

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

Celtic Hands Massage

Kevin McLachlan (916) 878-6189

2nd & 4th Tuesday each month

9:00 am - 1:00 pm ~ signup in the pink book. \$20.00 for 15 minutes ~ seated chair massage.

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.

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 Horbasch

Activities Director ~ Tina Evans

Marketing Director ~ Drew Marcus

Resident Relations ~ Melody Powers

R.R. Part Time ~

Maintenance ~ Jack Pesola

PT Maintenance ~ Jeremy Meran

Bus Transportation ~

Van Transportation ~

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) 827-7643

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

Please have all items in a trash bag.

April 2022

The Rose Review

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

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

Celebrating April

Piano Man

w/ Dan

1st & 3rd Tuesday's

12:30pm – 1:30pm ~ RR

Ceramic Classes

w/ Claudie

1st Friday paint project &

3rd Friday start a new project

12:30pm – 1:30pm ~ RR

Activity Talk

Monday, April 4th

1:00pm ~ RR

Bring your calendar with you!

Happy Hour Thursdays

2:30 - 3:30pm ~ RR

w/ Beny & The Singing Sax 4/7

Spring Celebration

w/Capital City Reflections 4/14

w/Evening Star 4/21

w/Todd Morgan 4/28

Wine Social Fridays

2:30pm -3:30pm ~ RR

w/Chris Pucci 4/1

w/Michael Jasper 4/15

Patio Grand Opening

3:00pm - 5:00pm ~ OB

BBQ, games, raffles

w/Old West Trio 4/25

Spring is here! Roseville Commons is ready for the Easter Bunny and many hopping good times this month!



The weather perfect, and we have many new fun events and activities

planned to excite you. We

are excited to hold our grand opening of the new patio area on Monday, April 25th from 3:00 p.m. to 5:00 p.m.

Chef Chris will be barbecuing and serving some great side dishes for our dinner menu. We will dine outside on the patio while the Old West Trio Band provides us with live entertainment. Outdoor patio games will be set up to play and we look forward to announcing the winner of the "Name the Patio" contest to everyone.

The new emergency pendant system was activated last month. It is important for residents, and their responsible parties to inform the office of any changes to phone numbers that are associated with your pendant system account. If you have questions or need assistance with your emergency pendant, please notify the front office.

As always, please let us know if you have any concerns and thank you for being a part of the Roseville Commons Community.

I wish everyone a happy and healthy April!

Kathy

"If April showers should come your way, they bring the flowers that bloom in May"

What's Happening in April

April is filled with many activities planned for you to choose from. These events are the perfect time for you to meet new friends and maybe find a game you enjoy.

We are starting our month off with a wonderful wine social on **Friday, April 1st** from 2:30pm-3:30pm in the RR with Chris Pucci. Chris will have you amazed with his voice and dancing until your toes hurt. 😊



Then, on **Tuesday, April 5th, and April 19th** from 12:30pm-1:30pm in the RR, we have Dan the piano man playing you oldies but goodies to sing along with.

On **Tuesday, April 12th & 26th** we have Kevin coming in from Celtic Hands Massage offering **15-minute seated chair massages for \$20.00** from 9:00am-1:00pm in the Craft room, located on the 1st floor by our large laundry room.

On **Thursday, April 14th** We will be having a delightful Spring Celebration at 2:30pm. We will have some delicious appetizers, cold drinks, and the amazing group, Capital City Reflections.



Starting **Monday, April 4th at 11:00am** in the RR we will have a Tai Chi/Qi Gong instructor coming out for a 30-minute class. This class can be performed standing and seated. Patricia is a Physical Therapist from Kaiser, and she has been out here to assist many of our current residents with their therapy.

On **Monday, April 18th at 1:30pm** we have Patricia Staines from Kaiser coming in to speak with everyone about arthritis. She will be providing some pertinent information on what helps to control it, as well as what can make it flare up.



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



Howard Harvey #104
Bill Fetch #301
Gay Primer #310
Barbara Tagert #108
Harriet Matlock #229

Kathy's Spring Bingo!
Wednesday, April 13th @ 2:30pm
No money needed to play!



