

## 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.  
\$25.00 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

7 Days a Week

8:30 a.m. - 5:00 p.m.

### Roseville Commons Staff

Kathy Horbasch ~ Administrator

Drew Marcus ~ Marketing Director

Ginger McCauley ~ Activities Director

Melody Powers ~ Resident Relations

Donna Enos ~ PT Resident Relations

Shon Fulgham ~ Maintenance

Joe Booth ~ Maintenance

Tammy Davis ~ Van Transportation

De Rollins ~ Bus Transportation

Margaret & 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*

April 2024

# The Rose Review

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

Like us on Facebook: [www.facebook.com/RosevilleCommonsSeniorLiving](http://www.facebook.com/RosevilleCommonsSeniorLiving)

## Celebrating April

Lawn and Garden Month

Humor Month

National Poetry Month

National Card and Letter  
Writing Month

Global Astronomy Month

Keep America Beautiful Month

April Fool's Day

April 1

Peanut Butter and Jelly Day

April 2

National Gardening Day

April 14

Librarian Day

April 16

Earth Day

April 22

Arbor Day

April 26

International Jazz Day

April 30

## Springtime in Paris Open House

Friday, April 26<sup>th</sup>  
from 1:00 p.m. to 3:00 p.m.  
on the Sunset Terrace

Come enjoy entertainment by the  
Capital City Reflections Band

Our Morrison Living culinary team  
will prepare French cuisine  
specialties including:

A Made-to-Order Crepe Station,  
Pommes Parisienne, French Pastries  
and a Mimosas Bar



### Culinary Corner

The Morrison Living team has planned three culinary activities for residents to participate in. Come get involved in our culinary experiences planned for April 2024.



**Tuesday, April 16<sup>th</sup>  
at 1:00 p.m.  
in the Rose Room**



**Wednesday, April 17<sup>th</sup>  
from 11:30 a.m. to 1:00 p.m.  
in the Foyer**



**TEACHING KITCHEN**

**Tuesday, April 23<sup>rd</sup>  
at 1:00 p.m. in the Rose Room**

*Chef Louis will be talking about  
and tasting Strawberries.*



### April Birthdays

If you were born between April 1–19, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.

- Marlon Brando (actor) – April 3, 1924
- James D. Watson (scientist) – April 6, 1928
- Jackie Chan (actor) – April 7, 1954
- John Madden (coach) – April 10, 1936
- Beverly Cleary (author) – April 12, 1916
- Jennifer Garner (actress) – April 17, 1972
- Queen Elizabeth II (royalty) – April 21, 1926
- Barbra Streisand (entertainer) – April 24, 1942
- Kelly Clarkson (singer) – April 24, 1982
- Jay Leno (comedian) – April 28, 1950
- Duke Ellington (pianist) – April 29, 1899
- Jerry Seinfeld (comedian) – April 29, 1954

### Resident Birthdays



- 1<sup>st</sup>** John Schiesser
- 6<sup>th</sup>** Victoria Garcia
- 11<sup>th</sup>** Bobbie Graham
- 21<sup>st</sup>** Sue Sudhoff
- 25<sup>th</sup>** Joe Shirley

### BIRTHDAY PARTY!

*We will be celebrating our  
monthly April birthdays during  
our Happy Hour on Thursday,  
April 25<sup>th</sup> at 2:30 p.m.  
in the Rose Room.*

*Cupcakes will be served!*



### What's Happening in April

**Monday, April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, & 29<sup>th</sup>**



**Gallop to victory at 2:30 p.m. with Horse Racing excitement!** Come place your bets in the Rose Room for an hour of horse racing fun! Please bring 6 quarters to play.

**Tuesday, April 2<sup>nd</sup> & 23<sup>rd</sup> at 11:00 a.m.**

**Name that Tune with Piano Man Dan!**

Dan will be playing favorite oldies on the piano as we sing and try to name the tune he is playing.



**Wednesday, April 3<sup>rd</sup> at 11:00 a.m.**



**Activity Talk with Ginger** – Please bring your ideas and activity suggestions! We will be planning the April 2024 activity calendar and bus outings. We would love your input!

**Monday, April 8<sup>th</sup> at 1:00 p.m.**

Joel Segal, a Roseville Commons resident, will be educating us during a special presentation titled *Metals and Me*. Join Joel in the Rose Room.



