

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 ~ \$15.00

Shampoo or Conditioner Only ~ \$7.00

Tints ~ \$50.00+

Perms ~ \$70.00+

Shampoo/Set ~ \$20.00

Haircut Only ~ \$20.00

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.

Professional Dog Walker:

Hannah Jarvis (916) 960-9281

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 ~ Renata Barkoff

Maintenance ~ Jack Pesola

PT Maintenance ~ Jeremy Meran

Bus Transportation ~

Van Transportation ~ Tammy Davis

Housekeeping ~ Margaret, Phul, Rosa

Night Porters ~ Joy, Julia, Corina, and Justin

Roseville Commons Contact Numbers:

Front Office: (916) 786-2751

Night Porters are on duty all night!

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.

The Rose Review

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

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

Celebrating August

Wine Social

2:30 - 3:30pm ~ RR

w/ Chris Pucci 8/6

Free Hearing Check-up

1:30pm ~ Library on 1st floor

w/ Ed Vinson 8/8

Live Entertainment

Thursdays

2:30 - 3:30pm ~ RR

w/ Alincia & Jr. 8/4

w/ Capital City Reflections 8/11

w/ Mike Ely 8/18

w/ Linda Bracamonte 8/25

w/ Collin Hobbs 6/30

Piano Man

w/ Dan

Tuesday, August 16th

12:30pm – 1:30pm ~ RR

Ceramic Classes

w/ Claudie

1st Friday 8/5

3rd Friday 8/19

12:30pm – 1:30pm ~ RR

Only 10 spots

Dear Residents,

August is upon us, bringing with it some very warm temperatures. If you are out and about, or simply outside enjoying the warm weather, please be sure to drink lots of water to stay properly hydrated.

I have two exciting community renovations to announce that are scheduled to be done very soon. First, new carpet will be installed in the first-floor hallways, Rose Room, and offices.

Also, a permanent dance floor will be added to the Rose Room which will be a great addition for all of our Happy Hours and parties. The carpet and dance floor have been ordered and the installation date will be announced as soon as the materials arrive. The carpet will be installed in sections each day until the project is completed.



The second project is scheduled to start in September 2022. We are excited to have the exterior of our community painted. The paint colors are currently waiting for approval from the City of

Roseville before the project can be started. This project may take 6 to 8 weeks to complete. If any resident is interested, I have sample paint colors for the exterior of the community I can share with you!



In July, our Maintenance Director, Jack, finished a landscaping project in the patio area next to the Front Lobby. This is a shady and quiet place to enjoy our new succulent garden! Thank you, Jack, for all your hard work to make this area a pleasant place for all to enjoy.

I look forward to the months ahead and I hope you enjoy the improvements as much as I do. We are working hard to make Roseville Commons the best it can be!

With Appreciation,

Kathy

Kitchen Corner

Hello Residents,

IT'S HOT, HOT, HOT, HOT!!!!!! It's that time of year of again. The dog days of hot California summers. I'm hoping all residents are staying cool and refreshed during this heatwave. Now that we've had a few weeks with the new to-go policy, it is great to see new faces in the Dining Room daily. We as a staff are so happy to see more residents coming to lunch and dinner in the dining room as of lately.

Please be patient when you and your party arrive for brunch or dinner, as most of the Dining Room fills up as soon as we open. We also ask residents to stop at the Dining Room entry door and wait to be seated by a host. If you haven't



noticed already, we have two new staff members serving you on a daily basis with constant smiles, Diane & Brandon. Please welcome them if you haven't already.

We will be continuing to have our monthly food holidays; this month will be extra

fun. We have National Ice Cream Sandwich Day, Watermelon, Root Beer Float, S'mores, Lemon Meringue Pie, Bacon Lovers and Peach Pie National Days all coming up this month. We will be continuing with our summer menu and getting ready for that long-awaited Fall season with the great weather coming up very soon after this heatwave passes this month.

Stay cool and refreshed during these hot days please!



*Warmest Regards,
Chef Chris & Staff*

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



Debra Trainor #322

Cindy Gooch #203

Kathy's Bingo & Raffles!
Wednesday, August 24th @ 2:30pm
10 dimes & 2 Quarters to play!



Wow!