Cracking the Market



Indulge in some childhood nostalgia on April 18 by dipping into a box of animal crackers, for it's Animal Crackers Day! The first animal crackers were produced in England, but they were so popular that American bakers at Stauffer's Biscuit Company took notice and began to make their own in 1871. But in 1902, using marketing savvy that P.T. Barnum would be proud of, the National Biscuit Company, Nabisco, sold its crackers in a box designed to look like a circus train car. The Christmas-issue boxes even came with a thin string so they could be hung on a Christmas tree.

Party Time

April 3 is World Party Day, which provides humankind with an opportunity to coordinate our efforts to throw a worldwide simultaneous celebration. The idea of a global celebration originated in the book *Flight*, by Vanna Bonta, which ends with the entire world counting down to a worldwide party on April 3, 2000. Readers were so inspired by her vision that they could not wait until the year 2000. Instead, they organized the first World Party Day on April 3, 1996.

What is it about humans and their need to throw a good party? Anthropologist and evolutionary psychologist Robin Dunbar believes that partying is a primal human instinct that we have been compelled to satisfy for millennia. What sets the human species apart from other animals is its massive brain volume. Evolutionarily speaking, our large brains demand lots of attention. Brains require a massive amount of energy, and so we need to fuel them with food. Once they are fueled, our brains allow us to manage incredible social complexities and build massive social communities. Mr. Dunbar argues that as group size increases, it becomes harder and harder to establish and maintain social cohesion and relationships. Partying is our species' unique solution to this problem.

Social practices associated with parties—eating, laughter, singing, and dancing—stimulate the release of endorphins in our brains, reinforcing good feelings and promoting community. Dunbar even goes as far as suggesting that music and dancing in particular are still more likely to take place in the evening, corresponding to another instinctual drive to gather, sing, and dance around fires.

As a species primed and ready to party, World Party Day on April 3 seems like a no-brainer. With a variety of social media applications ready to spread communication across the globe in mere seconds, all it takes is the click of a button to send out an invite to the world.



Chefs Comments

Hello Residents,

I would like to thank you all for such a warm heartfelt welcome to your community. I'm truly honored to be here at Roseville commons. I have utterly enjoyed this past month getting to meet and talk with most of you. The honeymoon continues as does the spring weather. As the weather changes, my menus will change with seasonal fruits, and vegetables. Please do not hesitate to reach out to me if you haven't already with **any ideas or suggestions you may have for future menu items**. You will notice on the recent menus that we have been introducing weekly National Food days and we will continue too.

Now on to the Big Bunny in the room. Bunny Sunday Brunch, we will be starting off with assorted pastries, as well as fresh mixed fruit, along with Ambrosia salad. For brunch we will be presenting a delicious sweet and savory sticky apricot glazed ham, and if you're not in the mood for ham we will also be serving a decadent banana bread French toast casserole. This will be accompanied with cheesy, herbed potato latkes "potato pancakes" and citrus baked asparagus. We will end this marvelous meal with a very light and spring favorite, strawberry shortcake. Please invite your loved ones to our Beautiful Bunny Brunch Extravaganza

This will be a half day for our staff, so they can spend time with their family. For supper you will be able to choose a simple but tasty, boxed meal to go. Your choice of a corned beef sandwich w/cheese, or a turkey sandwich w/cheese accompanied with fruit, cookie, chips, and drink.

Lastly, I would like to thank all our wonderful kitchen staff and servers. We have new faces in the dining room, and some familiar ones that have returned, working seamlessly together to create your beautiful meals. Once again thank you so much for your positive feedback this last month.

Sincerely,
Chef Chris

Born in April

In astrology, those born April 1–21 are Aries' Rams. As the first sign of the zodiac, Rams love to lead the charge of change and progress. These Rams burn bright and enjoy leadership roles and daring artistic pursuits. Those born April 22–30 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts.

