

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 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 ~

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, 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

6:00pm-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 January Happy New Year's

**Don't forget to pick up your
boxed Supper!**

Saturday, January 1

Sing-along

w/ Dan

1st & 2nd Tuesday's

12:30pm – 1:30pm ~ RR

Ceramic Classes

w/ Claudie

1st & 3rd Friday's

12:30pm – 1:30pm ~ RR

New Year Bingo

w/Tina

Wednesday, January 19th

2:30pm ~ RR

8 dimes & 2 quarters

Sip & Paint Class

w/ Claudie

Tuesday, January 25th

1:00pm ~ RR

Sign-up in the Book

Happy Hour Thursdays

Come enjoy music, a drink,
and snacks!

2:30 - 3:30pm ~ RR

w/ Ellen & Larry 1/6

w/Tony Quinn 1/20

w/Jerry Lopes 1/27



Goodbye 2021 and Welcome 2022

May your coming year be filled with magic & dreams, and lots of wonderful fun madness. I hope you enjoy the fun activities during this New Year, such as taking a walk over to our great shopping center, meeting new friends, giving a smile or a hug, and always remember you are someone wonderful! Enjoy life by keeping it simple. I want to wish everyone a blessed New Year and thank you to all the wonderful residents and staff for making 2021 successful.

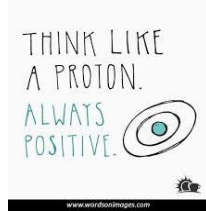
Blessing to everyone

Happy New Year,

Warm regards, Juanita

Marketing Moments

Welcome to 2022! January is a great time to think about dropping old habits and creating new ones.



A good attitude is the best medicine. Keeping an upbeat attitude can help us better respond to stress and improve our health. How we think about people, situations and ourselves have a huge impact on our health.

Studies have found that a positive attitude improves outcomes and life satisfaction across a spectrum of conditions—including traumatic brain injury, stroke, brain tumors and cardiovascular disease.

Smiling—even fake smiling—reduces heart rate and blood pressure during stressful situations.

Here are ten ideas that can help make your new year a healthier one for you and your family. Incorporating these ten suggestions into your daily routine for 3 weeks or 21 days, will become a habit.

- Exercise Regularly. ...
- Stay Connected with Friends and Family. ...
- Visit the Doctor Regularly. ...
- Forget Aging Myths. ...
- Take Medication as Prescribed. ...
- Examine Physical Changes. ...
- Eat a Balanced Diet. ...
- Boost Mental Health.

Let's remember to "Worry Less & Smile More".

Happy New Year!

Loree

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



Patti Walker #105

Lea Strauch #203

Bill Wallace #211

Karen Opich #210

COVID-19 ~ Masks



The coronavirus pandemic continues to stay on our mind. I want to thank all of you for understanding the seriousness of this virus and protecting each other by continuing to wear your masks and social distancing yourselves. I know this last year and 10 months has been very difficult for all of us. At some point during all of this chaos we have been affected or have had a friend or a loved one who has been affected by this horrific virus. But we have stayed strong and vigilant and will continue to do so, and by doing this we will come out even stronger for it. Throughout time we as humans have survived through over 20 major pandemics. Just to name a few, The Black Plague 1346, Yellow Fever 1905, The American Polio Epidemic in 1916, Spanish Flu 1918, The Asian Flu 1957, The Swine Flu 2009, so we will get through this Coronavirus too!

Tina

Let's start the year off right

I want to wish you all a very happy, healthy, and prosperous New Year! I'm very pleased to see a lot of you getting out on a daily basis and walking. When the weather is permitting, I see you outside and when it is not, I see you walking inside of our community. If you walk 9 times around the first floor, you will have walked 1 mile. Walking has so many benefits to a person, and you don't have to pay to go to a gym to do it.

20 Benefits of Walking

- Doesn't require special equipment.
- One of the easiest ways to get more active.
- Reduces symptoms of depression and anxiety.
- Helps with weight management.
- It's accessible to everyone.
- It's a low impact exercise.
- Lowers low-density lipoprotein (LDL).
- Raises high-density lipoprotein (HDL).
- Lowers blood pressure.
- Reduces the risk of abnormal cell growth.
- Helps reduce risk and aids with the management of type 2 diabetes.
- Improves mood.
- Helps maintain lean muscle tissue.
- Helps maintain strong bones.
- Reduces the risk of heart attack.
- Less likely to lead to injuries.
- Reduces stress.
- Reduces risk of heart disease.
- You don't have to pay for it.
- Builds aerobic fitness.