On August 15, 1977, astronomers at the Big Ear Radio Observatory in Ohio detected a signal that they had never encountered before. It was so unusual that astronomer Jerry Ehman circled a printout of the data and wrote "Wow!" next to it. The cause of the *Wow!* signal was inexplicable, and some claimed that the only plausible explanation was that it was sent by extraterrestrial life. The signal has not been repeated in the 40 years since it was picked up, perhaps providing further evidence that it had an extraterrestrial origin.

Only recently have scientists attempted to decipher the skies that night. Two comets could have been picked up by the Big Ear in 1977. One theory is that the signal was transmitted by a hydrogen cloud attached to a passing comet, but some scientists doubt this explanation, still favoring the ET hypothesis.

What's Happening in August



Monday, August 1st at 1:30 p.m. in the RR, we will have an **Activity Talk Meeting**. This meeting is for all residents to participate in. I go over our monthly calendar, and I encourage the residents to give me feedback. This is your community, and I would like to know what you all are interested in, such as entertainers, games, exercise programs, speakers, and movies.

Friday, August 12th at 2:30 p.m.

in the RR, we will have our monthly Karaoke. So, you all need to start practicing which songs you would like to sing. We have hundreds of songs for you to choose from. I know quite a few of you tell me that you don't know how to sing. I know everyone can sing, although we may not be the best. That is okay, because we are all here to have fun!



Saturday, August 13th at 2:30 p.m. Almeda Schneider's family will be coming in to celebrate her 95th birthday, along with all the August birthdays. The Rough-Cut Band will be playing some Blues, and cupcakes and soft drinks will be served during this hour-long event.



Tuesday, August 16th from 12:30pm-1:30pm in the RR, we have Dan the piano man playing you oldies but goodies to sing along with.

Who's ready for some fun? On **Monday, August 8th at 2:30 p.m.~ Library on 1st floor** we will play our two new games. We have a giant Jenga game as well as a giant Connect Four game. Come down and meet new residents while having a fun time. This is the perfect time to find out what our new and existing resident like to play in the evening, or on the weekends. Maybe you all can set up to lay Bridge, Scrabble, Poker, Blackjack, Mexican Train, and much more.

Check your calendar daily for events.

Tina

Marketing Moments

Dear Friends,

I'm writing this article shortly after last month's Casino Gala, which was closely followed by our Open House. I want to tell you how much I enjoy experiencing those events with you and how I realize that our sense of community only exists because of your kind words, helpful contributions, and joyful nature.

Truly, Roseville Commons can be proud when visitors, guests, and family come by. Not because we are the newest, and not because we are the fanciest, but instead because we have the one thing no other place can offer...and that's you.

At every opportunity, you always shine and put your best foot forward. When people come to our community for the first time, they see the building, but what they feel is your kindness. And when they leave our community, what they remember is your warmth.

Thank you so much for making Roseville Commons everything that it is, and I look forward to everything that we can be.

Drew Marcus

MLK's Dream



Organizers of the March on Washington for Jobs and Freedom expected 100,000 people to attend their demonstration on August 28, 1963. In the end, 250,000 showed up, making it the largest demonstration in U.S. history. A speech by Martin Luther King Jr. was set to cap the march. King had used the phrase "I have a dream" in several speeches leading up to the event, and his advisors cautioned him against leaning too heavily on the theme. But when the gospel singer Mahalia Jackson said, "Tell them about the dream, Martin," King abandoned his drafted speech and launched into what is now one of the most famous speeches in history.

Arrr-Gust

Shiver me timbers, August is International Pirate Month. Historians consider the Golden Age of Piracy to have occurred between the 1650s and 1730s. It was during this period that the likes of Blackbeard, Captain Kidd, Calico Jack, and Anne Bonny made their notorious reputations.

It is no coincidence that the Golden Age of Piracy coincided with an era punctuated by the shipping



of valuable goods across vast oceans to Europe. European kingdoms had laid claim to distant colonies in North America, West Africa, and India. Sea routes used for the shipping of spices, gold, and other goods provided perfect targets for pirates looking for power, riches, and prestige.

A major factor that contributed to the rise of piracy was the rise of naval power. Empires like Spain and England used brutal methods to bolster their navies. Sailors were not so much recruited as kidnapped and forced into conscription. After receiving extensive training and experience on the high seas, many sailors, disgusted with their shoddy treatment and pay, left the navy for piracy. It was common for pirates to be hunted by the very navies they had once served in.

