

## 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 a.m. to 4 p.m.

- 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

2<sup>nd</sup> & 4<sup>th</sup> 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**

Independent Contractor

Laundry services, dry cleaning, and alterations. Call for pick up at your front door!

### Community Hearing Aid Center

**Ed Vinson: (916) 797-9188**

Independent Contractor

Free cleaning, batteries & check-up!

**2<sup>nd</sup> Tuesday of each month at 1:30pm**

**Library on the 1<sup>st</sup> floor.**

*Sign up in the book!*

### Johnson Hauling & More

**J.J. Johnson (916) 643-5164**

Independent Contractor

### Suburban Notary

**Christina Valdez (916) 878-0435**

Independent contractor - Mobile Notary

### Blood Pressure Checks

Rite Aid has a free blood pressure machine in the Pharmacy waiting area and is within walking distance.

**If you have an emergency, please call (916) 786-2751! 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

Joe Booth ~ PT Maintenance/Painter

Tammy Davis ~ Van Transportation

De Rollins ~ Bus Transportation

Margaret, Phul & Rosa ~ Housekeeping

Joy, Lori, 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: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 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.

7 Days a Week

*Please have all items in a trash bag*

July 2023

# The Rose Review

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

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

## Celebrating July

### Family Reunion Month

### Park and Recreation Month

### World Watercolor Month

### Canada Day

July 1

### Air Conditioning Appreciation Days

July 3-31

### Independence Day (U.S.)

July 4

### Swimming Pool Day

July 11

### Bastille Day (France)

July 14

### Muharram (Islamic New Year)

*Begins at sundown  
on July 18*

### Hammock Day

July 22

### World Nature Conservation Day

July 28

Happy July!

What an awesome month to celebrate our independence here in America! We look forward to celebrating with you at our Patriotic Ice Cream Bar and Open House on Thursday July 6<sup>th</sup>! Come make your own ice cream sundae with your favorite toppings. We will have hot chocolate, strawberry, caramel, whipped cream, and many fun toppings including sprinkles, M&M's, Oreo cookies, nuts, and of course cherries to top off your sundae! Singer and keyboardist, Lori Sacco, will be entertaining us while we enjoy our sundaes. Don't forget to wear your red, white and blue to this event!



On July 1<sup>st</sup>, we welcome Morrison Living, who will be overseeing the management of the kitchen. Residents have gathered several times in May and June to meet the new Director of Dining Service and Chef, Louis Schwartz. Also, effective July 1<sup>st</sup>, new dining room hours will begin. Brunch will now be served from



10:30 a.m. to 12:30 p.m. and dinner will be served from 4:00 p.m. to 6:00 p.m. Morrison Living is making some fun barbeque brunch plans for the Fourth of July holiday. We look forward to seeing the new menus and food options that Morrison has to offer.

If you have any suggestions, comments, or questions, please feel free to stop by my office. My door is always open, and I enjoy chatting with you!

Kathy



## Culinary Corner



First off, let me say "Hello and thank you!" to all of the residents at Roseville Commons! It is a pleasure to join the staff at Roseville Commons! My name is Chef Louis Schwartz and I will be the new Director of Dining Service and Chef starting July 1<sup>st</sup>, 2023.

Morrison Living and I are excited to return to your community! Morrison Living has many resources and a team that reaches far beyond Roseville. Byron Eigenhuis, Regional Director of Operations and Jennifer Padilla, System Executive Chef are also a major part of the Morrison support team. We are dedicated to providing you with an excellent experience every time you enter the dining room. Morrison's mission is to **"be the best part of someone's day"** and although my job is in the kitchen and dining room, I feel that my mission extends throughout the community. Please let me know if there is anything I can do to make your day better!

Now about Chef Louis. I'm from New York City and have worked in the restaurant and hospitality industry my entire life. I have worked in many restaurants, across a diverse spectrum of cuisines. I worked at Sakamai in Manhattan, Franny's in Brooklyn and No Ho Star in NOHO as well as several other restaurants in the city. Six years ago, my wife and I left New York City and relocated to Salt Lake City, Utah. While there, I accepted a Chef position at an independent living community and there has been no turning back for me. My love and dedication to preparing great meals for the residents is even stronger than it was. Now I want to be part of a community, in which I can give back to my customers, the residents! This love to serve brought me to Morrison Living, and now to Roseville Commons. I look forward to kicking off our new relationship with a fabulous Fourth of July barbecue and getting to know you all better at our Chef Talks and Chef Demos starting in August.



