

List of In-House Services

Kaleidoscope Salon

Denise Hubbard: (916) 486-2710

Independent Contractor

Call to schedule an appointment.

Open Tuesdays to Fridays

from 8:00 am - 4:00 pm

- Men's Haircut ~ \$15.00
- Women's Haircut Only ~ \$20.00
- Shampoo/Set ~ \$20.00
- Shampoo or Conditioner Only ~ \$7.00
- Tints ~ \$50.00+
- Perms ~ \$70.00+

Celtic Hands Massage

Kevin McLachlan: (916) 878-6189

Independent Contractor

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

Independent Contractor

Laundry services, dry cleaning, and alterations

Call for pick up at your front door, every Monday and Thursday!

Community Hearing Aid Ctr

Ed Vinson: (916) 797-9188

Independent Contractor

Free cleaning, batteries & check-up!

2nd Tuesday of each month at 1:30pm

Library on the 1st floor.

Sign up in the book!

Professional Dog Walker:

Hannah Jarvis (916) 960-9281

Independent Contractor

Suburban Notary

Christina Valdez (916) 878-0435

Independent contractor - Mobile Notary

Blood Pressure Checks~

Once a month in the Lobby

3rd Thursday of the month @ 9:30am

If you have an emergency, please call!

We have staff on site 24 hours, 7 days a week. We are here to assist you!

Office Hours

Monday-Friday
8:30 a.m. - 5:30 p.m.

Saturday & Sunday
8:30 a.m. – 5:00 p.m.

Roseville Commons Staff

Kathy Horbasch ~ Administrator

Drew Marcus ~ Marketing Director

Tina Evans ~ Activities Director

Melody Powers ~ Resident Relations

Renata Barkoff ~ PT Resident Relations

Jack Pesola ~ Maintenance Director

Shon Fulgham ~ PT Maintenance

Tammy Davis ~ Van Transportation

Open ~ Bus Transportation

Margaret, Phul & Rosa ~ Housekeeping

Joy, Julia & Justin ~ Night Porters

Roseville Commons Contact Numbers

Front Office: (916) 786-2751

Night Porters are on duty all night!

Transportation: (916) 827-7643

Kitchen: (916) 472-6471

Activities Office: (916) 749-3189

Laundry Room Hours

8:00 a.m. to 9:00 p.m.
7 Days a Week

Nightly Trash Pick-Up Hours

6:00 p.m. to 9:00 p.m.
7 Days a Week
Please have all items in a trash bag

September 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 September

Happy Hour with Live Entertainment

*Every Thursday
from 2:30 p.m. to 3:30 p.m.*

8/1 Tony Quinn

8/8 James Gledhill

8/15 Todd Morgan

8/22 Ellen & Larry DeLeon

Ceramics Class

*September 2nd & 16th
from 12:30 p.m. to 1:30 p.m.
Only 10 spots available!*

Sing Along with Piano Man Dan

*September 6th & 20th
from 12:30 p.m. to 1:30 p.m.
with Robert Mullan*

Wine Social

*September 9th
from 2:30 p.m. to 3:30 p.m.
with Robert Mullan*

Let's Taco 'Bout Roseville Commons Open House

*September 29th
Taco Bar & Margaritas
Entertainment with
Tom & Sharon Woodall*

Join us for the fun!

Dear Residents,

We all made wonderful memories this summer including our Father's Day Slot Car Races in June, our Casino Gala and our first Open House in July, and a Wine Social in August!



I don't know about you, but I am looking forward to the fall season and all of the wonderful things this season brings! Fall officially begins on September 22, 2022, and I look forward to nature changing its colors, cooling temperatures and darkening nights.

In September, we will recognize all the hard-working Roseville Commons employees by giving them a day off to celebrate the Labor Day holiday. Did you know that Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September? This year Labor Day falls on Monday, September 5th. This holiday was created by the labor movement in the late 19th century and became a federal holiday in 1894.

Also in September, I look forward to holding our second Open House on Thursday, September 29th from 2:00 p.m. to 4:00 p.m. Our theme for this open house is "Let's Taco 'Bout Roseville Commons!" We plan to serve you a fabulous taco bar, margaritas and of course, entertainment is scheduled as well!



Our new Resident Dining Council will be meeting for the first time in September. Eight residents have joined the council and they will be meeting once a month with Chef Chris and myself. We will go over menu suggestions, recipe ideas and even do some taste testing! The members of the council will change every 6 months, so please let us know if you have interest in being part of our Dining Council.

