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 thru 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

Large Laundry Room on 1st Floor
7:00 a.m. to 10:00 p.m. - 7 Days a Week

Small Laundry Rm: 1st, 2nd & 3rd Floors
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

October 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 October

Happy Hour with Live Entertainment
Every Thursday
from 2:30 p.m. to 3:30 p.m.

10/6 Lincoln Highway Band
10/13 Gary Blodgett
10/20 Collin Hobbs
10/27 Evening Star Band

Ceramics Class
October 7th & 21st
from 12:30 p.m. to 1:30 p.m.
Only 10 spots available!

Sing Along with Piano Man Dan
October 4th & 18th
from 12:30 p.m. to 1:30 p.m.
with Robert Mullan

Wine Social
October 14th
from 2:30 p.m. to 3:30 p.m.
with Keith Williams

Candy Bar Madness Tournament
Tuesday, October 25th at 1p.m.
In honor of Halloween, your favorite candy bars compete to see who's best!

Join us for the fun!

Happy Fall Everyone,

Roseville Commons has a busy month ahead, full of community renovation projects and activities!

There was a supply and delivery delay on our new carpet for the first-floor hallways, Rose Room, and offices. The installation date is now scheduled for the third week of October. The carpet will be installed in sections each day until the project is completed.

We are excited to announce the City of Roseville has approved our Minor Design Permit and the exterior painting project is scheduled for October. We will be sending out notices to residents when the exterior of your apartment will be painted and will need your help removing all items from your balcony prior to your scheduled paint day.

Lois Richie passing last month was a heartbreaking loss for our community. Lois lived at Roseville Commons for 25 years and provided friendship and care to all her peers and our staff. We will be creating a special permanent memorial on our grounds in her honor. As many of you know, Lois started and oversaw the Employee Christmas Fund here at Roseville. It will be big shoes to fill; however, we are looking for a new resident who can oversee the fund. If you have a caring heart and would be interested, please see me in the Front Office.

Personally, I recently enjoyed celebrating the first birthday of my grandson, Ryker. My daughter, Amanda planned a wonderful outdoor party with Emergency Services as the theme. Since my son-in-law has connections (he works for Sacramento County Sheriff's Department), a fire truck and a sheriff's patrol car even showed up to the party to help celebrate Ryker's birthday. I'm a proud grandma, so just ask me and I will show you pictures of the fun-filled party!

Kathy

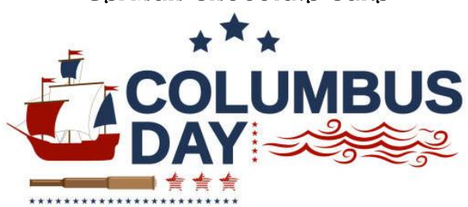
October 2022

Kitchen Corner

We will be celebrating three special holiday dinners this month! Guests are always invited!

Monday, October 3rd

Dill Cucumber Salad & Beer Cabbage Soup
Bratwurst & Sauerkraut
Herbed Mashed Potatoes
Green Beans with Onions & Red Peppers
German Chocolate Cake



Monday, October 10th

Caesar Salad & Mirao Soup
Buttery Biscuit
Homestyle Meatloaf
Mashed Potatoes & Gravy
Sweet Corn with Red Peppers
Lemon Meringue Pie

Monday, October 31st

Sinister Salad and Scream of Tomato Soup
Witches Stew & Severed Fingers
Mac-O-Lantern & Cheese Boats
Count Chocula Cookies

Reminder…

It's Flu Shot Season!

A Flu Shot Clinic is scheduled for
Thursday, October 6th
from 9:00 a.m. to 11:30 a.m.
in the 1st Floor Library

Placer County Health Services will be providing FREE Flu vaccinations!

Consent forms are available in the Front Office

Candy Bar Madness Tournament

Tuesday, October 25th
At 1:00 p.m.
In the Rose Room

What a better way to celebrate Halloween then to have a Candy Bar Test Testing and Madness Tournament!