Cheers! Chef Louis

## Friday Bus Outings

In June the bus traveled to so many fun places! Residents gambled at the new Sky River Casino in Elk Grove, saw "About My Father" at Century Movie Theater, went shopping and had lunch at the Palladio's in Folsom, enjoyed brunch at the Mimosa House, and enjoyed a morning of shopping at Bass Pro Shop with lunch at Mario's Early Toast. We are so excited to plan new places to go, so stop by the Front Office and give us some ideas please.

Since the weather is warming up, we have planned all indoor bus trips for July. If you would like to go on any of the fun trips planned for July, please sign up in the Burgundy Binder in the Front Lobby.

**Friday, July 7th**  
**Red Hawk Casino**  
 in Placerville, CA  
 Departure time: 9:00 a.m.



**Friday, July 7th**  
**Old Auburn Scenic Drive**  
**and Lunch at Flour Garden Bakery**  
 in Auburn, CA  
 Departure time: 10:00 a.m.

**Friday, July 7th**  
**Thunder Valley Casino**  
 in Lincoln, CA  
 Departure time: 9:00 a.m.

**Friday, July 7th**  
**Movie Theater Trip**  
 In Roseville, CA  
*Movie title will be announced one week prior to the trip*  
 Departure time: 11:00 a.m.



## Fourth of July Fun Facts

1. John Hancock was the only member of the Continental Congress to formally sign the Declaration of Independence on July 4<sup>th</sup>, 1776.
2. The Fourth of July was not declared a federal holiday until 1938.
3. Around 150 million hot dogs are consumed on the Fourth of July. 
4. Back in 1776, when the Declaration of Independence was signed, 2.5 million people lived in the U.S. Now in 2023, over 330 million people live in the U.S.
5. The now American-celebrated song, Yankee Doodle, was originally written by officers of the British army to make fun of the backwoods Americans.
6. Three United States presidents died on the Fourth of July: John Adams, Thomas Jefferson and James Monroe.
7. July 4<sup>th</sup> is also celebrated in the Philippines, because in 1946, the country was recognized as an independent nation.
8. In one year, \$600 million is spent on fireworks in the U.S. alone. 
9. Most of the signers of the Declaration of Independence did not sign until August 2, 1776.
10. The message: Original Declaration of Independence dated 4<sup>th</sup> of July 1776" is written upside down on the back of the Declaration of Independence.
11. More than 14,000 fireworks displays are put on across the country on the Fourth of July.
12. Macy's Fourth of July Fireworks Display is the largest in the United States.



## Marketing Moments

Dear Neighbors,

July might just be the true heart of summer. Midway in between the moderate seasons, with the crown jewel of the Fourth of July right at the top. So many images fill our mind.

A hot dog with sear marks sizzles and smokes on a barbeque. Children toss a frisbee while a dog chases a bumblebee from the rose bushes. The blue-light zapper buzzes and claims another pest, while a bead of sweat drops from your brow, drying quickly in the breeze on your white cotton t-shirt. Someone cannonballs into the pool, accidentally splashing the buffet. A little too close to the baked beans and the seven-layer dip.



Day turns to night, but the concrete is still warm. People carry an assortment of chairs and blankets to the front yard and try to find the best spot. They scan the sky wondering where the first fireworks will come from. A conversation starts about changing schools and an upcoming camping trip. Someone laughs at a joke I didn't hear then BOOM! Explosions and colors fill our view then trickle down close to the horizon. We knew they were coming but feel wonder and surprise anyway.

Drew





# HAPPY HOUR

Come down to the Rose Room for an hour of entertainment, dancing, beverages & snacks every Thursday in July on:

## Thursday, July 13<sup>th</sup> at 2: 30 p.m.



Entertainment with Linda Bracamonte. Linda is a resident favorite and sings a variety of songs that the residents love to dance to!

## Thursday, July 20<sup>th</sup> at 2:30 p.m.

Entertainment with Jerry McClendon. His love for hillbilly and country music has his audience tapping their toes!



## Thursday, July 27<sup>th</sup> at 2:30 p.m.

Entertainment with the Highway Lincoln Band. They are a four-piece Country/Rockabilly band primarily playing cover songs from the 50s to the 90s.