Much of what we know about piracy comes from the book *A General History of the Pyrates*, written in 1724 by Captain Charles Johnson. The true identity of Captain Charles Johnson remains a mystery, as there is no record of such a man ever existing. Despite a certain lack of credulity, Johnson’s fanciful accounts of several pirates, including Blackbeard, Charles Vane, and Calico Jack, have defined piracy for centuries. It was this book that introduced the familiar tropes of buried treasure, missing limbs and eyes, and the pirate flag known as the Jolly Roger. This book also inspired Robert Louis Stevenson to write *Treasure Island*. While we may never be able to separate pirate fact from fiction, we can be sure that the romance of piracy will capture our imaginations for many years to come.

August Birthdays

In astrology, those born from August 1-22 are Leo’s Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings. Those born from August 23–31 are Virgo’s Virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail.

Famous August Birthdays

- P.D. James (writer) – August 3, 1920
- Meghan Markle (princess) – August 4, 1981
- Leslie Odom Jr. (actor) – August 6, 1981
- Whitney Houston (singer) – August 9, 1963
- Viola Davis (actress) – August 11, 1965
- Don Ho (singer) – August 13, 1930
- Halle Berry (actress) – August 14, 1966
- Angela Bassett (actress) – August 16, 1958
- Usain Bolt (sprinter) – August 21, 1986
- Kobe Bryant (athlete) – August 23, 1978
- Mother Teresa (nun) – August 26, 1910
- Richard Gere (actor) – August 31, 1949

Our August Birthdays

- Janice P. 8/5 , #204
- Donald O. 8/5 , #316
- Jay A. 8/7 , #112
- Helen O. 8/8 , #317
- Almeta S. 8/10, #106
- Bob V. 8/10, #320
- Patrick W. 8/14, #226
- Diana H. 8/18 , #122
- Gloria G. 8/21 , #219
- Dennis D. 8/26, #116

Birthday Brunch will be on Wednesday, August 31st at 11:00 a.m. in the Dining Room.

Games & Crafts



Ceramics: **Friday, August 5th and 19th from 12:30 p.m.-1:30 p.m.** in the RR. We have been having a great turnout during these classes, but we only have one instructor. Our limit is the first 10 people for the class, this way Claudie is able to assist everyone with their projects.

Bean Bag Baseball Games: **Tuesday, August 2nd, 9th, 16th, 23rd, and the 30th** starting at 2:30 p.m. 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 home runs! Keep spreading the word, we have been having a great turnout.

Karaoke will be on **Friday, July 12th** at 2:30 p.m. in the RR. We had a wonderful turn out last month. We are looking for all you wonderful singers and audience members.



BUNCO is on **Friday, August 19th** at 2:30 p.m. in the Library on the 1st floor. We will have winners for this game: Winner for the most BUNCOS, most Wins, Most Mini BUNCOS, and most Losses. You heard that right, you can win even if you lose. 😊. No money needed for this game.

Crafts w/Tina on **Monday, August 22nd at 2:00 p.m.** in the RR. We will be painting a beautiful raw wooden dragonfly. Please sign-up in the pink book.



Horse Races will be on **Monday, August 29th** in the RR at 2:30pm, Come place your bets and see if your horses win! 6 quarters are needed to bet all six games.



Check your calendar for our daily events, Tina

Star-Crossed Lovers









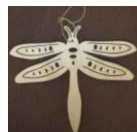



For over 2,000 years, the Qixi Festival has been celebrated in China on the seventh day of the seventh month, which this year falls on August 4. This holiday is known by several names: the Double Seventh Festival, the Night of Sevens, and the Magpie Festival, but it is perhaps best known in the west as China’s Valentine’s Day.

The Qixi Festival is based on the romantic folk tale of Zhinu the cloud weaver girl and Niulang the ox herder. Niulang had once saved an old ox when it fell ill. What Niulang did not know was that this old ox was once the God of Cattle, sent from heaven to live on Earth as penance for a former misdeed. To show his thanks, the ox introduced Niulang to Zhinu, the seventh daughter of the Goddess of Heaven and the Jade Emperor. Zhinu had come to Earth to escape the boring routine of heaven.