Tina

Chefs Comments

Happy New Year's Residents,

I hope you all enjoyed the festive and extravagant holiday meals last month. We truly enjoyed ours and serving you. I always enjoy the New Year because it gives us the opportunity for a fresh start. You know the old adage "A New



Year's resolution," regardless, if any of you have set a resolution or not.

Sometimes, it is best to start out with a small goal, because a resolution could be to demanding on us and may not work to our advantage. Either way, I sincerely hope everyone enjoyed the holidays with family and friends and are looking forward to the new year.

I greatly appreciate the feedback we have been receiving from all of you using the kiosk in the dining room, which is located by the entry on your way out of the dining room.

Thank you, we read those reviews every day in our effort to always improve our services. As always, please let us know how we could improve and serve you better.



To a wonderful 2022,

Chef Phil

Born in January

In astrology, those born from January 1–19 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals. Those born from January 20–31 are the Water Bearers of Aquarius. Just as water gives life to the land, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need.

Famous January Birthdays

Betsy Ross (upholsterer) – Jan. 1, 1752
 Diane Keaton (actress) – Jan. 5, 1946
 Zora Neale Hurston (novelist) – Jan. 7, 1891
 Soupy Sales (comedian) – Jan. 8, 1926
 Max Roach (jazz drummer) – Jan. 10, 1924
 Jeff Bezos (Amazon exec) – Jan. 12, 1964
 Regina King (director) – Jan. 15, 1971
 Muhammad Ali (boxer) – Jan. 17, 1942
 Ernest Borgnine (actor) – Jan. 24, 1917
 Oprah Winfrey (talk show host) – Jan. 29, 1954
 Jackie Robinson (ballplayer) – Jan. 31, 1919

Our January Birthdays

Thomasine Briones, 1st, #136
 Joan Cobabe, 5th, #333
 Susie Milton, 23rd, #223
 Joyce Champlin, 24th, #125
 Barbara McCulloch, 26th, #315



Painting Class

For all you artists out there, on **Tuesday, January 25th**, we will have a fabulous Valentine's Day themed Sip & Paint class at 1:00 pm ~ 3:00 pm with our wonderful instructor, Claudie. There are a limited amount of spaces (14), 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.



Service with a Smile

We look forward to most holidays as a day off from work, but Martin Luther King Jr. Day on Monday, January 17, is considered a "day on, not a day off." People all over the country are asked to volunteer in their communities on this National Day of Service.

King's legacy is one of selfless service for the betterment of society. He gave his life fighting for justice and equality for all Americans. To honor this sacrifice, spend Martin Luther King Day making an impact in your community. Volunteer to help clean up a local park or beach, act as a lunch monitor or crossing guard for a community school, or work at a soup kitchen or shelter to feed the homeless. If you are unsure what volunteering opportunities are available in your area, contact your local AmeriCorps chapter. AmeriCorps is a federal agency that mobilizes more than five million volunteers. Volunteerism not only helps your community, but it also imparts volunteers with an incredible sense of accomplishment and satisfaction.

Around the World in 72 Days

In 1873, Jules Verne fascinated the world with his tale of a whirlwind trip around the world in 80 days. In 1888, intrepid investigative journalist Nellie Bly proposed to turn fiction into fact when she suggested to her editor at the *New York World* newspaper that she would attempt her own circumnavigation of the globe. On January 25, 1890, she arrived in New Jersey not only victorious but having completed her journey eight days faster than the heroes of Verne's story.

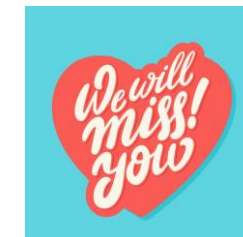
Bly was born Elizabeth Cochran. She adopted the pen name Nellie Bly when she became a columnist for the *Pittsburgh Dispatch*. But she soon became dissatisfied with her work as editors asked her to repeatedly write only fluff pieces for women readers. Bly headed to New York City looking for more serious work. She pretended to be mentally ill for 10 days to infiltrate a local mental hospital and detail the treatment of its patients. Her firsthand account was so fascinating that the *New York World* published her work as a six-part series. It made Bly famous and inspired a new sort of first-person news investigation known as *investigative journalism*.