16 candies will enter… but only one will win! Come play our "March Madness" style Candy Bracket game for a chance to win a prize!

What's Happening in October

Friday, October 7th at 1:00 p.m.
Tammy will be taking several loads of residents to **Dairy Queen** to enjoy an afternoon treat! *Sign up in the front Lobby Transportation Book.*

Tuesday, October 18th at 1:30 p.m. Men's Club Meeting with Drew on the Sunset Terrace. Outdoor games will be set up and beer and snacks will be served.

Monday, October 17th at 1:30 p.m. A special presentation about the **Early History of New Mexico** from our very own, Joel Segel!

Wednesday, October 5h & 19th at 1:00 p.m. Join us in the Rose Room for an hour of **Karaoke** fun! Even if you don't sing, come down and enjoy the music and cheer on our resident & staff karaoke singers!

Wednesday, October 19th at 9:00 a.m. Coffee anyone? Tammy will be taking several loads of residents to **Starbuck's**. *Sign up in the front Lobby Transportation Book.*

Wednesday, October 26th at 1:00 p.m. We need resident helpers to **decorate sugar cookies** for our Halloween Celebration! We will be frosting and decorating pumpkin cookies!

Monday, October 31st at 1:30 p.m. We will be having a **Halloween Costume Fashion Show and Contest** in the Rose Room for residents and staff! Residents & staff are encouraged to dress up and join in on the fun! Prizes will be given to the winners!

Marketing Moments

Dear Residents,

October has always been one of my favorite months of year. It has everything from cool Autumn breezes to pumpkin spice lattes; from spooky costumed monsters to bags full of candy. Truly, it is a treat for the senses and a boon for our activities calendar.

Be sure to join in on our Halloween themed activities. You can either make seasonal Autumn crafts or feed your creative side by decorating delicious sugar cookies. You can even boost your favorite treat to win the Candy Bar Madness Tournament and then finish the month with a prize-winning Halloween costume. I can't wait to celebrate with each of you.

And remember, one thing that isn't scary is earning $1000 in rent forgiveness. If you refer a friend or family member to us, and they're a first contact who becomes as resident for at least three months, you will receive $1000 in free rent the following month.

Have a Spook-tacular month, everyone!

Drew

Carving a Legend

One of the most beloved traditions of the Halloween season is carving pumpkins into jack-o'-lanterns. The term *jack-o'-lantern* comes from an old Irish folktale about a clever and miserly old man known as Stingy Jack.

Legend has it that Stingy Jack invited the Devil to have a drink with him. True to his nickname, Jack did not want to pay the bill, so he convinced the Devil to transform into a coin that Jack could use to pay for their drinks. The Devil agreed to go along with the trick, but then Jack decided to keep the coin, placing it in his pocket alongside a silver cross, which prevented the Devil from transforming back.

Jack then made a bargain with the Devil, allowing him to transform back on the condition that the Devil would not bother Jack for a year and, if Jack should die, the Devil would not claim his soul. The Devil had to agree, and Jack was safe for the year. When the year was up, Jack cleverly tricked the Devil into climbing a tree to pick some fruit. Jack once again trapped the Devil by carving a cross into the tree's bark. A new bargain was struck for the Devil's release. This time the Devil agreed to not bother Jack for 10 years.

Soon after, Jack died. God would not allow him into Heaven, and the Devil would not allow him into Hell. The Devil instead sent Jack off into the dark of night with nothing but a lump of coal to guide him. Jack put the burning coal into a lantern carved from a turnip and has been wandering the earth ever since. The Irish call his wandering spirit Jack of the Lantern, or jack-o'-lantern.

The Irish carved their lanterns out of turnips and potatoes and placed them at their doors and windows to scare away Stingy Jack and other malevolent spirits. The English carved large beets. When Irish immigrants arrived in the United States, they discovered that pumpkins made the best lanterns of all. We've used them as jack-o'-lanterns ever since.