## July Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds with friends and comfortable homes that are warm and welcoming. Those born from July 23–31 are Leo’s Lions. Leos are creative and charismatic. These natural-born leaders march to the beat of their own drum and aren’t afraid to take initiative.

- Tom Cruise (actor) – July 3, 1962
- Bill Withers (musician) – July 4, 1938
- Mavis Staples (singer) – July 10, 1939
- Harrison Ford (actor) – July 13, 1942
- Ginger Rogers (dancer) – July 16, 1911
- Nelson Mandela (politician) – July 18, 1918
- Carlos Santana (musician) – July 20, 1947
- George Clinton (musician) – July 22, 1941
- Jennifer Lopez (singer) – July 24, 1969
- Curt Gowdy (sportscaster) – July 31, 1919

## Resident July Birthdays

- 2<sup>nd</sup> Rose Pereira
- 3<sup>rd</sup> Clede Wright
- 7<sup>th</sup> Caroline Wolf
- 16<sup>th</sup> Jackie Young
- 17<sup>th</sup> Bonnie Jentink
- 24<sup>th</sup> BJ Hicks
- 28<sup>th</sup> Beverly Matthews
- 31<sup>st</sup> Margaret Crinklaw



We will be celebrating the July birthdays during our **Birthday Brunch** on **Wednesday, July 26<sup>th</sup>** at **11:00 a.m.** in the **Dining Room!**



## Look What’s Going on in July!

### Patriotic Open House & Ice Cream Social: Thursday, July 9<sup>th</sup> from 2:00 p.m. to 4:00 p.m.



Entertainment by Lori Sacco will begin at 2:30 p.m. in the Rose Room. Don’t forget to wear your red, white & blue!

**Horse Races: Friday, July 14<sup>th</sup> & 28<sup>th</sup> at 2:30 p.m.** in the Rose Room. The Roseville Commons horses are ready to race, so come place your bets! Six (6) Quarters are needed to play!



### July Craft Project: Monday, July 10<sup>th</sup> and 24<sup>th</sup> at 2:30 p.m. in the Rose Room



This will be a 2 part craft and gardening session. On July 10<sup>th</sup> we will be hand painting clay pots. And then on July 24<sup>th</sup> will be getting our hands dirty and planting flowers in the painted pots! Sign up in the burgundy binder in the front lobby!

**Bean Bag Baseball Game with Winding Commons: Tuesday, July 18<sup>th</sup> 1:00 p.m.** Let’s have some friendly competition! Winding Commons will be loading up the bus and heading to Roseville Commons for an afternoon of bean bag baseball, snacks, beer and soda!



**Karaoke Hour: Friday, July 21<sup>st</sup> at 2:30 p.m.** in the Rose Room. Jim & Linda will be here for a full hour of Karaoke fun! Root Beer Floats will be served!

**Pokeno & Bingo: Check the activity calendar for dates & times!** Scheduled on most Sundays, Wednesdays, and Thursdays.

- Pokeno:** 18 Nickels & 2 quarters
- Bingo:** 10 Dimes & 2 quarters



## Landmarks Across America

The United States is home to dozens of must-see landmarks that are widely recognized symbols of the country. Have you visited any on this list?

**Statue of Liberty-** A Gift from France in 1886, Lady Liberty stands proudly in New York Harbor with her torch symbolizing enlightenment and freedom.



**White House** – A highlight of historic sites in Washington, D.C., the home and office of the U.S. president is the only private residence of a head of state that is open to the public free of charge.



**Gateway Arch**– This 630-foot-tall monument to America’s pioneering spirit and expansion of the West offers spectacular views of St. Louis and the Mississippi River.



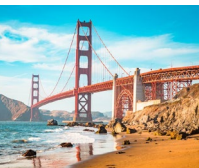
**Mount Rushmore**– The giant faces of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln are carved into a granite cliff in South Dakota.



**Grand Canyon**– This geological wonder in Arizona was formed millions of years ago, when the Colorado River eroded a 277-mile ravine through layers of rock, creating breathtaking vistas.



**Golden Gate Bridge**– Instantly recognized by its “international orange” paint color and art deco design, the San Francisco landmark was voted one of the seven engineering wonders of the modern world!





