

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

11:00 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.

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.

Johnson Hauling & More

J. J. Johnson (916) 643-5164

Maintenance Man, Mover & More

Independent contractor.

Suburban Notary

Christina Valdez (916) 878-0435

Mobile Notary

Independent contractor.

Blood Pressure Checks

Rite Aid has a free blood pressure machine in the Pharmacy waiting area.

Rite Aid is within walking distance.

We have staff on site 24 hours, 7 days a week. We are here to assist you! Please call (916) 786-2751 for staff assistance.

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

Tammy Davis & De Rollins~

Van Transportation

Open ~ Bus Transportation

Margaret, Phul & Rosa ~ Housekeeping

Joy, Lori & 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 8:00 p.m.



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

Music with Dan

Tuesday, April 4th & 18th

12:30pm – 1:30pm ~ RR

Ceramic Classes

w/Claudie

Friday, April 7th & 21st

12:30pm – 1:30pm ~ RR

Happy Hour Thursdays

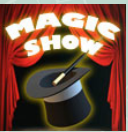
2:30 - 3:30pm ~ RR

w/Rick Turnage 4/6

w/Gene Lane 4/13

w/Linda Bracamonte 4/20

w/Lincoln Highway 4/27



Friday, April 14th

Open House, Spring

Celebration ~ RR

Magic Show

w/Mr. Illusion 4/14

Karaoke Hour

w/Jim & Linda

Friday, April 21st ~ RR

from 2:00 p.m. to 3:30 p.m.

That's right 1 ½ hours to sing!

Popcorn & Soda Social

w/Mara Stephenson

Friday, April 28th ~ ST

from 2:30 p.m. to 3:30 p.m.

On Sunset Terrace, depending

on the weather.

Bus Outings

Fridays ~ TBA

Check your calendar daily for our events!

Greetings & Happy April!

We are looking forward to some warmer weather and more sunshine! It's a wonderful season when flowers are starting to blossom, and the days are getting longer. April is often considered a time of new beginnings. As you reflect on this, perhaps you will feel renewed with a breath of fresh air that this season brings.

We have some wonderful activities planned for this month including a "Find Your Magic at Roseville Commons" Open House on Friday, April 14th. Mr.



Illusion will be here to amaze you with a magical performance. A caricature artist has also been scheduled during the open house to capture a cartoon portrait drawing of residents and our guests. In addition, Chef Chris will

dazzle your taste buds with a variety of appetizers. Residents and our guests can "taste the magic" the Roseville Commons culinary team creates for our Open House.

We have many new faces here at Roseville Commons and we are looking forward to enjoying getting to know all our new residents. It is truly an honor for our staff to serve you and your family at Roseville Commons. Thank you for allowing us to be part of the many fond memories made with you and your loved ones.

I look forward to April showers bringing May flowers!

Kathy Horbasch
Community Administrator

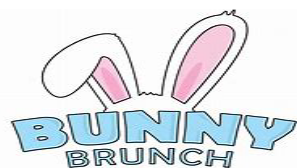
Culinary Corner

Hello Residents,

Spring is in the air, and so are the aromas from the kitchen! Please invite your friends and family for a wonderful Bunny Brunch this year on April 9th, from 10:00 a.m. to 12:30 p.m. Chef will be featuring a delicious and elegant Chef prepared meal for you and your loved ones



to enjoy. We will also have some delightful background music being played by Jon Spivack. We hope to see you all there! Please remember to pick-up your evening Togo meal after you have enjoyed your Bunny Brunch. All to-go meals need to be picked up prior to 1:00 p.m.



Sunday, April 9th
from 10:00 a.m. to 12:30 p.m.

Eggs Benedict

Or

Blackberry French Toast Bake

with Caramel sauce

O'Brien Potatoes

Roasted Asparagus

Strawberry Shortcake

Mimosa or

Sparkling Apple Cider

Chef Chris



A Beautiful Find



On April 8, 1820, a Greek farmer named Yorgos Kentrotas was searching for stones to rebuild a wall in a field on the island of Milos. The field was the scene of a ruined and ancient theater, and rubble littered the ground.