By the time Bly suggested her around-the-world trip, she had her editors' full support, so there was no question that she would undertake the adventure. Bly's proposition was so intriguing that a rival newspaper, the *New York Cosmopolitan*, sponsored a competing voyage for a female journalist of their own, Elizabeth Bisland. Bly did not get word of Bisland's competing trip until she reached Hong Kong, and she promptly dismissed the challenge as a publicity stunt. Readers, however, were fascinated. Bly sent dispatches detailing her travels, which were printed in the paper. Readers participated in a paper-sponsored contest to guess the date of her arrival. Bly's arrival home 72 days, six hours, and 11 minutes later established a new world record and bested her rival Bisland by over four days. Her adventure even inspired a board game for children.

Just a little farewell note

I sit here at my desk in dismay writing this farewell note to such an understanding, caring, and wonderful woman. One which I look up to and admire with all my heart. My eyes are filling with tears as they roll down my cheeks, and the taste of salt from my tears on my lips; it's hard to swallow because of the lump in my throat, but I need to let her know what an inspiration she has been to so many people.



Not only have I had the pleasure of working along the side of such a wonderful Administrator, but many others before me have as well. I have heard so many stories from employees that

work within our company about how caring and understanding Juanita Junco is, and how she has been more than just a coworker. If you ever needed someone to talk to, she was there, no questions asked. She never made you feel as if she was your superior, or as if you were being judged. No, she would just listen and give you great advice on life. So, writing this letter saddens me to say farewell to an amazing coworker. She was such a rock within our community, and I know her making this life change wasn't an easy decision. After working for Ray Stone Inc. for 23 years she has decided to retire and start a new journey in life. So, she is able to spend some quality time with her children and grandchildren. Juanita, you have taught me and so many others many great qualities in this field of work, which I greatly appreciate. You are more than just my Administrator, you are a dear friend, and you will be dearly missed! Ms. Junco, here's to you and your new adventures in life.

With Much Love,
Tina & Staff

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

Every moment is a fresh beginning, here's to 2022!

Happy New Year 1

10:00 Senior Stretching ~ RR
DVD Seated Exercise
11:00 Tai Chi ~ DVD ~ RR
1:00 Matinee Movie ~ RR
2:30 Resident Games ~LB
6:00 Saturday Night
Movie ~ RR