October Birthdays

In astrology, those born from October 1–22 balance the scales of Libra. Libras strive for equilibrium and symmetry and flourish in harmonious partnerships. Libras surround themselves with balanced environments. Those born from October 23–31 are Scorpios. Scorpios cherish the truth and are not afraid to go to extraordinary lengths to uncover mysteries and get what they want.

Kelly Ripa (talk show host) – October 2, 1970
Susan Sarandon (actress) – October 4, 1946
Bernie Mac (comedian) – October 5, 1957
Jesse Jackson (minister) – October 8, 1941
Hugh Jackman (actor) – October 12, 1968
Naomi Osaka (tennis pro) – October 16, 1997
Chuck Berry (musician) – October 18, 1926
Kamala Harris (vice president) – October 20, 1964
Ryan Reynolds (actor) – October 23, 1976
Winona Ryder (actress) – October 29, 1971

Resident Birthdays

1st	Rosaline Lamb Born October 1, 1922!
2nd	Mary Daniels
4th	Frank Escamilla
6th	Dee Huston
10th	Elaine Lyttle
11th	Debra Trainor
12th	Donna Kelly
12th	John Moore
14th	Rita Price
18th	Bill Wallace
23rd	James Petroske

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

October 2022

The Games We Play

Bean Bag Baseball Games on Tuesday, October 4th, 11th, 18th, & 25th starting at 2:00 p.m. in the RR. This is such a fun interactive game for everyone.

BUNCO is on Tuesdays, October 4th & 18th at 3:30 p.m. in the Library on the 1st floor. Prizes will be awarded to the winners!
No money needed for this game.

Horse Races on Friday, October 7th & 21st at 2:00 p.m. in the RR. The Roseville Commons horses are ready to race so come place your bets! Six (6) quarters are needed to play!

Golf Putting Game on Wednesday, October 12th at 1:00 p.m. This indoor game is great for golf putting practice and a whole lot of fun!

Bullseye Bucket on Fridays, October 14th & 28th at 1:00 p.m. This is a fun bean bag type game that will challenge you to hit the bullseye! Come down to the Rose Room join a team!

Pokeno & Bingo: Check the activity calendar for dates & times! Scheduled on Mondays, Wednesdays, and Fridays.

Pokeno: 18 nickels & 2 quarters
Bingo: 10 dimes & 2 quarters

Wii Bowling: Check the Calendar for dates & times! Scheduled on Mondays, Thursdays, and Saturdays. Four residents are needed for each game!

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

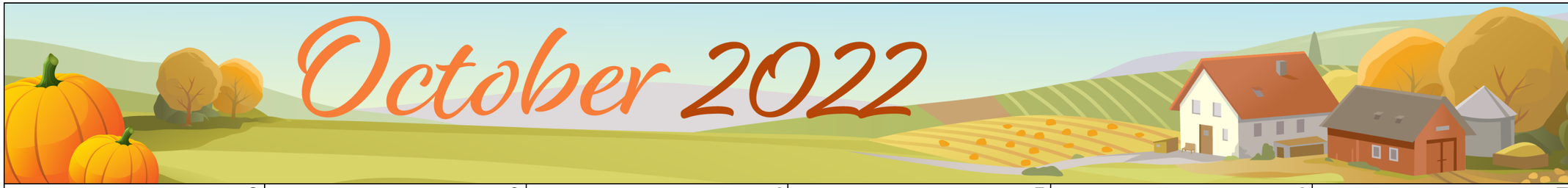
Drawing Success

In 1923, the talented cartoonist Walt Disney moved to Los Angeles, California, after his Laugh-O-Gram animation studio went bankrupt. On October 16 of that year, Walt and his brother Roy founded the Disney Brothers Cartoon Studio, the studio that would eventually become the Walt Disney Company. It would be five years before Disney created Mickey Mouse, who debuted in the cartoon short *Steamboat Willie*. Mickey would become so popular that Walt used the character in several cartoon shorts.