"There are flowers enough in summertime, more flowers than I can remember. But none with the purple, gold and red, that dye the flowers of September." By Mary Howitt

Kathy

Kitchen Corner

Hello Residents,

Away with HOT summer weather and in with COOL fall weather... one of my favorite seasons of the year. Autumn is the season for all things cozy and warm. With the change of the season, fall brings new in-season produce! We are very excited in the kitchen to transform our menu from summer related items to more hearty and robust brunch & dinner fall inspired dishes. Continuing with our monthly National Food holidays we have some fun days coming up this September. We have National Baby Back Ribs Day, Cheese Pizza Day, Hot Dog Day, Linguini Day, Monte Cristo Sandwich Day, Cherries Jubilee Day & Mulled Cider Day.

We have added a Dining Room HOST to every Brunch and Dinner service. Please be patient and wait at the Dining Room entrance door to be seated. We understand some residents prefer to sit at specific tables. If these tables are occupied or are just becoming free when you arrive, please wait for the waitstaff to get your table ready, so that we can give you the dining experience you deserve. We ask that you please be patient in waiting for a table as the Dining Room is getting more and more occupied during our busier hours (Brunch 11a.m.-12p.m.) & (Dinner 4:15p.m.-5:30p.m.).

We all appreciate your continued positive attitudes while we create the best dining experience possible.

Thank you,
Chef Chris & Staff



Let's Taco 'Bout Roseville Commons Open House & Happy Hour

*Please join us on
Thursday, September 29th
from 2:00 p.m. to 4:00 p.m.*

For a fun afternoon including:

*Entertainment by
Tom & Sharon Woodall*

*Taco Bar with Carne Asada
& Chicken Tacos*

*Margaritas and other
Beverages*



*Please see our Marketing Director,
Drew Marcus, for our more
information about our \$1,000
Resident Referral Program.*



Our Marketing Director, Drew Marcus
will be holding a monthly Men's Club
get together for all the
Roseville Commons men!

This month's get together will be held on
Friday, September 9th
at 1:00 p.m.
on the Sunset Terrace

Beer & snacks will be served!

What's Happening in September

Tuesday, September 6th at 1:30 p.m. in the RR, we will have an **Activity Talk Meeting**. This meeting is for all residents to participate in. Tina will go over the monthly calendar and residents will have the opportunity to provide feedback and activity suggestions for the upcoming fall season.



Saturday, September 10th from 10:00 a.m. to 1:00 p.m. Jewelry Fair with Maria Macchia in the Rose Room. Maria will be selling senior friendly & affordable fashion jewelry, including necklaces, rings, stretch bracelets including some accented in silver, gemstones and pearls.



Monday, September 12th at 1:30 p.m. Shellie Young from RX Healthcare Services will be educating all of us on **Stress Management and Healthy Heart Habits**. Please join us in the Rose Room for Shellie's presentation.



Tuesday, September 13th & 27th at 1:00 p.m. Join us in the Rose Room for an hour of **Karaoke** fun! We have hundreds of songs to choose from, so get your voices ready! Even if you don't sing, come down and enjoy the music and cheer on our resident & staff karaoke singers!



Marketing Moments

Dear Friends,

As September arrives, our thoughts begin to turn away from the heat of summer and toward the changing of the season. Even though we will still have more than our fair share of hot days before the eventual cool down, we can begin to look forward to all the changes and special moments as the year shows its more temperate side.

Even as I fondly remember the Grand Opening BBQ, the Ice Cream Social, and delicious Open House appetizers served on our sunny patio, what I will truly enjoy is saying farewell to the consecutive 100-degree days. I can't wait for the leaves to change, the air to cool, and for the melancholy moods of fall to wind their way to our front door.

As the season shifts, it also makes me consider the changes that we face together. Our community is filled with people who, every day, encounter new joys and new challenges. I hope that your joys are plentiful and shared among friends, and I pray your challenges are surmountable and buoyed with love and hope.

Drew



Living the Sweet Life

Milton Hershey, born on September 13, 1857, is remembered for giving the world its most famous chocolate bar. But Hershey was much more than a chocolatier. He was a passionate philanthropist who built an entire community for the benefit of his workforce.



Hershey failed at two confectionary businesses before finally moving to Lancaster, Pennsylvania, where he started making homemade caramels. He had learned the key to making delicious caramels in Denver, Colorado, and fresh milk was his secret ingredient. When he secured a huge order to sell his caramels in England, Hershey was able to pay off his debts, buy more equipment, and expand his business to chocolate.

Hershey had perfected his recipe for caramel, and now he concocted his own recipe for milk chocolate. In 1903, he built a factory that employed the latest technology and mass production techniques. He could now sell his



chocolate bars nationally, and his Hershey bars became the first nationally marketed chocolate bars in America.