Famous April Birthdays

Eddie Murphy (comedian) – April 3, 1961
 Maya Angelou (poet) – April 4, 1928
 Spencer Tracy (actor) – April 5, 1900
 Dennis Quaid (actor) – April 9, 1954
 Beverly Cleary (author) – April 12, 1916
 Al Green (singer) – April 13, 1946
 Kareen Abdul-Jabbar (athlete) – April 16, 1947
 Eliot Ness (lawman) – April 19, 1903
 Glen Campbell (singer) – April 22, 1936
 Shirley Temple (actor) – April 23, 1928
 Ella Fitzgerald (singer) – April 25, 1917
 Duke Ellington (composer) – April 29, 1899

Our April Birthdays

Evelyn R. 1st, #111
Tony N. 7th, #137
Victoria G. 7th, #228
Joyce St. J. 9th, #324
Lisa A. 9th, #227
Maxine M. 15th, #230
Susan S. 21st, #306

Patio Grand Opening

We have been waiting for this for quite some time. So, without further ado, on Monday, April 25th, we will have our Grand Opening of our patio. It will be a fun filled day starting at 3:00pm. Chef Chris will be preparing a delicious BBQ, along with all the fixings.

We will have some outdoor games set up for you and your friends to enjoy playing. We will also play a few games of Bingo and get ready to win some raffles prizes too. I'm not sure how we could top this event off, but we have. We have the amazing Old West Trio coming out to entertain you during this fun filled event.



We hope you enjoy your new patio, such a perfect time for the opening. You're able to enjoy a delightful lunch outside in the fresh spring air, while you sit under a beautiful umbrella, listening to the birds chirping as you visit with your friends or family

Reminder: Pendant Test



We are so happy about our new emergency health pendant system, which went into effect last month. We hope you are all happy with them. We just wanted to remind you to please complete a monthly test on your wrist or necklace pendant. To test, you will need to press the button on the pendant and wait for a phone call from CST-Best Buy Health. The call will be from a 248-area code. Let the dispatcher know you are performing your monthly test.

You might want to add CST-Best Buy Health in your phone contacts so you know who is calling you. Their number is 248-773-0235.

Games & Crafts



Ceramics: **Friday, April 1st & 15th** from 12:30pm-1:30pm in the RR. You will paint your project from last month on **Friday, April 1st**, and on **Friday, April 15th** you will start a new project.

Bean Bag Baseball games: **Monday, April 4th, 11th & 18th** starting at 2:30pm in the RR. This is such a fun interactive game for everyone. No matter if you use a walker or a scooter, you can still come join in the fun while making homeruns! This last month we have had so many new players join our teams, and spectators in the room during the game. Keep spreading the word!



You have been asking for this! So, "BUNCO" will be starting on **Wednesday, April 5th** at 2:30pm in the RR. I know there are quite a few residents that are very familiar with this game. I hope to see you there because I have only played once in my life, and I will definitely need some help for sure.

I will also be introducing you to a fun game starting on **Friday, April 8th** at 12:30pm in the RR. It's called **Left, Right, Center**. It's an interactive dice game that will have you hooked the first time you play. You will be hooting and hollering your way until the end of the game! Come join in the fun.



You are also invited to come down and play Wii Bowling, Bingo, **POKENO**, Cards, Scrabble, Cornhole, and Horseraces.



Crafts w/Tina on **Friday, April 8th at 2:30** in the RR. We will be making spring bonnets. Then, on Thursday, April 14th, during our Spring Celebration we will have a bonnet contest, or you can hang yours on your front door for spring decor. Please sign-up in the **Pink** book

Check your calendar for our daily events, Tina

We Need a Hero



April 28 is Superhero Day. Are you shocked that such a holiday exists? After all, American pop culture has been overrun by superheroes largely thanks to the competing Marvel and DC comic movie franchises. It seems we cannot go a few weeks without hearing about another movie starring characters like Iron Man, Captain America, Spider-Man, Superman, Batman, or Wonder Woman. However, America is not alone in its obsession with superheroes.