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>JULY 2023</div>						<div>1</div> 10:00 Senior Stretching - RR DVD Seated Exercise 11:00 Seated Yoga DVD - RR 1:00 Wii Bowling Session 1- RR 1:30 Wii Bowling Session 2- RR 2:30 Resident Cornhole - RR 6:00 Saturday Night Movie - RR
<div>2</div> 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 Bingo with Lori - RR	<div>3</div> 9:00 Qi Gong DVD - RR 10:00 Senior Stretching DVD - RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1- RR 12:30 Wii Bowling Session 2- RR 2:30 Afternoon Bingo w/ Lori- RR 6:00 Resident's Card - LB	<div>4</div> <b>INDEPENDENCE DAY</b> 9:00 Tai Chi DVD - RR 10:00 a.m. to 12:00 p.m. <b>4th of July BBQ Brunch</b> <i>&amp; Pick-up your Dinner To-Go Box</i> 1:00 Holiday Movie Matinee - RR 6:00 Yahtzee Hour - LB	<div>5</div> 9:00 Qi Gong DVD - RR 10:00 Senior Stretching DVD - RR 11:00 Morning Neighborhood Walking Group 1:00 <b>POKENO</b> - RR 2:30 <b>Afternoon Bingo</b> - RR 6:00 Residents Card Night - LB	<div>6</div> 9:00 Tai Chi DVD - RR 9:00 Catholic Communion - CH 2:00 p.m. to 4:00 p.m. <b>Patriotic Celebration</b> <b>&amp; Open House</b> <b>Ice Cream Social &amp;</b> <b>Music with Lori Sacco</b> 6:00 Bingo with Lori - RR 	<div>7</div> <b>WORLD CHOCOLATE DAY!</b> 9:00 Qi Gong DVD - RR 9:00 <b>Outing- Red Hawk Casino</b> 10:00 Senior Stretching DVD - RR 11:00 History- King of Chocolate 12:30 <b>Ceramics Class</b> - RR 2:30 Bean Bag Baseball - RR 6:00 Friday Night Movie - RR	<div>8</div> 10:00 Senior Stretching - RR DVD Seated Exercise 11:00 Seated Yoga DVD - RR 1:00 Wii Bowling Session 1- RR 1:30 Wii Bowling Session 2- RR 2:30 Resident Cornhole - RR 6:00 Saturday Night Movie - RR
<div>9</div> 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 Bingo with Lori - RR	<div>10</div> 9:00 Qi Gong DVD - RR 10:00 Senior Stretching DVD - RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1- RR 12:30 Wii Bowling Session 2- RR 2:30 <b>Afternoon Craft Project- Painting Clay Flower Pots</b> 6:00 Resident's Card - LB	<div>11</div> 9:00 Tai Chi DVD - RR 10:00 Senior Stretching DVD - RR 11:00 Seated Massages - CR 1:30 <b>Hearing Aid Checks</b> 2:30 Bean Bag Baseball - RR 6:00 Yahtzee Hour - LB 	<div>12</div> <b>PECAN PIE DAY</b> 9:00 Qi Gong DVD - RR 10:00 Senior Stretching DVD - RR 11:00 History of Pecan Pie Documentary on TV - RR 1:00 <b>POKENO</b> - RR 2:30 <b>Afternoon Bingo</b> - RR 6:00 Residents Card Night - LB	<div>13</div> 9:00 Tai Chi DVD ~ RR 9:00 Catholic Communion~ CH 10:00 Senior Stretching DVD - RR 12:00 Wii Bowling Session 1- RR 12:30 Wii Bowling Session 2- RR 2:30 <b>Happy Hour - RR</b> with Linda Bracamonte 6:00 Resident Game Night - RR	<div>14</div> 9:00 Qi Gong DVD - RR 10:00 <b>Bus Outing- Old Auburn Scenic Drive &amp; Lunch - FL</b> 10:00 Senior Stretching DVD - RR 2:30 <b>Horse Races - RR</b> <i>Come Place your Bets!</i> 6:00 Friday Night Movie - RR	<div>15</div> 10:00 Senior Stretching - RR DVD Seated Exercise 11:00 Seated Yoga DVD - RR 1:00 Wii Bowling Session 1- RR 1:30 Wii Bowling Session 2- RR 2:30 Resident Cornhole - RR 6:00 Saturday Night Movie - RR