Just as Hershey understood the importance of developing his own recipes, he also understood the importance of nurturing his workforce. He established the Hershey Industrial School in 1909, a private boarding school that offered educational opportunities and work training for orphans. This was the first step in building an entire community around the factory that included housing, businesses, churches, education, museums, and even a public trolley system. Buildings enjoyed the luxury of full electrification, indoor plumbing, and central heating. Hershey gave America sweet treats, but he gave his employees something more: a sweet opportunity to live the American Dream.

September Birthdays

In astrology, those born from September 1–22 are Virgo’s virgins. Often symbolized by the goddess of agriculture, Virgos are logical, practical, and aware of every detail. Those born from September 23–30 balance the scales of Libra. Libras strive for equilibrium and flourish in harmonious partnerships. Libras often surround themselves with tasteful art objects that create balanced environments.

Famous September Birthdays

- Lily Tomlin – Sept. 1, 1939
- Salma Hayek – Sept. 2, 1966
- Idris Elba – Sept. 6, 1972
- Misty Copeland – Sept. 10, 1982
- Harry Connick Jr. – Sept. 11, 1967
- Tyler Perry – Sept. 13, 1969
- B. B. King – Sept. 16, 1925
- Dorothy Vaughan – Sept. 20, 1910
- Bruce Springsteen – Sept. 23, 1949
- Jack LaLanne – Sept. 26, 1914
- Ed Sullivan – Sept. 28, 1901
- Martina Hingis – Sept. 30, 1980

Our September Birthdays

- 10th Shirley Vallotton
- 15th Joel Segel
- 19th Martha Upfold
- 28th Bettie Hill

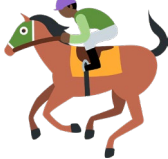


We will be celebrating the September birthdays during our birthday brunch on Wednesday, September 28th at 11:00 a.m. in the Dining Room.



The Games We Play

Horse Races: Friday, September 2nd & 23rd at 2:30 p.m. in the RR. The Roseville Commons horses are ready to race so come place your bets!



Bean Bag Baseball Games: Tuesday, September 6th, 13th, 20th, & 27th 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 homeruns! This last month we have had so many new players join our teams, and spectators in the room during the game.



BUNCO is on Friday, September 30th at 1:00 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.



New! Golf Putting Game on Friday, September 2nd & 16th at 10:30 a.m. This indoor game is great for gold putting practice and a whole lot of fun!



New! Bullseye Bucket on Monday, September 26th at 1:30 p.m. This is a fun bean bag type game that will challenge you to hit the bullseye! Come down to the Rose Room and give it a try!



Wii Bowling: In addition to playing Wii Bowling on some Mondays & Thursdays, we have added games on Saturday afternoons starting at 1:30 p.m.



We encourage everyone to come down and try out one of our scheduled games!

Special Holiday Menus



Labor Day Dinner
Monday, September 5th
From 3:30 p.m. to 6:00 p.m.
In the Dining Room

- Corn Chowder
- Fruit Salad
- B.B.Q. Ribs
- Potato Salad
- Grilled Vegetables
- Ice Cream Bars



Grandparent’s Day Dinner
Sunday, September 11th
From 3:30 p.m. to 6:00 p.m.
In the Dining Room