India's Bollywood cinema struck superhero gold when they introduced *Mr. India* to the masses. When a mild-mannered music teacher who cares for orphans in his home stumbles upon a magical watch, he finds that he can become invisible. With his newfound power, Mr. India saves the entire country from a ruthless general who wants to destroy the country and its people.

You might forgive Americans for thinking that Canada's Captain Canuck is just a knock-off of Captain America. But Canada's first national superhero, who made her debut in 1941, was Nelvana of the Northern Lights. Daughter of an Inuit woman and the god King of the Northern Lights, Nelvana is able to fly at the speed of light along the northern lights, as well as manifest the superpowers of her father. Marvel eventually created a superheroine of its own, Snowbird, who is the daughter of Canada's Nelvana.

If superheroes are supposed to be superhuman, Spain's Pafman breaks that convention. Pafman is a clumsy oaf. He and his cat, Pafcat, battle ridiculous foes such as a talking chair with wit, slapstick, and satire, although the world would probably be better off without their help.

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

April 2022

Roseville Commons Activities

<p>9:05 Tai Chi ~ DVD ~ RR 10:00 Senior Stretching ~ RR DVD Seated Exercise 1:00 Matinee Movie ~ RR</p>  <p>6:00 Board Games ~ LB Brain Teasers ~ RR</p>	<p>10:00 Seated/Band ~ RR Exercise class w/Tina 11:00 Tai Chi ~ RR w/Pati Staines 1:00 Activity Talk ~ RR We want to know what's on your mind. New ideas for activities. 2:30 Bean Bag baseball ~ RR 6:00 Resident Games ~ LB</p>  	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Weights & Balance ~ RR Exercise class w/Tina 12:30 Piano Man Dan ~ RR</p>  <p>2:30 BUNCO ~ RR No money needed 6:00 Resident Games ~ LB</p> 	<p>9:00 Tai Chi ~ DVD ~ RR 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 Games ~ LB Get your friends and neighbors to play board games!</p>	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Senior Stretching ~ RR DVD Seated Exercise 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR 2:30 Happy Hour ~ RR w/Beny Rivers Singing you mixed music, along with some Jazz.</p> 	<p>9:00 Tai Chi ~ DVD ~ RR 10:00 Weights & Balance ~ RR 11:00 Tai Chi ~ RR 12:30 Left, Right, Center ~ RR Dice game, 6 quarters to play</p>  <p>2:30 Crafts w/Tina~ RR Making Spring Bonnets 6:00 Resident Games ~ LB</p> 	<p>10:00 Senior Stretching ~ RR DVD Seated Exercise 10:00 Vendor Selling ~ RR 11:00 Seated Yoga~ DVD ~ RR 1:00 Matinee Movie ~ RR 2:30 Yahtzee ~ LR No Money needed 6:00 Saturday Night Movie ~ RR</p>  
<p>9:05 Tai Chi ~ DVD ~ RR 10:00 Senior Stretching ~ RR DVD Seated Exercise 1:00 Matinee Movie ~ RR</p>  <p>6:00 Board Games ~ LB Brain Teasers ~ RR</p>	<p>10:00 Seated/Band ~ RR Exercise class w/Tina 11:00 Tai Chi ~ w/Pati ~RR 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR 2:30 Bean Bag baseball ~ RR 6:00 Resident Games ~ LB</p>  	<p>9:00 Qi Gong ~ DVD ~ RR 9:00 Seated Massages ~ CR By Kevin McLachlan sign-up in the pink book 10:00 Weights & Balance ~ RR Exercise class w/Tina 1:30 POKENO ~RR (18 nickels & 2 Quarters) 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 Spring Bingo ~ RR w/Kathy, playing for prizes 6:00 Games ~ LB Get your friends and neighbors to play board games!</p> 	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Senior Stretching ~ RR DVD Seated Exercise 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR 2:30 Spring Celebration ~ RR w/Capital City Reflections Come celebrate with a Spring Bonnet contest music, appetizers, drinks, and dancing!</p> 	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Weights & Balance ~ RR 11:00 Tai Chi ~ RR 12:30 Ceramics Class ~ RR Start new project 2:30 Wine Social ~ RR w/Michael Jasper Everything & Jazz 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 Yahtzee ~ LR No Money needed 6:00 Saturday Night Movie ~ RR</p>  