The two fell deeply in love, married, had two children, and set up a life together, with Niulang herding oxen and Zhinu weaving. When the Goddess of Heaven discovered that her daughter had married a mortal, she descended furiously to Earth and took Zhinu back to heaven.

The old ox instructed Niulang to kill him and wear his hide so that the mortal could ascend to heaven to find Zhinu. Niulang wept for the loss of his ox but did as he was told and took his children to find Zhinu. The Goddess of Heaven, divining the plot, created a massive, uncrossable river to forever separate the lovers.

Niulang and his children wept in their grief. Magpies were so moved that they flew to heaven and formed a bridge over the river. The Goddess, too, was moved, and so she decreed that once a year, on the seventh day of the seventh month, the two lovers should meet on the Magpie Bridge. During the Qixi Festival, if we look to the night sky, we see Niulang and Zhinu as the stars Altair and Vega, separated by the river of the Milky Way.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise class w/Tina</div> <div>11:00 Tai Chi ~ w/Pati ~RR</div> <div>12:30 Wii Bowling ~ RR</div> <div>1:00 Wii Bowling ~ RR</div> <div>1:30 Activity Talk ~ RR</div> <div>2:30 Bingo ~ RR</div> <div>10 dimes & 2 Quarters</div> <div>6:00 Resident Games ~ LB</div> <div></div>	<div>9:00 Tai Chi ~ DVD ~ RR</div> <div>10:00 Weights & Balance ~ RR</div> <div>Exercise class w/Tina</div> <div>1:00 Yahtzee w/Tina~ RR</div> <div>Invite Friends to play!</div> <div></div> <div>2:30 Bean Bag Baseball ~ RR</div> <div>6:00 Yahtzee ~ LB</div> <div>Get your friends to play!</div> <div></div>	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise class w/Tina</div> <div>1:00 POKENO ~RR</div> <div>(18 nickels & 2 Quarters)</div> <div>2:30 Bingo ~ RR</div> <div>(10 dimes & 2 quarters)</div> <div>6:00 Residents Card Night ~ LB</div> <div></div> <div></div>	<div>9:00 Tai Chi ~ DVD ~ RR</div> <div>9:00 Catholic Communion ~ CH</div> <div>10:00 Senior Stretching ~ RR</div> <div>DVD Seated Exercise</div> <div>12:30 Wii Bowling ~ RR</div> <div>1:00 Wii Bowling ~ RR</div> <div>2:30 Happy Hour ~ RR</div> <div>w/ Alicinia and Jr.</div> <div>Mixed music</div> <div></div>	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise class w/Tina</div> <div>11:00 Tai Chi ~ RR</div> <div>12:30 Ceramics Class ~ RR</div> <div>2:30 Wine Social ~RR</div> <div>w/Chris Pucci</div> <div>6:00 Friday Night Movie ~ RR</div> <div></div>	<div>10:00 Senior Stretching ~ RR</div> <div>DVD Seated Exercise</div> <div>11:00 Seated Yoga~ DVD ~ RR</div> <div>2:30 Bean Bag Baseball ~ LB</div> <div></div> <div>Practice Only</div> <div>6:00 Saturday Night Movie ~ RR</div> <div></div>
<div>9:05 Tai Chi~ DVD ~ RR</div> <div>11:00 Seated Yoga/ DVD ~ RR</div> <div>1:00 Matinee Movie ~ RR</div> <div>with Popcorn</div> <div></div> <div>6:00 Board Games ~ LB</div> <div>Brain Teasers ~ RR</div>	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise class w/Tina</div> <div>11:00 Tai Chi ~ w/Pati ~RR</div> <div>12:30 Wii Bowling ~ RR</div> <div>1:00 Wii Bowling ~ RR</div> <div>2:30 Giant Jenga & Connect Four ~ LB</div> <div>Join in the fun!