR
DVD Seated Exercise
12:30 Wii Bowling ~ RR
1:00 Wii Bowling ~ RR
2:30 Happy Hour ~ RR
w/Back 2 Back
Singing you
Frank Sinatra,
Tony Bennett,
Elvis and more



9:00 Tai Chi ~ DVD ~ RR 4
10:00 Seated/Band ~ RR
Exercise class w/Tina
11:00 Tai Chi ~ DVD ~ RR
12:30 Ceramics Class ~ RR
2:00 BINGO ~ RR
w/Meg Sayles from
Bright Smile Dentist.
Come win some prizes!
6:00 Friday Night Movie-RR



10:00 Senior Stretching ~ RR 5
DVD Seated Exercise
11:00 Seated Yoga~ DVD ~ RR
1:00 Matinee Movie ~ RR
2:30 Yahtzee ~ LR
No Money needed
6:00 Saturday Night Movie ~ RR



9:05 Tai Chi ~ DVD ~ RR 6
10:00 Senior Stretching ~ RR
DVD Seated Exercise
1:00 Matinee Movie ~ RR
6:00 Scrabble or Yahtzee ~ LB
Brain Teasers ~ RR



10:00 Senior Stretching ~ RR 7
DVD Seated Exercise
11:00 Tai Chi ~ DVD ~ RR
12:30 Wii Bowling ~ RR
1:00 Wii Bowling ~ RR
Carpet Cleaning in Common areas
2:30 Crafts w/Tina ~ RR
Rainbow Lacing Craft
Come have Fun!
6:00 Resident Games ~ LB



9:00 Qi Gong ~ DVD ~ RR 8
9:00 Seated Massages ~ CR
By Kevin McLachlan sign-up in the
pink book
10:00 Weights & Balance ~ RR
Exercise class w/Tina
11:00 Tai Chi ~ DVD ~ RR
2:30 Yahtzee ~ RR
No Money needed
to play. Join in the Fun



9:00 Qi Gong ~ DVD ~ RR 9
10:00 Seated/Band ~ RR
Exercise class w/Tina
1:30 POKENO ~RR
(18 nickels & 2 Quarters)
2:30 Bingo ~ RR
(10 dimes & 2 quarters)
6:00 Cards ~ LB
Get your friends & neighbors
& play some cards!



9:00 Qi Gong ~ DVD ~ RR 10
10:00 Senior Stretching ~ RR
DVD Seated Exercise
12:30 Wii Bowling ~ RR
1:00 Wii Bowling ~ RR
2:30 Happy Hour ~ RR
w/The Doo-Wops
variety of music that
you can dance to!



9:00 Tai Chi ~ DVD ~ RR 11
10:00 Seated/Band ~ RR
Exercise class w/Tina
11:00 Tai Chi ~ DVD ~ RR
2:30 Wine Social ~ RR
w/Gary Blodgett
Mixed, Country, Swing
6:00 Friday Night Movie-RR



10:00 Senior Stretching ~ RR 12
DVD Seated Exercise
11:00 Seated Yoga~ DVD ~ RR
1:00 Matinee Movie ~ RR
2:30 Yahtzee ~ LR
No Money needed
6:00 Saturday Night Movie ~ RR

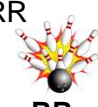


9:05 Tai Chi ~ DVD ~ RR 13
10:00 Senior Stretching ~ RR
DVD Seated Exercise
1:00 Matinee Movie ~ RR
6:00 Scrabble
or Yahtzee ~ LB
Brain Teasers ~ RR



Daylight Saving Time Begins

10:00 Senior Stretching ~ RR 14
DVD Seated Exercise
11:00 Tai Chi ~ DVD ~ RR
12:30 Wii Bowling ~ RR
1:00 Wii Bowling ~ RR
2:30 St. Patty's BINGO ~ RR
10 dimes &
2 quarters
6:00 Resident Games ~ LB



9:00 Qi Gong ~ DVD ~ RR 15
10:00 Weights & Balance ~ RR
Exercise class w/Tina
11:00 Tai Chi ~ DVD ~ RR
12:30 Music w/Dan ~ RR
Sing-A-Long
2:30 POKENO ~ RR
18 nickels & 2 quarters
6:00 Resident Games ~ LB



9:00 Qi Gong ~ DVD ~ RR 16
10:00 Seated/Band ~ RR
Exercise class w/Tina
1:30 POKENO ~RR
(18 nickels & 2 Quarters)
2:30 Bingo ~ RR
(10 dimes & 2 quarters)
6:00 Cards ~ LB
Get your friends & neighbors
& play some cards!