<p>9:05 Tai Chi ~ DVD ~ RR 10:00 Senior Stretching ~ RR 10:00am-1:00pm Spring Brunch Don't forget to pick up your boxed Supper! 1:00 Matinee Movie ~ RR 6:00 Board Games ~ LB Brain Teasers ~ RR</p> 	<p>10:00 Seated/Band ~ RR Exercise class w/Tina 11:00 Tai Chi ~ w/Pati ~ RR 12:00 Wii Bowling ~ RR 12:30 Wii Bowling ~ RR 1:30 Monday Speaker ~RR Arthritis ~ What helps control it. By Patricia Staines ~ Kaiser 2:45 Bean Bag baseball ~ RR 6:00 Resident Games ~ LB</p>  	<p>9:00 Qi Gong ~ DVD ~ RR 9:00 Seated Massages ~ CR By Kevin McLachlan sign-up in the pink book 10:00 Weights & Balance ~ RR 12:30 Piano Man Dan ~ RR</p>   <p>2:30 BUNCO ~ RR No money needed 6:00 Resident Games ~ LB</p> 	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Seated/Band ~ RR Exercise class w/Tina 1:30 Afternoon Show ~RR Lincoln Hills Entertainers 2:45 Bingo ~ RR (10 dimes & 2 quarters) 6:00 Games ~ LB Get your friends and neighbors to play board games!</p>	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Senior Stretching ~ RR DVD Seated Exercise 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR 2:30 Happy Hour ~ RR w/Evening Star Band Singing you music from the 30's-80's, and country</p> 	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Weights & Balance ~ RR Exercise class w/Tina 11:00 Tai Chi ~ RR 1:00 POKENO ~RR (18 nickels & 2 Quarters) 2:00 Karaoke ~ RR 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 Yahtzee ~ LR No Money needed 6:00 Saturday Night Movie ~ RR</p>  
<p>9:05 Tai Chi ~ DVD ~ RR 10:00 Senior Stretching ~ RR DVD Seated Exercise 1:00 Matinee Movie ~ RR</p>  <p>6:00 Board Games ~ LB Brain Teasers ~ RR</p>	<p>10:00 Seated/Band ~ RR Exercise class w/Tina 11:00 Tai Chi ~ w/Pati ~RR 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR 3:00 Patio Grand Opening ~ BP Come celebrate with us. BBQ, music by the Old West Trio, games, and raffles!</p>  	<p>9:00 Qi Gong ~ DVD ~ RR 9:00 Seated Massages ~ CR By Kevin McLachlan 10:00 Weights & Balance ~ RR Exercise class w/Tina 1:00 Bingo ~ RR (10 dimes & 2 quarters to play) 2:30 Horse Races ~ RR 6 quarters to place your bets, or just</p> 	<p>9:00 Qi Gong ~ DVD ~ RR 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 Games ~ LB</p> 	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Senior Stretching ~ RR DVD Seated Exercise 12:30 Wii Bowling ~ RR 1:00 Wii Bowling ~ RR 2:30 Happy Hour ~ RR w/Todd Morgan Singing you music from the 50's-60's, Blues, and Rock N Roll!</p> 	<p>9:00 Qi Gong ~ DVD ~ RR 10:00 Weights & Balance ~ RR Exercise class w/Tina 11:00 Tai Chi ~ RR 1:00 Bingo ~ RR (10 dimes & 2 quarters) 2:00 Tina Working on Boards & Decorating 6:00 Friday Night Movie~RR</p> 	<p>10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Seated Yoga ~ RR 1:00 Matinee Movie ~ RR 2:30 Yahtzee ~ LR No Money needed 6:00 Saturday Night Movie ~ RR</p>  

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, BP = Back Patio Events on the calendar are subject to change!