<div>16</div> 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 Bingo with Lori - RR	<div>17</div> 9:00 Qi Gong DVD - RR 10:00 Senior Stretching DVD - RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1- RR 12:30 Wii Bowling Session 2- RR 2:30 <b>Bullseye Bucket Game - RR</b> 6:00 Resident's Card - LB	<div>18</div> 9:00 Tai Chi DVD - RR 10:00 Senior Stretching DVD - RR 10:30 Name that Tune with Piano Man Dan - RR 11:30 <b>Farmer's Market with Chef</b> 1:00 <b>Bean Bag Baseball Game</b> with Winding Commons- RR 6:00 Yahtzee Hour - LB	<div>19</div> <b>NATIONAL HOT DOG DAY</b> 9:00 Qi Gong DVD - RR 10:00 Senior Stretching DVD - RR 11:00 History of Hot Dogs Documentary on TV - RR 1:00 <b>POKENO</b> - RR 2:30 <b>Afternoon Bingo</b> - RR 6:00 Residents Card Night - LB	<div>20</div> 9:00 Tai Chi DVD ~ RR 9:00 Catholic Communion~ CH 10:00 Senior Stretching DVD - RR 12:00 Wii Bowling Session 1- RR 12:30 Wii Bowling Session 2- RR 2:30 <b>Happy Hour - RR</b> with Jerry McClendon 6:00 Bingo with Lori - RR	<div>21</div> 9:00 <b>Bus Outing- Thunder Valley Casino - FL</b> 9:00 Qi Gong DVD - RR 10:00 Senior Stretching DVD - RR 12:30 <b>Ceramics Class</b> 2:30 <b>Karaoke Hour with</b> <b>Jim and Linda</b> 6:00 Friday Night Movie - RR 	<div>22</div> 10:00 Senior Stretching - RR DVD Seated Exercise 11:00 Seated Yoga DVD - RR 1:00 Wii Bowling Session 1- RR 1:30 Wii Bowling Session 2- RR 2:30 Resident Cornhole - RR 6:00 Saturday Night Movie - RR
<div>23</div> 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 Bingo with Lori - RR	<div>24</div> 9:00 Qi Gong DVD - RR 10:00 Senior Stretching DVD - RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1- RR 12:30 Wii Bowling Session 2- RR 2:30 <b>Crafts-Part 2: Planting Flowers in Painted Pots</b> 6:00 Resident's Card - LB 	<div>25</div> <b>NATIONAL FUDGE DAY!</b> 9:00 Tai Chi DVD - RR 10:00 Senior Stretching DVD - RR 10:30 Name that Tune- rr 11:00 Seated Massages - CR 1:00 <b>Wine &amp; Cheese w/ Chef</b> 2:30 Bean Bag Baseball - RR 6:00 Yahtzee Hour - LB	<div>26</div> 9:00 Qi Gong DVD - RR 10:00 Senior Stretching DVD - RR 11:00 <b>Resident July Birthday Brunch</b> 1:00 <b>POKENO</b> - RR 2:30 <b>Afternoon Bingo</b> - RR 6:00 Residents Card Night - LB	<div>27</div> 9:00 Tai Chi DVD ~ RR 9:00 Catholic Communion~ CH 10:00 Senior Stretching DVD - RR 12:00 Wii Bowling Session 1- RR 12:30 Wii Bowling Session 2- RR 2:30 <b>Happy Hour-Lincoln Highway Band- RR</b> 6:00 Bingo with Lori - RR 	<div>28</div> 9:00 Qi Gong DVD - RR 10:00 Senior Stretching DVD - RR 11:00 <b>Bus Outing-Movie Trip- FL</b> 2:30 <b>Horse Races - RR</b> <i>Come Place your Bets!</i> 6:00 Friday Night Movie - RR	<div>29</div> 10:00 Senior Stretching - RR DVD Seated Exercise 11:00 Seated Yoga DVD - RR 1:00 Wii Bowling Session 1- RR 1:30 Wii Bowling Session 2- RR 2:30 Resident Cornhole - RR 6:00 Saturday Night Movie - RR
<div>30</div> 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 Bingo with Lori - RR	<div>31</div> 9:00 Qi Gong DVD - RR 10:00 Senior Stretching DVD - RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1- RR 12:30 Wii Bowling Session 2- RR 2:30 <b>Bullseye Bucket Game - RR</b> 6:00 Resident's Card - LB					