A French naval officer named Olivier Voutier watched Kentrotas as he heaved up a stone and curiously peered into a hole beneath. Voutier approached and saw that Kentrotas had unearthed a ruined statue—armless, cracked, and dirty, but remarkable. The farmer had discovered the *Venus de Milo*. While many historians believe the statue depicts Aphrodite, the Greek goddess of love and beauty (known as Venus to the Romans), her true identity is unknown. Another guess is that she is actually Amphitrite, goddess of the sea and wife of Poseidon. Her beauty, though, is undisputed, and she is considered one of the Louvre museum's most precious treasures.

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



Karen Springfield # 134

Joani Adelhelm #216

Leroy Perry Apt. #213



April Wedding Anniversaries

April 13th ~ Gary & Lou Cuccia

April 27th ~ Russ & Arlene Ramey

The Last Laugh

Remember to laugh out loud on April 14, International Moment of Laughter Day. Is laughing always the best medicine?



Research shows that laughter does impart several health benefits. When we laugh, we inhale more air and oxygen, stimulating the heart, lungs, muscles, and brain. A good laugh also stimulates the body's stress response and then deactivates it, causing heart rates to rise and fall, leaving us with satisfied, relaxed feelings. Laughter not only improves mood, but it encourages the positive thoughts that release *neuropeptides*, chemicals that fight stress and boost our immune systems. Laughter also stimulates chemicals that act as natural painkillers for our bodies. With laughter providing so many health benefits, communities are starting to form various laughter clubs in an effort to laugh more regularly.

While you are probably familiar with yoga, the ancient Indian practice of stretching, breathing, and meditation, are you familiar with laughter yoga? Laughter yoga draws upon many of yoga's foundational principles, such as its deep diaphragmatic breathing. Laughing produces full inhales and exhailes. While the laughter is simulated at first, the giggles soon become contagious and real. And we shouldn't overlook the human connections forged by sharing laughter. After a laughing yoga session, participants report feeling their spirits lifted and a greater sense of community.

But fake laughter? Research shows that even fake laughs and forced smiling are enough to boost our moods. While our brains know that we're faking it, our bodies do not. Once the brain sends the signal to the body to laugh, all of the associated physiological actions follow: the relaxation, the mood boost, and the increased energy. Perhaps this is the lesson of the old Chinese proverb: "A hearty laugh makes you ten years younger." Even if you're faking it.

Marketing Moments

Dear Residents,

As the days become more amenable and the weather more enjoyable, our residents, their families, and friends will be able to enjoy the wonderful location of Roseville Commons.

You can enjoy an invigorating stroll on nearby walking trails and through charming adjoining



neighborhoods. Or journey to historic Vernon Street which is filled with both shops and restaurants that showcase some of the best of Roseville dining and retail.

And right next door, you'll love the convenience and

closeness of Roseville Square. Enjoy a variety of local grocery options including Trader's Joe's and Smart & Final. Don't forget to take time to indulge in your favorite delicious coffee beverage from Starbuck's or maybe a chocolate shake from Chubby's Diner.

And that's only the beginning. Let's get out and explore!

Drew



We are excited to announce that we have our bus back up and running. We didn't plan any outings on the calendar this month because there is quite a process of getting the bus legally back on the road. I know everyone must be very excited, as all of us in the office are ecstatic. Due to the Pandemic, it has been three long years since we had our bus. Our last outing was on Friday, March 13, 2020 to the Old Spaghetti Factory, in Rancho Cordova. Once the bus is road legal, we will plan trips and post them on the community calendar, located in the hall. We will have the sign-up sheets in the **Pink** book.

Craft Corner

Step into a world of imagination for two hours a month. Sculpt and mold your own piece of art during ceramic classes on **Friday, April 7th & 21st in the RR from 12:30 p.m. ~ 1:30 p.m.** Our wonderful and talented instructor, Claudie Hiles, will guide you through this wonderful experience.



Tuesday, April 11th at 12:30 p.m. we will be making a spring sock bunny. Please sign-up in the **Pink** book.