Purim Begins

9:00 Qi Gong ~ DVD ~ RR 17
10:00 Senior Stretching ~ RR
DVD Seated Exercise
12:30 Wii Bowling ~ RR
1:00 Wii Bowling ~ RR
2:30 St. Patty's Party ~ RR
w/The Moon Glow Band



St. Patrick's Day

9:00 Tai Chi ~ DVD ~ RR 18
10:00 Seated/Band ~ RR
Exercise class w/Tina
11:00 Tai Chi ~ DVD ~ RR
12:30 Ceramics Class ~ RR
2:30 Bean Bag baseball ~ RR
6:00 Friday Night Movie-RR



10:00 Senior Stretching ~ RR 19
DVD Seated Exercise
11:00 Seated Yoga~ DVD ~ RR
1:00 Matinee Movie ~ RR
2:30 Yahtzee ~ LR
No Money needed
6:00 Saturday Night Movie ~ RR



9:05 Tai Chi ~ DVD ~ RR 20
10:00 Senior Stretching ~ RR
DVD Seated Exercise
1:00 Matinee Movie ~ RR
6:00 Scrabble
or Yahtzee ~ LB
Brain Teasers ~ RR



Spring Begins

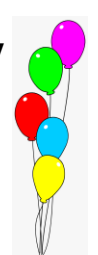
10:00 Senior Stretching ~ RR 21
DVD Seated Exercise
11:00 Tai Chi ~ DVD ~ RR
12:30 Wii Bowling ~ RR
1:00 Wii Bowling ~ RR
Carpet Cleaning in Common Areas
2:30 Bean Bag baseball ~ RR
6:00 Resident Games ~ LB



9:00 Qi Gong ~ DVD ~ RR 22
10:00 Weights & Balance ~ RR
Exercise class w/Tina
11:00 Tai Chi ~ DVD ~ RR
1:00 Sip & Paint Class ~ RR,
Spring into painting!
by Claudie. 14 spots
Sign-up in the
pink book



9:00 Qi Gong ~ DVD ~ RR 23
10:00 Seated/Band ~ RR
Exercise class w/Tina
11:00 Resident Birthday
Brunch ~ DR
1:30 POKENO ~RR
(18 nickels & 2 Quarters)
2:30 Bingo ~ RR
(10 dimes & 2 quarters)
6:00 Cards ~ LB



9:00 Qi Gong ~ DVD ~ RR 24
10:00 Senior Stretching ~ RR
DVD Seated Exercise
12:30 Wii Bowling ~ RR
1:00 Wii Bowling ~ RR
2:30 Happy Hour ~ RR
w/Last Four Standing
Golden Oldies, Country,
Doo-Wop, 50-60's!



9:00 Tai Chi ~ DVD ~ RR 25
10:00 Seated/Band ~ RR
Exercise class w/Tina
11:00 Tai Chi ~ DVD ~ RR
2:30 Wine Social ~ RR
w/Jim Hall
Oldies to current
Music!
6:00 Friday Night Movie-RR



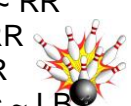
10:00 Senior Stretching ~ RR 26
DVD Seated Exercise
11:00 Seated Yoga~ DVD ~ RR
1:00 Matinee Movie ~ RR
2:30 Yahtzee ~ LR
No Money needed
6:00 Saturday Night Movie ~ RR



9:05 Tai Chi ~ DVD ~ RR 27
10:00 Senior Stretching ~ RR
DVD Seated Exercise
1:00 Matinee Movie ~ RR
6:00 Scrabble or Yahtzee ~ LB
Brain Teasers ~ RR



10:00 Senior Stretching ~ RR 28
DVD Seated Exercise
11:00 Tai Chi ~ DVD ~ RR
12:30 Wii Bowling ~ RR
1:00 Wii Bowling ~ RR
6:00 Resident Games ~ LB



9:00 Qi Gong ~ DVD ~ RR 29
10:00 Weights & Balance ~ RR
Exercise class w/Tina
11:00 Tai Chi ~ DVD ~ RR
1:00 Bingo ~ RR
(10 dimes & 2 quarters to play)
2:30 Horse Races ~ RR
6 quarters to
place your bets



9:00 Qi Gong ~ DVD ~ RR 30
10:00 Seated/Band ~ RR
Exercise class w/Tina
1:30 POKENO ~RR
(18 nickels & 2 Quarters)
2:30 Bingo ~ RR
(10 dimes & 2 quarters)
6:00 Cards ~ LB
Get your friends & neighbors
& play some cards!



9:00 Qi Gong ~ DVD ~ RR 31
10:00 Senior Stretching ~ RR
DVD Seated Exercise
12:30 Wii Bowling ~ RR
1:00 Wii Bowling ~ RR
2:30 Happy Hour ~ RR
w/Colin Hobbs &
The Invisibles
Music from the 20's
to present



Roseville Commons Activities



RR = Rose Room on the 1st floor, LB = Library on the 1st floor, DR = Dining Room on the 1st floor, CR = Craft Room, 1st floor. Events on the calendar are subject to change!