</div> <div>6:00 Resident Games ~ LB</div> <div></div>	<div>9:00 Tai Chi ~ DVD ~ RR</div> <div>9:00 Seated Massages ~ CR</div> <div>sign-up in the pink book</div> <div>10:00 Weights & Balance ~ RR</div> <div>Exercise class w/Tina</div> <div>1:30 Free Hearing Check-up ~ LB</div> <div>2:30 Bean Bag Baseball ~ RR</div> <div>6:00 Yahtzee ~ LB</div> <div>Get your friends to play!</div> <div></div>	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise class w/Tina</div> <div>1:00 POKENO ~RR</div> <div>(18 nickels & 2 Quarters)</div> <div>2:30 Bingo ~ RR</div> <div>(10 dimes & 2 quarters)</div> <div>6:00 Residents Card Night ~ LB</div> <div></div> <div></div>	<div>9:00 Tai Chi ~ DVD ~ RR</div> <div>9:00 Catholic Communion ~ CH</div> <div>10:00 Senior Stretching ~ RR</div> <div>DVD Seated Exercise</div> <div>12:30 Wii Bowling ~ RR</div> <div>1:00 Wii Bowling ~ RR</div> <div>2:30 Happy Hour ~ RR</div> <div>w/ Capital City Reflections</div> <div>Oldies, But Goodies</div> <div></div>	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise class w/Tina</div> <div>11:00 Tai Chi ~ RR</div> <div>1:00 Bingo ~ RR</div> <div>2:30 Karaoke ~ RR</div> <div>Come join in the fun!</div> <div>6:00 Friday Night Movie~RR</div> <div></div>	<div>10:00 Senior Stretching ~ RR</div> <div>DVD Seated Exercise</div> <div>11:00 Seated Yoga~ DVD ~ RR</div> <div>2:30 August Birthday ~ RR</div> <div>w/Rough Cut Band</div> <div>Singing you some Blues</div> <div>Cupcakes & Soda will be served</div> <div>6:00 Saturday Night Movie ~ RR</div> <div></div>
<div>9:05 Tai Chi~ DVD ~ RR</div> <div>11:00 Seated Yoga/ DVD ~ RR</div> <div>1:00 Matinee Movie ~ RR</div> <div>with Popcorn</div> <div></div> <div>6:00 Board Games ~ LB</div> <div>Brain Teasers ~ RR</div>	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise w/ Tina</div> <div>11:00 Tai Chi ~ w/Pati ~RR</div> <div>12:30 & 1:00 Wii Bowling ~ RR</div> <div>2:00 POKENO ~ RR</div> <div>6:00 Resident Games ~ LB</div> <div></div>	<div>9:00 Tai Chi ~ DVD ~ RR</div> <div>10:00 Weights & Balance ~ RR</div> <div>Exercise class w/Tina</div> <div>12:30 Piano Man Dan ~ RR</div> <div></div> <div>2:30 Bean Bag Baseball ~ RR</div> <div>6:00 Yahtzee ~ LB</div> <div>Get your friends to play!</div> <div></div>	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise class w/Tina</div> <div>1:00 POKENO ~RR</div> <div>(18 nickels & 2 Quarters)</div> <div>2:30 Bingo ~ RR</div> <div>(10 dimes & 2 quarters)</div> <div>6:00 Residents Card Night ~ LB</div> <div></div> <div></div>	<div>9:00 Tai Chi ~ DVD ~ RR</div> <div>9:00 Catholic Communion ~ CH</div> <div>10:00 Senior Stretching ~ RR</div> <div>DVD Seated Exercise</div> <div>12:30 Wii Bowling ~ RR</div> <div>1:00 Wii Bowling ~ RR</div> <div>2:30 Happy Hour ~ RR</div> <div>w/ Mike Ely</div> <div>Mixed music</div> <div></div>	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise class w/Tina</div> <div>11:00 Tai Chi ~ RR</div> <div>12:30 Ceramics Class ~ RR</div> <div>2:30 BUNCO ~ LB</div> <div>Come join the fun</div> <div>and see who wins!</div> <div>6:00 Friday Night Movie</div> <div></div>	<div>10:00 Senior Stretching ~ RR</div> <div>DVD Seated Exercise</div> <div>11:00 Seated Yoga~ DVD ~ RR</div> <div>2:30 Bean Bag Baseball ~ LB</div> <div></div> <div>Practice Only</div> <div>6:00 Saturday Night Movie ~ RR</div> <div></div>