Walt's ambitions then grew. In 1934, he decided to produce a feature-length cartoon. The film employed over 300 animators, artists, and assistants and went 400% over budget. Some called it "Disney's Folly," but we now know it as *Snow White and the Seven Dwarfs*. This smash-hit would make the Walt Disney Company the most successful media company in the world.

All residents and staff are encouraged to wear pink on Friday, October 21st

Marlee Simms – Apt. 220



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 **9:00** Qi Gong DVD **10:00** Senior Stretching- RR DVD Seated Exercise **11:00** Seated Yoga DVD- RR **12:30** Wii Bowling- RR **1:00** Wii Bowling- RR **6:00** Saturday Night Movie - RR
2 **9:00** 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	3 **OKTOBERFEST ENDS** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **11:00** Tai Chi DVD- RR **12:00/12:30** Wii Bowling- RR **1:30 Activity Talk**- RR **3:00** Pokeno- RR **3:30-6p.m. Oktoberfest Dinner- DR** **5:15** Monday Night Football- RR	4 **9:00** Tai Chi DVD- RR **10:00** Weights & Balance w/Tina-RR **10:30** Jokes & Riddles- RR **12:30** Sing-along with Piano Man Dan- RR **2:00** Bean Bag Baseball- RR **3:30** Bunco- LB **6:00** Resident Game Night- LB	5 **9:00** Qi Gong DVD- RR **10:00** Band Exercise with Tina- RR **11:00** Tai Chi DVD- RR **1:00** Karaoke Hour- RR **2:30** Afternoon Bingo- RR **6:00** Residents Card Night- LB	6 **9:00 a.m. to 11:30 p.m.** **Flu Shot Clinic - LB** **9:00** Catholic Communion- CH **10:00** Weights & Balance w/Tina-RR **12:30/1:00** Wii Bowling- RR **2:30 Happy Hour~ RR** **with Lincoln Highway Band** **5:15** Thursday Night Football- RR	7 **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **12:30** Ceramics- RR **1:00 Dairy Queen Outing** **2:00 Horse Races- RR** ***Come Place your Bets!*** **3:30** Afternoon Bingo- RR **6:00** Friday Night Movie- RR 	8 **9:00** Qi Gong DVD- RR **10:00** Senior Stretching- RR DVD Seated Exercise **11:00** Seated Yoga DVD- RR **12:30** Wii Bowling- RR **1:00** Wii Bowling- RR **6:00** Saturday Night Movie- RR
9 **9:00** 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	10 **COLUMBUS DAY** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **11:00** Tai Chi DVD- RR **12:00/12:30** Wii Bowling- RR **1:30 Ice Cream Cone Social - ST** **3:00** Pokeno- RR **3:30-6p.m. Columbus Day Dinner** **5:15** Monday Night Football- RRe	11 **9:00** Seated Massages- CR **9:00** Tai Chi DVD- RR **10:00** Weights & Balance w/Tina-RR **10:30** Spelling Bee- RR **1:00 Hearing Aid Checks**- LB **2:00** Bean Bag Baseball- RR **3:30** Yahtzee Hour- LB **6:00** Resident Game Night- LB	12 **9:00** Donut Social- RR **10:00** Band Exercise with Tina- RR **11:00** Tai Chi DVD- RR **1:00** Golf Putting- RR **2:30** Afternoon Bingo- RR and Raffle Prizes with Kathy **6:00** Residents Card Night- LB	13 **9:00** Tai Chi DVD- RR **9:00** Catholic Communion- CH **10:00** Weights & Balance w/Tina-RR **10:30** Trivia Challenge- RR **12:30/1:00** Wii Bowling- RR **2:30 Happy Hour- RR** **with Gary Blodgett** **5:15** Thursday Night Football- RR	14 **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **1:00** Bulls Eye Bucket- RR **2:30 Wine Social- RR** **with Keith Williams** **6:00** Friday Night Movie- RR 	15 **9:00** Qi Gong DVD- RR **10:00** Senior Stretching- RR DVD Seated Exercise **11:00** Seated Yoga DVD- RR **12:30** Wii Bowling- RR **1:00** Wii Bowling- RR **6:00** Saturday Night Movie- RR