New Year's Day

<p>9:05 Tai Chi ~ DVD ~ RR 10:00 Senior Stretching ~ RR DVD Seated Exercise 1:00 Matinee Movie ~ RR</p> <p> MOVIE MATINEE</p> <p>6:00 Scrabble or Yahtzee ~ LB Brain Teasers ~ RR</p>	<p>10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Tai Chi ~ DVD ~ RR 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR Carpet Cleaning in Common Areas 6:00 Resident Games ~ LB</p> <p> GAME NIGHT</p>	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Weights & Balance ~ RR Exercise class w/Tina 11:00 Tai Chi ~ DVD ~ RR 12:30 Music w/Dan ~ RR</p> <p> Sing-A-Long</p> <p>2:30 Bean Bag baseball ~ RR 6:00 Resident Games ~ LB</p>	<p>9:00 Qi Gong ~ DVD ~ RR 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</p> <p> Cards</p>	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Balance & Strength ~ RR w/Tom seated/balance 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR 2:30 Happy Hour ~ RR w/Ellen & Larry variety of music that you can dance to!</p> <p> Music</p>	<p>9:00 Tai Chi ~ DVD ~ RR 10:00 Seated/Band ~ RR Exercise class w/Tina 11:00 Tai Chi ~ DVD ~ RR 12:30 Ceramics Class ~ RR 2:30 POKENO ~RR (18 nickels & 2 Quarters) 6:00 Friday Night Movie-RR</p> <p> MOVIE NIGHT</p>	<p>10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Seated Yoga~ DVD ~ RR 1:00 Matinee Movie ~ RR 2:30 Resident Games -RR 6:00 Saturday Night Movie ~ RR</p> <p> MOVIE NIGHT</p>
<p>9:05 Tai Chi ~ DVD ~ RR 10:00 Senior Stretching ~ RR DVD Seated Exercise 1:00 Matinee Movie ~ RR</p> <p> MOVIE MATINEE</p> <p>6:00 Scrabble or Yahtzee ~ LB Brain Teasers ~ RR</p>	<p>10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Tai Chi ~ DVD ~ RR 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR 6:00 Resident Games ~ LB</p> <p> GAME NIGHT</p>	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Weights & Balance ~ RR Exercise class w/Tina 11:00 Tai Chi ~ DVD ~ RR 6:00 Resident Games ~ LB</p> <p> GAME NIGHT</p>	<p>9:00 Qi Gong ~ DVD ~ RR 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</p> <p> Cards</p>	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Balance & Strength ~ RR w/Tom seated/balance 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR 2:30 Happy Hour ~ RR w/Robert Mullan singing you Oldies but goodies</p> <p> Music</p>	<p>9:00 Tai Chi ~ DVD ~ RR 10:00 Seated/Band ~ RR Exercise class w/Tina 11:00 Tai Chi ~ DVD ~ RR 2:30 Cornhole ~ RR Come join the fun!</p> <p> Cornhole</p> <p>6:00 Friday Night Movie-RR</p>	<p>10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Seated Yoga~ DVD ~ RR 1:00 Matinee Movie ~ RR 2:30 Resident Games -RR 6:00 Saturday Night Movie ~ RR</p> <p> MOVIE NIGHT</p>
<p>9:05 Tai Chi ~ DVD ~ RR 10:00 Senior Stretching ~ RR DVD Seated Exercise 1:00 Matinee Movie ~ RR</p> <p> MOVIE MATINEE</p> <p>6:00 Scrabble or Yahtzee ~ LB Brain Teasers ~ RR</p>	<p>10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Tai Chi ~ DVD ~ RR 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR Carpet Cleaning in Common Areas 6:00 Resident Games ~ LB</p> <p> GAME NIGHT</p> <p>Martin Luther King Jr. Day</p>	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Weights & Balance ~ RR Exercise class w/Tina 11:00 Tai Chi ~ DVD ~ RR 12:30 Music w/Dan ~ RR</p> <p> Sing-A-Long</p> <p>2:30 Bean Bag baseball ~ RR 6:00 Resident Games ~ LB</p>	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Seated/Band ~ RR Exercise class w/Tina 1:00 POKENO ~RR (18 nickels & 2 Quarters) 2:30 New Year Bingo (8 dimes & 2 quarters) 6:00 Cards ~ LB</p> <p> BINGO!</p>	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Balance & Strength ~ RR w/Tom seated/balance 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR 2:30 Happy Hour ~ RR w/Tony Quinn Come enjoy the fun!</p> <p> MUSIC MOVEMENT</p>	<p>9:00 Tai Chi ~ DVD ~ RR 10:00 Seated/Band ~ RR Exercise class w/Tina 11:00 Tai Chi ~ DVD ~ RR 12:30 Ceramics Class ~ RR 2:30 POKENO ~RR (18 nickels & 2 Quarters) 6:00 Friday Night Movie-RR</p> <p> MOVIE NIGHT</p>	<p>10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Seated Yoga~ DVD ~ RR 1:00 Matinee Movie ~ RR 2:30 Resident Games -RR 6:00 Saturday Night Movie ~ RR</p> <p> MOVIE NIGHT</p>
<p>9:05 Tai Chi ~ DVD ~ RR 10:00 Senior Stretching ~ RR DVD Seated Exercise 1:00 Matinee Movie ~ RR</p> <p> MOVIE MATINEE</p> <p>6:00 Scrabble or Yahtzee ~ LB Brain Teasers ~ RR</p> <p>Activity Professionals Week</p>	<p>10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Tai Chi ~ DVD ~ RR 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR 2:30 Yahtzee ~ RR 6:00 Resident Games ~ LB</p> <p> Yahtzee</p>	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Weights & Balance ~ RR Exercise class w/Tina 11:00 Tai Chi ~ DVD ~ RR 1:00 Sip & Paint Class ~ RR, Painting from the Heart! by Claudie. 14 spots Sign-up in the pink book</p> <p> Pink book</p>	<p>9:00 Qi Gong ~ DVD ~ RR 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</p> <p> Cards</p> <p>Australia Day (observance)</p>	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Balance & Strength ~ RR w/Tom seated/balance 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR 2:30 Happy Hour ~ RR w/Jerry Lopes Jamming with Jerry</p> <p> Music</p>	<p>9:00 Tai Chi ~ DVD ~ RR 10:00 Seated/Band ~ RR Exercise class w/Tina 11:00 Tai Chi ~ DVD ~ RR 2:30 POKENO ~RR (18 nickels & 2 Quarters) 6:00 Friday Night Movie-RR</p> <p> MOVIE NIGHT</p>	<p>10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Seated Yoga~ DVD ~ RR 1:00 Matinee Movie ~ RR 2:30 Resident Games -RR 6:00 Saturday Night Movie ~ RR</p> <p> MOVIE NIGHT</p>
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RR = Rose Room on the 1st floor, LB = Library on the 1st floor Events on the calendar are subject to change!