**Tuesday, April 9<sup>th</sup> at 1:30 p.m.**



Ed Vinson from the **Community Hearing Aid Center** will be assisting residents with their hearing aids in the library.

**Thursday, April 11<sup>th</sup> & 25<sup>th</sup> at 12:30 p.m.**

**Ceramics Classes** will be held in the Craft Room. Our Instructor, Claudie, is looking for new residents to join the class!



**Friday, April 12<sup>th</sup> at 2:30 p.m.**



**Karaoke Hour!** Join Jim & Linda in the Rose Room for an hour of Karaoke fun! Come hear some of gifted residents show off their singing talent!

**Monday, April 22<sup>nd</sup> at 2:00 p.m.**

In honor of Earth Day, come help us with our garden container project on the Sunset Terrace!



*Check out the April activity calendar for many other fun activities and events!*

### Marketing Moments

Dear Neighbor,

It's time to invoke the old phrase, "April showers bring May flowers", truly a lovely thought. Just the idea of rain, rebirth, and the vibrant beauty of spring can foster a new excitement in our heart and a lilt to our step.

We all know the saying, but how old is it? Well, modern reader, give this next verse a try: "Whan that Aprill with his shoures soote The droughte of March hath perced to the roote, And bathed every veyne in swich licour Of which vertu engendred is the flour." Those words are from Geoffrey Chaucer, taken from a prologue to *The Canterbury Tales* in the late 14th century.

Here's a translation away from Chaucer's Middle English: "When the sweet showers of April have pierced the drought of March, and pierced it to the root, and every vein is bathed in that moisture Whose quickening force will engender the flower".

Then, about 160 years later, Thomas Tusser, English author and poet, simplifies the thought with the line, "Sweet April showers Do spring May flowers", a version that we will certainly recognize.

May the beauty of spring, both shower and flower, stay with you along your path.



Drew



**Russ and Arlene Ramey  
Married 50 Years  
on April 27<sup>th</sup>!**

### April Bus Outings

If you would like to go on any of the fun trips planned for April, please sign up in the Burgundy Binder in the Front Lobby. Join us for some fun adventures!



**Thursday, April 4th**  
**Folsom Zoo Trip and Picnic Lunch**  
(Folsom, CA)  
Departure Time: 9:00 a.m.



**Friday, April 5th**  
**Empire Mine State Park Tour & Lunch in Nevada County**  
(Grass Valley, CA)  
Departure Time: 9:00 a.m.



**Friday, April 12th**  
**Norton Iris Farm & Lunch at The Ugly Mug Cafe**  
**Admission: Free**  
(Loomis, CA)  
Departure Time: 9:00 a.m.



**Friday, April 19th**  
**Miniature Horse Farm & Picnic Lunch at a Park**  
(Grass Valley, CA)  
Departure Time: 9:00 a.m.



**Friday, April 26th**  
**Hard Rock Casino – Casino Play & Lunch**  
(Wheatland, CA)  
Departure Time: 9:00 a.m.



# APRIL IS NATIONAL HUMOR MONTH

Why is everyone so tired on April 1<sup>st</sup>?  
*Because they just finished a 31-day march!*

National Humor Month was founded in 1976 by comedian and best-selling author Larry Wilde, Director of The Carmel Institute of Humor.

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 a satisfied, relaxed feeling!

It's no coincidence that the month begins with April Fool's Day, a day which has sanctioned frivolity and amusement for hundreds of years.

Bring your humor to our **Jokes & Riddles Hour** on **Tuesday, April 23<sup>rd</sup> at 3:30 p.m. in the Rose Room.**



**to Roseville Commons!**

*Ed Penslien – Apt. #126*

*Ken Mann – Apt. #203*

*Ann Krouse – Apt. #209*



Earth Day is an annual celebration that honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations. Earth Day is celebrated on April 22 in the United States.

In honor of this day, Roseville Commons will be starting a container gardening project. Join us on **April 22<sup>nd</sup> at 2:00 p.m. on the Sunset Terrace** as we plant flowers and vegetables in containers to enhance outdoor commons areas.