<div>9:05 Tai Chi~ DVD ~ RR</div> <div>11:00 Seated Yoga/ DVD ~ RR</div> <div>1:00 Matinee Movie ~ RR</div> <div>with Popcorn</div> <div></div> <div>6:00 Board Games ~ LB</div> <div>Brain Teasers ~ RR</div>	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise class w/Tina</div> <div>11:00 Tai Chi ~ w/Pati ~RR</div> <div>12:30 & 1:00 Wii Bowling ~ RR</div> <div>2:00 Crafts w/Tina ~ RR</div> <div>Painting a Dragonfly or a Butterfly. Sign-up in the pink book</div> <div>6:00 Resident Games ~ LB</div> <div></div>	<div>9:00 Tai Chi ~ DVD ~ RR</div> <div>9:00 Seated Massages ~ CR</div> <div>sign-up in the pink book</div> <div>10:00 Weights & Balance ~ RR</div> <div>Exercise class w/Tina</div> <div>2:30 Bingo ~ RR</div> <div>10 dimes & 2 Quarters</div> <div>2:30 Bean Bag Baseball ~ RR</div> <div>6:00 Yahtzee ~ LB</div> <div>Get your friends to play!</div> <div></div>	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise class w/Tina</div> <div>1:00 POKENO ~RR</div> <div>(18 nickels & 2 Quarters)</div> <div>2:30 Kathy's Bingo ~ RR</div> <div>10 dimes & 2 quarters + Raffles</div> <div>6:00 Residents Card Night ~ LB</div> <div></div>	<div>9:00 Tai Chi ~ DVD ~ RR</div> <div>9:00 Catholic Communion ~ CH</div> <div>10:00 Senior Stretching ~ RR</div> <div>DVD Seated Exercise</div> <div>12:30 Wii Bowling ~ RR</div> <div>1:00 Wii Bowling ~ RR</div> <div>2:30 Happy Hour ~ RR</div> <div>w/ Linda Bracamonte</div> <div>Mixed music from 50's-90's</div> <div></div>	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise class w/Tina</div> <div>11:00 Tai Chi ~ DVD ~ RR</div> <div>1:00 POKENO ~RR</div> <div>(18 nickels & 2 Quarters)</div> <div>2:30 Cornhole ~ RR</div> <div>Come join the fun!</div> <div>6:00 Friday Night Movie~RR</div> <div></div>	<div>10:00 Senior Stretching ~ RR</div> <div>DVD Seated Exercise</div> <div>11:00 Seated Yoga~ DVD ~ RR</div> <div>2:30 Bean Bag Baseball ~ LB</div> <div></div> <div>Practice Only</div> <div>6:00 Saturday Night Movie ~ RR</div> <div></div>
<div>9:05 Tai Chi~ DVD ~ RR</div> <div>11:00 Seated Yoga/ DVD ~ RR</div> <div>1:00 Matinee Movie ~ RR</div> <div>with Popcorn</div> <div></div> <div>6:00 Board Games ~ LB</div> <div>Brain Teasers ~ RR</div>	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise class w/Tina</div> <div>11:00 Tai Chi ~ w/Pati ~RR</div> <div>12:30 Wii Bowling ~ RR</div> <div>1:00 Wii Bowling ~ RR</div> <div>2:30 Horse Races ~ RR</div> <div>Come place your bets!</div> <div>6 quarters to bet.</div> <div></div>	<div>9:00 Tai Chi ~ DVD ~ RR</div> <div>10:00 Weights & Balance ~ RR</div> <div>Exercise class w/Tina</div> <div>10:30 Tina working on boards</div> <div>2:30 Bean Bag Baseball ~ RR</div> <div>6:00 Yahtzee ~ LB</div> <div>Get your friends to play!</div> <div></div> <div></div>	<div>9:00 Qi Gong ~ DVD ~ RR</div> <div>10:00 Seated/Band ~ RR</div> <div>Exercise class w/Tina</div> <div>11:00 Resident Birthday Brunch ~ DR</div> <div>1:00 Bingo ~ RR</div> <div>(10 dimes & 2 quarters)</div> <div>2:30 POKENO ~RR</div> <div>6:00 Residents Card Night</div> <div></div>	<div>August 2022</div> <div>Roseville Commons Activities</div> <div></div>		

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, ST = Sunset Terrace Events on the calendar are subject to change!