“A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.”
— **George Bernard Shaw**

Tina

Bunny Hunt

I thought it would be fun to have a Bunny & Plastic Egg Hunt. So, on Friday, April 7th, I will be hiding burlap bunnies filled with little treats and surprises, along with plastic eggs. Please only take one bunny or plastic egg when you find one. This way everyone else can enjoy

finding a bunny or an egg for themselves. Have fun hunting and enjoy your treats.



Happy Hunting,
Tina

April Birthdays

In astrology, those born from April 1–19 are Aries’ Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries’ charisma and confidence make them effective leaders. Those born from April 20–30 are Taurus’ Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences.

- Marvin Gaye (singer) – April 2, 1939
- Eddie Murphy (comedian) – April 3, 1961
- Maya Angelou (poet) – April 4, 1928
- Billie Holiday (singer) – April 7, 1915
- Omar Sharif (actor) – April 10, 1932
- Al Green (singer) – April 13, 1946
- Kareem Abdul-Jabbar (athlete) – April 16, 1947
- Rick Moranis (actor) – April 18, 1953
- Jack Nicholson (actor) – April 22, 1937
- Ella Fitzgerald (singer) – April 25, 1917
- Carol Burnett (comedienne) – April 26, 1933
- Duke Ellington (composer) – April 29, 1899

Resident April Birthdays

- 7th **Victoria Garcia** # 228
- 15th **Maxine Morita** # 230
- 21st **Susan Sudhoff** # 306



We will be celebrating the March birthdays during our **Birthday Brunch on Wednesday, April 26th at 11:00 a.m. in the Dining Room**

Just a reminder to slow down in our halls and common area on your scooters!



Fun Excursions Coming Soon

It’s that time of year, where the birds are chirping more, and the butterflies are fluttering... it must mean, spring has sprung! We are so excited about our bus getting ready to be on the road. In the past, we always had a wonderful time on our Friday excursions!
One of our outings was to The Placer County Museum, located in Auburn. The Museum is filled with history and beautiful pieces of artwork. The Marshall Gold Discovery State Park is another beautiful place to visit, and have a picnic, after the tour. The Horse Races at Golden Gate Fields in Berkeley was a grand day.
Taking a day trip to Old Folsom, or Old Sacramento for a shopping spree and lunch is always a wonderful time with friends. I could go on, and on, about all the many different places we are going to be visiting, such as art galleries, museums, parks, restaurants, movie theaters, local plays, shopping malls, and don’t forget the casinos.



I’m so excited about being able to compete against some of our sister communities for a Bean Bag Baseball game. Campus Commons and Hilltop are two of the communities we have competed against. So, we need to keep honing our skills on a weekly basis, so we are ready to win! Not only do we need our team members, but we also will require some cheerleaders.

My mind is going in many directions trying to figure out places all of you would enjoy going to. Please start brainstorming on destinations you are interested in visiting and make a list for me. These excursions are for all of you. So, start planning!

Tina

Little Reminders

Hello Residents,
We just wanted to post some little reminders :

TRASH PICK-UP

We provide a nightly trash pick-up by your front door between the hours of 6:00 p.m. ~ 8 :00 p.m. Please make sure all your trash is in a closed trash bag, like the one in the picture. If you have any boxes, you must break them down and take them out to the dumpster located in the front of our community.



TRANSPORTATION

We provide transportation to and from medical appointments as well as errands, within an 8-mile radius. You must sign-up in the transportation books by 2:30 p.m. the day before your appointment, so Tammy can plan out her day. Sometimes Tammy has time to fit residents in on the same day, if she isn’t too busy. But please do not expect that to happen on a daily basis. Lately, Tammy’s schedule has been very full. Transportation hours are from 8:30 a.m. ~ 2:30 p.m. (last pick-up time is 2:30 p.m.) , If your appointment happens to run past 2:30 p.m., you will need to provide yourself with a ride back home on your own.

COMMON AREAS & OUTSIDE

- We strive on keeping our community beautiful and tidy.
- Please pick up after yourself and push in your chairs.
 - Please pick up after your dog’s outside. There is a doggy waste can located outside the double doors going out to the courtyard. Dogs must be on a leash at all times.
 - We are a smoke-free community. If you are a smoker, please smoke 25 feet off of our property, and please pick up your cigarette butts.