### Major League Debut



On April 15, 1947, Jackie Robinson played his first major league baseball game with the Brooklyn Dodgers against the Boston Braves in front of a crowd of 25,000 spectators at Ebbets Field in Brooklyn. This marked the first moment that an African American athlete played a sport in any of the major leagues.

Robinson did not get a hit that day, but he was awarded the first ever Rookie of the Year title that year. In 1949, he was named the National League's Most Valuable Player. The next year, he became the Dodgers' highest paid player with a salary of \$35,000. In 1955, Robinson led the Dodgers to a World Series victory over the New York Yankees. A perennial All-Star and Hall of Famer, Robinson's number 42 was retired by all of baseball on April 15, 1997.



Get ready for another fun-filled month of Happy Hours and parties! Please join us in the Rose Room on the dates below.

**Thursday, April 4th at 2:30 p.m.**



Entertainment by Alincia Vela. Her range in musical genres is unsurpassed as she is able to perform genres ranging from opera to top 40, oldies, standards, country, rock, jazz and beyond.

**Thursday, April 11th at 2:30 p.m.**

Entertainment by Todd Morgan. His on-stage charisma and dancing ability have delighted audiences and he entertains all with Pop, Rock, Soul, early Rock 'n' Roll, Blues, Funk, Country, & even Jazz and Swing songs.



**Thursday, April 18th at 2:30 p.m.**














Entertainment by Peter Morgan. Peter who is known for his signature coastal smooth jazz vibe, spiced a dash of blues and a taste of country! Peter is a performer that you do not want to miss!