16 **9:00** 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	17 **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **11:00** Tai Chi DVD- RR **12:00/12:30** Wii Bowling- RR **1:30 Joel Segel Presentation- RR** **Early History of New Mexico** **3:00** Pokeno- RR **5:15** Monday Night Football- RR	18 **9:00** Tai Chi DVD- RR **10:00** Weights & Balance w/Tina-RR **10:30** Autumn Poetry- RR **12:30** Sing-along with Piano Man Dan- RR **1:30 Men's Club with Drew- ST** **2:00** Bean Bag Baseball- RR **3:30** Bunco- LB	19 **9:00 Starbucks Outing** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina **11:00** Tai Chi DVD- RR **1:00** Karaoke Hour- RR **2:30** Afternoon Bingo- RR **6:00** Residents Card Night- LB 	20 **9:00** Tai Chi DVD ~ RR **9:00** Catholic Communion~ CH **10:00** Weights & Balance w/Tina-RR **10:30** Trivia Challenge **12:30/1:00** Wii Bowling~ RR **2:30 Happy Hour~ RR** **with Collin Hobbs** **5:15** Thursday Night Football- RR	21 **BREAST CANCER AWARENESS** ***Wear Pink Today!*** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina **12:30** Ceramics- RR **2:00 Horse Races- RR** ***Come Place your Bets!*** **3:30** Afternoon Bingo- RR **6:00** Friday Night Movie- RR 	22 **9:00** Qi Gong DVD- RR **10:00** Senior Stretching- RR DVD Seated Exercise **11:00** Seated Yoga DVD- RR **12:30** Wii Bowling- RR **1:00** Wii Bowling- RR **6:00** Saturday Night Movie- RR
23 **9:00** 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	24 **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **11:00** Tai Chi DVD- RR **12:00/12:30** Wii Bowling- RR **1:30 Autumn Crafts**- RR **3:00** Pokeno- RR **5:15** Monday Night Football- RR	25 **9:00** Seated Massages- CR **9:00** Tai Chi DVD- RR **10:00** Weights & Balance w/Tina-RR **10:30** Halloween Fun Facts- RR **1:00 Candy Bar Madness Tourney** **2:00** Bean Bag Basebal- RR **3:30** Yahtzee Hour- LB **6:00** Resident Game Night 	26 **9:00** Donut Social- RR **10:00** Band Exercise with Tina- RR **11:00 Birthday Brunch - DR** **1:00 Halloween Sugar Cookie** **Decorating- RR** **2:30** Afternoon Bingo- RR **6:00** Residents Card Night- LB	27 **9:00** Tai Chi DVD- RR **9:00** Catholic Communion- CH **10:00** Weights & Balance w/Tina-RR **10:30** Trivia Challenge- RR **12:30/1:00** Wii Bowling~ RR **2:30 HALLOWEEN CELEBRATION** **with Evening Star Band- RR** **5:15** Thursday Night Football- RR	28 **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **10:30** Board Decorating **1:00** Bulls Eye Bucket- RR **3:00** Pokeno- RR **3:30** Afternoon Bingo- RR **6:00** Friday Night Movie- RR 	29 **9:00** Qi Gong DVD- RR **10:00** Senior Stretching- RR DVD Seated Exercise **11:00** Seated Yoga DVD- RR **12:30** Wii Bowling- RR **1:00** Wii Bowling- RR **6:00** Saturday Night Movie- RR
30 **9:00** 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	31 **HALLOWEEN** **9:00** Qi Gong DVD- RR **10:00** Band Exercise w/Tina- RR **11:00** Tai Chi DVD- RR **12:00/12:30** Wii Bowling- RR **1:30 Halloween Costume Contest** **3:00** Pokeno- RR **3:30-6p.m. Halloween Dinner- DR** **5:15** Monday Night Football- RR					

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. Calendar is subject to change