Thank you for keeping our community beautiful! 😊

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>        </div> <div> <div>APRIL 2023</div> <div>Roseville Commons Activities</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 Bingo ~ RR Lori will be calling 8 dimes, 2 quarters 	9:00 Qi Gong ~ DVD ~ RR 10:00 Seated/Band ~ RR Exercise class w/Tina 11:00 Tai Chi ~ DVD ~RR 12:30/1:00 Wii Bowling ~ RR 2:30 POKENO ~ RR 6:00 Residents Card Night ~ LB 	9:00 Tai Chi ~ DVD ~ RR 10:00 Weights & Balance ~ RR 12:30 Piano Man Dan ~ RR  2:30 Bean Bag Baseball ~ RR 6:00 Residents Yahtzee ~ LB	9:00 Qi Gong ~ DVD ~ RR 10:00 Band Exercise ~ RR 10:45 Trivia w/Tina ~ DR 1:00 Bingo ~RR 2:30 Horse Races ~ RR  6:00 Residents Card Night ~ LB Passover Begins	9:00 Tai Chi ~ DVD ~ RR 9:00 Catholic Communion ~ CH 10:00 Weights & Balance ~ RR Exercise class w/Tina 12:30/1:00 Wii Bowling ~ RR 2:30 Happy Hour ~ RR w/Richard Turnage Country music 6:00 Cards ~ LB 	<div>Bunny Hunt</div> 9:00 Qi Gong ~ DVD ~ RR 10:00 Seated/Band ~ RR Exercise w/ Tina 11:00 Tai Chi ~ RR 12:30 Ceramics Class ~ RR 2:30 Spring Pokeno ~ RR 6:00 Friday Night Movie 	10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Seated Yoga~ DVD ~ RR 12:30 Wii Golfing/Bowling ~ RR 2:00 Pick a Movie on TV ~ RR 2:30 Crossword Club ~ LB 6:00 Saturday Night Movie 
9:05 Tai Chi~ DVD ~ RR 10:00 Brain Teasers ~ RR 10:00 Bunny Brunch ~ DR Pick up Togo dinners 11:00 Seated Yoga ~ RR 1:00 Matinee Movie ~ RR 2:30 Christian Bible Study & Music ~ CH Easter Sunday	9:00 Qi Gong ~ DVD ~ RR 10:00 Seated/Band ~ RR Exercise class w/Tina 11:00 Tai Chi ~ DVD ~RR 12:30/1:00 Wii Bowling ~ RR 2:00 Bingo ~RR 6:00 Residents Card Night ~ LB	9:00 Tai Chi ~ DVD ~ RR 10:00 Weights & Balance ~ RR 11:00 Seated Massages ~ CR 12:30 Spring Craft ~ RR Sock Bunny 1:30 Free Hearing Check-up ~ LB  2:30 Bean Bag Baseball ~ RR 6:00 Residents Yahtzee ~ LB	9:00 Qi Gong ~ DVD ~ RR 10:00 Band Exercise ~ RR 10:45 Trivia w/Tina ~ DR 1:00 POKENO ~ RR 2:30 Corn Hole ~ RR 6:00 Residents Card Night ~ LB 	9:00 Tai Chi ~ DVD ~ RR 9:00 Catholic Communion ~ CH 10:00 Weights & Balance ~ RR Exercise class w/Tina 12:30/1:00 Wii Bowling ~ RR 2:30 Happy Hour ~ RR w/Gene Lane Beatles Tribute 6:00 Bingo ~ RR 	9:00 Qi Gong ~ DVD ~ RR 10:00 Seated/Band w/Tina ~ RR 11:00 Tai Chi ~ RR 2:30 Open House, Spring Celebration ~ RR Magic Show w/Mister Illusion w/Caricaturist ~ Mike 6:00 Friday Night Movie ~ RR 	10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Seated Yoga~ DVD ~ RR 12:30 Wii Golfing/Bowling ~ RR 2:30 Corn Hole ~ RR Drew will set up 6:00 Saturday Night Movie 