- Cream of Mushroom Soup
- Caesar Salad
- Cranberry Glazed Cornish Game Hen
- Roasted Fingerling Potatoes
- Asparagus
- Cherrie Jubilee Dessert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div> <div>1</div> <div> 9:00 Tai Chi DVD ~ RR 9:00 Catholic Communion~ CH 10:00 Senior Stretching~ RR DVD Seated Exercise 10:30 Trivia Challenge 12:30 Wii Bowling~ RR 1:00 Wii Bowling~ RR 2:30 Happy Hour~ RR with Tony Quinn </div> </div>	<div> <div>2</div> <div> 9:00 Qi Gong DVD~ RR 10:00 Seated/Band~ RR Exercise Class w/Tina 10:30 Golf Putting~ RR 12:30 Ceramics Class~ RR 2:30 Horse Races~ RR Come Place your Bets! 6:00 Friday Night Movie~ RR </div> </div>	<div> <div>3</div> <div> 10:00 Senior Stretching~ RR DVD Seated Exercise 11:00 Seated Yoga DVD~ RR 1:30 Wii Bowling~ RR 2:00 Wii Bowling~ RR 6:00 Saturday Night Movie~ RR </div> </div>
<div> <div>4</div> <div> 9:05 Tai Chi DVD~ RR 10:00 Brain Teasers~ RR 11:00 Seated Yoga DVD~ RR 1:00 Matinee Movie~ RR with Popcorn 6:00 Board Games~ LB </div> </div>	<div> <div>5</div> <div> LABOR DAY 9:00 Qi Gong DVD~ RR 10:00 Seated/Band~ RR Exercise class w/Tina 3:30 a.m. - 6:00 p.m. Labor Day B.B.Q 1:15 Matinee Movie~ RR 6:00 Resident Games~ LB </div> </div>	<div> <div>6</div> <div> 9:00 Seated Massages~ CR sign-up in the pink book 9:00 Tai Chi DVD~ RR 10:00 Weights & Balance~ RR 10:30 Spelling Bee~ RR 12:30 Sing-along with Piano Man Dan~ RR 1:30 Activity Talk~ RR 2:30 Bean Bag Baseball~ RR 6:00 Yahtzee Hour~ LB </div> </div>	<div> <div>7</div> <div> 9:00 Qi Gong DVD~ RR 10:00 Weights & Balance~ RR Exercise class w/Tina 1:00 POKENO~RR (18 nickels & 2 Quarters) 2:30 Bingo~ RR (10 dimes & 2 quarters) 6:00 Residents Card Night ~ LB </div> </div>	<div> <div>8</div> <div> 9:00 Tai Chi DVD~ RR 10:00 Senior Stretching~ RR DVD Seated Exercise 10:30 Trivia Challenge~ RR 12:30 Wii Bowling~ RR 1:00 Wii Bowling~ RR 2:30 Happy Hour~ RR with James Gledhill Music of the 70's </div> </div>	<div> <div>9</div> <div> 9:00 Qi Gong DVD~ RR 10:00 Seated/Band~ RR Exercise Class with Tina 11:00 Community Service Project: Rock Painting~ CR 1:00 Men's Club w/ Drew~ ST 2:30 Wine Social with Robert Mullan~ RR 6:00 Friday Night Movie~ RR </div> </div>	<div> <div>10</div> <div> 9:00 Senior Stretching~ RR DVD Seated Exercise 10:00 a.m. to 1:00 p.m. Jewelry Fair with Maria Macchia 1:30 Wii Bowling~ RR 2:00 Wii Bowling~ RR 6:00 Saturday Night Movie~ RR </div> </div>
<div> <div>11</div> <div> GRANDPARENTS DAY 9:05 Tai Chi DVD~ RR 10:00 Brain Teasers~ RR 11:00 Seated Yoga DVD~ RR 2:30 Music with Todd Troutman 3:30 p.m.- 6:00 p.m. Grandparent's Day Dinner 6:00 Board Games~ LB </div> </div>	<div> <div>12</div> <div> 9:00 Qi Gong DVD~ RR 10:00 Seated/Band~ RR Exercise class w/Tina 11:00 Tai Chi DVD~ RR 1:30 Stress Management & Healthy Heart Habits Presented by RX Heath 3:00 POKENO~ RR 5:15 Monday Night Football~ RR Broncos at Seahawks </div> </div>	<div> <div>13</div> <div> 9:00 Tai Chi DVD~ RR 10:00 Weights & Balance~ RR Exercise class w/Tina 10:30 Word Power~ RR 1:00 Karaoke Hour~ RR 1:30 Free Hearing Check-up~ LB 2:30 Bean Bag Baseball~ RR 6:00 Yahtzee Hour~ LB </div> </div>	<div> <div>14</div> <div> 9:00 Qi Gong DVD~ RR 10:00 Weights & Balance~ RR Exercise class w/Tina 11:00 Donut Social~ RR 1:00 POKENO~ RR (18 nickels & 2 Quarters) 2:30 Bingo & Raffles w/ Kathy (10 dimes & 2 quarters) 6:00 Residents Card Night~ LB </div> </div>	<div> <div>15</div> <div> 9:00 Tai Chi DVD~ RR 9:00 Catholic Communion~ CH 9:30 Blood Pressure Checks~ LB 10:00 Senior Stretching~ RR 10:30 Trivia Challenge 12:30 Wii Bowling~ RR 1:00 Wii Bowling~ RR 2:30 Happy Hour~ RR with Todd Morgan </div> </div>	<div> <div>16</div> <div> 9:00 Qi Gong DVD~ RR 10:00 Seated/Band~ RR Exercise Class w/Tina 10:30 Golf Putting~ RR 12:30 Ceramics Class~ RR 2:30 Root Beer Float Social on the Sunset Terrace 6:00 Friday Night Movie~ RR </div> </div>	<div> <div>17</div> <div> 10:00 Senior Stretching~ RR DVD Seated Exercise 11:00 Seated Yoga DVD~ RR 1:30 Wii Bowling~ RR 2:00 Wii Bowling~ RR 6:00 Saturday Night Movie~ RR </div> </div>
<div> <div>18</div> <div> 9:05 Tai Chi DVD~ RR 10:00 Brain Teasers~ RR 11:00 Seated Yoga DVD~ RR 1:00 Matinee Movie~ RR with Popcorn 6:00 Board Games~ LB </div> </div>	<div> <div>19</div> <div> 9:00 Qi Gong DVD~ RR 10:00 Seated/Band~ RR Exercise class w/Tina 11:00 Tai Chi DVD~ RR 12:00 Wii Bowling~ RR 12:30 Wii Bowling~ RR 2:00 Autumn Crafts~ RR 5:15 Monday Night Football~ RR Titans at Buffalo Bills </div> </div>	<div> <div>20</div> <div> 9:00 Seated Massages ~ CR sign-up in the pink book 9:00 Tai Chi DVD ~ RR 10:00 Weights & Balance ~ RR 10:30 Spelling Bee 12:30 Sing-along with Piano Man Dan 2:30 Bean Bag Baseball ~ RR 6:00 Yahtzee Hour ~ LB </div> </div>	<div> <div>21</div> <div> 9:00 Qi Gong DVD~ RR 10:00 Weights & Balance~ RR Exercise class w/Tina 1:00 POKENO~ RR (18 nickels & 2 Quarters) 2:30 Bingo~ RR (10 dimes & 2 quarters) 6:00 Residents Card Night~ LB </div> </div>	<div> <div>22</div> <div> AUTUMN BEGINS 9:00 Tai Chi DVD~ RR 10:00 Senior Stretching~ RR DVD Seated Exercise 10:30 Autumn Fun Facts 12:30 Wii Bowling~ RR 1:00 Wii Bowling~ RR 2:30 Happy Hour~ RR with Ellen & Larry DeLeon </div> </div>	<div> <div>23</div> <div> 9:00 Qi Gong DVD~ RR 10:00 Seated/Band~ RR Exercise Class w/Tina 11:00 Community Service Project: Rock Painting~ CR 2:30 Horse Races~ RR Come Place your Bets! 6:00 Friday Night Movie~ RR </div> </div>	<div> <div>24</div> <div> 10:00 Senior Stretching~ RR DVD Seated Exercise 11:00 Seated Yoga DVD~ RR 1:30 Wii Bowling~ RR 2:00 Wii Bowling~ RR 6:00 Saturday Night Movie~ RR </div> </div>
<div> <div>25</div> <div> 9:05 Tai Chi DVD~ RR 10:00 Brain Teasers~ RR 11:00 Seated Yoga DVD~ RR 1:00 Matinee Movie~ RR with Popcorn 6:00 Board Games~ LB </div> </div>	<div> <div>26</div> <div> 9:00 Qi Gong DVD~ RR 10:00 Seated/Band~ RR Exercise class w/Tina 11:00 Tai Chi DVD~ RR 12:00 Wii Bowling~ RR 12:30 Wii Bowling~ RR 1:30 Bullseye Bucket~ RR 3:00 POKENO~ RR 5:15 Monday Night Football~ RR Vikings at Eagles </div> </div>	<div> <div>27</div> <div> 9:00 Tai Chi DVD~ RR 10:00 Weights & Balance~ RR Exercise class w/Tina 10:30 Autumn Poetry Reading 1:00 Karaoke Hour~ RR 2:30 Bean Bag Baseball~ RR 6:00 Yahtzee Hour~ LB </div> </div>	<div> <div>28</div> <div> 9:00 Qi Gong DVD~ RR 10:00 Weights & Balance~ RR Exercise class w/Tina 11:00 Birthday Brunch~ DR 1:00 POKENO~ RR (18 nickels & 2 Quarters) 2:30 Bingo~ RR (10 dimes & 2 quarters) 6:00 Residents Card Night~ LB </div> </div>	<div> <div>29</div> <div> 9:00 Tai Chi DVD~ RR 10:00 Senior Stretching~ RR DVD Seated Exercise 10:30 Open House Preparation 2:00 to 4:00 p.m. Open House & Happy Hour Taco Bar & Margaritas Music with Tom & Sharon Woodall </div> </div>	<div> <div>30</div> <div> 9:00 Qi Gong DVD~ RR 10:00 Seated/Band~ RR Exercise Class w/Tina 10:30 Help Decorate for October 1:00 Bunco~ LB 3:00 Afternoon Bingo~ RR (10 dimes & 2 quarters) 6:00 Friday Night Movie~ RR </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!