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 Bingo ~ RR Lori will be calling 8 dimes, 2 quarters 	9:00 Qi Gong ~ DVD ~ RR 10:00 Seated/Band ~ RR Exercise class w/Tina 11:00 Tai Chi ~ DVD ~RR 12:30/1:00 Wii Bowling ~ RR 1:30 POKENO ~ RR 2:30 Golf Putting ~ RR 6:00 Residents Card Night ~ LB 	9:00 Tai Chi ~ DVD ~ RR 10:00 Weights & Balance ~ RR 12:30 Piano Man Dan ~ RR  2:30 Bean Bag Baseball ~ RR 6:00 Residents Yahtzee ~ LB	9:00 Qi Gong ~ DVD ~ RR 10:00 Band Exercise ~ RR 10:45 Trivia w/Tina ~ R 1:00 Spring Bingo ~RR w/Kathy & Raffles 2:30 Golf Floor Pool ~ RR 6:00 Residents Card Night ~ LB 	9:00 Tai Chi ~ DVD ~ RR 9:00 Catholic Communion ~ CH 10:00 Weights & Balance ~ RR Exercise class w/Tina 12:30/1:00 Wii Bowling ~ RR 2:30 Happy Hour ~ RR w/Linda Bracamonte Mixed music 6:00 Cards ~ LB 	9:00 Qi Gong ~ DVD ~ RR 10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Tai Chi ~ RR 12:30 Ceramics Class ~ RR 2:00 Karaoke ~ RR You may bring your own drinks! 6:00 Friday Night Movie ~ RR 	10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Seated Yoga~ DVD ~ RR 12:30 Wii Golfing/Bowling ~ RR 2:00 Pick a Movie on TV ~ RR 2:30 Crossword Club ~ LB 6:00 Saturday Night Movie Earth Day
9:05 Tai Chi~ DVD ~ RR 10:00 Brain Teasers ~ RR 11:00 Seated Yoga/ DVD ~ RR 1:00 Matinee Movie ~ RR with Popcorn 2:30 Christian Bible Study & Music ~ CH 6:00 Board Games ~ LB	9:00 Qi Gong ~ DVD ~ RR 10:00 Seated/Band w/Tina ~ RR 11:00 Tai Chi ~ DVD ~RR 12:00/12:30 Wii Bowling ~ RR 1:00 Monday Speaker ~ RR Kathleen Shevlin ~ Society for the Blind 2:15 Bingo ~ RR 6:00 Residents Card Night ~ LB 	9:00 Tai Chi ~ DVD ~ RR 10:00 Weights & Balance ~ RR Exercise class w/Tina 11:00 Seated Massages ~ CR 1:00 Drew's Crew ~ RR Chit-chatting & Fun activities! 2:30 Bean Bag Baseball ~ RR 6:00 Residents Yahtzee ~ LB 	8:45 Qi Gong ~ DVD ~ RR 10:00 Band Exercise ~ RR 11:00 Resident Birthday Brunch 1:00 Bingo ~RR 2:30 POKENO ~ RR 6:00 Residents Card Night ~ LB Administrative Professionals Day 	9:00 Tai Chi ~ DVD ~ RR 9:00 Catholic Communion ~ CH 10:00 Weights & Balance ~ RR Exercise class w/Tina 12:30/1:00 Wii Bowling ~ RR 2:30 Happy Hour ~ RR w/Lincoln Highway Country music 6:00 Bingo ~ RR 	9:00 Qi Gong ~ DVD ~ RR 10:00 Seated/Band w/Tina ~ RR 11:00 Tai Chi ~ RR 2:30 Popcorn & Soda Social ~ ST w/Mara, Mixed music On the Sunset Terrace, if weather permits. 6:00 Friday Night Movie ~ RR Arbor Day	10:00 Senior Stretching ~ RR DVD Seated Exercise 11:00 Seated Yoga~ DVD ~ RR 12:30 Wii Golfing/Bowling ~ RR 2:30 Corn Hole ~ RR Drew will set up 6:00 Saturday Night Movie 
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 Bingo ~ RR Lori will be calling 8 dimes, 2 quarters 	<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. FL = Front Lobby Events on the calendar are subject to change!