**Thursday, April 25<sup>th</sup> at 2:30 p.m.**

Come celebrate our April birthdays during this Happy Hour! Birthday cupcakes & other snacks will be served! Get your dancing shoes ready because Del & Susan will be here to entertain us!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>***APRIL FOOL'S DAY*** 1</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise - RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 2:30 <b>Horse Races</b> - RR <i>Come Place Your Bets!</i> 3:30 Lucky Numbers Game - LB 6:00 Puzzle Hour - LB	2 9:00 Tai Chi DVD - RR 10:00 Seated Exercise - RR 11:00 <b>Name that Tune with Piano Man Dan</b> - RR 1:00 Sports Club - Come Discuss Your Favorite Teams - RR 2:30 Bean Bag Baseball - RR 6:00 Yahtzee Hour - RR 	<b>*DORIS DAY BIRTHDAY* 3</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise - RR 11:00 <b>Activity Talk with Ginger: Come Help Plan for May</b> 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 Doris Day Biography - RR 6:00 Residents Card Night - LB	4 9:00 <b>Bus Outing: Folsom Zoo &amp; Picnic Lunch</b> 9:00 Tai Chi DVD - RR 9:00 Catholic Communion - CH 10:00 Seated Exercise - RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 2:30 <b>Happy Hour: Alincia</b> - RR 6:00 Games Night- RR	<b>*BETTE DAVIS BIRTHDAY* 5</b> 9:00 <b>Outing- Empire Mine State Park &amp; Local Lunch</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise -RR 1:00 Bette Davis: Hollywood Greats - RR 3:00 Afternoon Bingo - RR 6:00 Friday Night Movie - RR	6 9:00 Tai Chi DVD - RR 10:00 Seated Exercise - RR 11:00 Seated Yoga DVD - RR 1:00 Wii Bowling Session 1 - RR 1:30 Wii Bowling Session 2 - RR 2:30 Crossword Puzzle Club - RR 6:00 Saturday Night Movie - RR
7 9:00 Tai Chi DVD - RR 10:00 Seated Exercise - RR 10:00 Brain Teasers - RR 11:00 Seated Yoga DVD - RR 1:00 Matinee Movie - RR with Popcorn 6:00 Evening Bingo - RR	8 9:00 Qi Gong DVD - RR 10:00 Seated Exercise - RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 1:30 <b>Presentation by Joel Segal: Metals and Me</b> 2:30 <b>Horse Races</b> - RR 6:00 Puzzle Hour - LB 	<b>*WINSTON CHURCHILL DAY* 9</b> 9:00 Tai Chi DVD - RR 10:00 Seated Exercise - RR 11:00 Seated Massages - CR 1:00 The Life of Winston Churchill - RR 1:30 <b>Hearing Aid Checks</b> - LB 2:30 Bean Bag Baseball - RR 3:30 NASA Astronaut History 6:00 Yahtzee Hour - RR	<b>*JOHN MADDEN BIRTHDAY* 10</b> 9:00 Qi Gong DVD - RR 9:00 Bible Study & Worship - CH 10:00 Seated Exercise - RR 10:45 Walking Club with Ginger 11:00 Tai Chi DVD - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 Football Life: John Madden 6:00 Residents Card Night - RR	11 9:00 Tai Chi DVD - RR 9:00 Catholic Communion - CH 10:00 Seated Exercise -RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 12:30 <b>Ceramics Class</b> - CR 2:30 <b>Happy Hour &amp; Music with Todd Morgan</b> - RR 6:00 Games Night- RR	<b>***DAVID CASSIDY B-DAY*** 12</b> 9:00 <b>Outing- Horton Iris Farm &amp; Lunch at Ugly Mug Cafe</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise - RR 11:00 Life Biography of David Cassidy- RR 2:30 <b>Karaoke Hour with Jim &amp; Linda</b> - RR 6:00 Friday Night Movie 	13 9:00 Tai Chi DVD - RR 10:00 Seated Exercise - RR 11:00 Seated Yoga DVD - RR 1:00 Wii Bowling Session 1 - RR 1:30 Wii Bowling Session 2 - RR 2:30 Crossword Puzzle Club - RR 6:00 Saturday Night Movie - RR
14 9:00 Tai Chi DVD - RR 10:00 Seated Exercise - RR 10:00 Brain Teasers - RR 11:00 Seated Yoga DVD - RR 1:00 Matinee Movie - RR with Popcorn 6:00 Evening Bingo - RR	15 9:00 Qi Gong DVD - RR 10:00 Seated Exercise - RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 1:30 Who Sank the Titanic? - RR 2:30 <b>Horse Races</b> - RR <i>Come Place Your Bets!</i> 6:00 Puzzle Hour - LB	<b>***LIBRARIAN DAY*** 16</b> <i>Thank You Elaine Bukove!</i> 9:00 Tai Chi DVD - RR 10:00 Seated Exercise-RR 11:00 <b>Book Club</b> - LB 1:00 <b>Chef Chat with Louis</b> - RR 2:30 Bean Bag Baseball-RR 3:30 Spring Poetry- RR 6:00 Yahtzee Hour - LB 	17 9:00 Qi Gong DVD - RR 10:00 Seated Exercise - RR 10:45 Walking Club 11:00 Tai Chi DVD - RR 11:30 to 1:00 p.m. <b>Spring Farmer's Market</b> 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 6:00 Residents Card Night - LB 	18 9:00 Tai Chi DVD - RR 9:00 Catholic Communion - CH 10:00 Seated Exercise - RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 2:30 <b>Happy Hour &amp; Music with Peter Morgan</b> - RR 6:00 Games Night- RR	19 9:30 <b>Bus Outing- Miniature Horse Farm &amp; Picnic Lunch at Park in Grass Valley</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise - RR 1:00 Revolutionary War Began Today in 1775 History - RR 3:00 Afternoon Bingo - RR 6:00 Friday Night Movie	20 9:00 Tai Chi DVD - RR 10:00 Seated Exercise - RR 11:00 Seated Yoga DVD - RR 1:00 Wii Bowling Session 1 - RR 1:30 Wii Bowling Session 2 - RR 2:30 Crossword Puzzle Club - RR 6:00 Saturday Night Movie - RR
21 9:00 Tai Chi DVD - RR 10:00 Seated Exercise - RR 10:00 Brain Teasers - RR 11:00 Seated Yoga DVD - RR 1:00 Matinee Movie - RR with Popcorn 6:00 Evening Bingo - RR	<b>***EARTH DAY*** 22</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise - RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 2:00 <b>Earth Day Planting Project</b> - ST 3:30 Colored Pencil Art- LB 6:00 Puzzle Hour - LB 	23 9:00 Tai Chi DVD - RR 10:00 Seated Exercise - RR 11:00 <b>Name that Tune with Piano Man Dan</b> - RR 1:00 <b>Teaching Kitchen with Chef Louis: Strawberries</b> 2:30 Bean Bag Baseball- RR 3:30 Jokes & Riddles- RR 6:00 Yahtzee Hour - LB s 	24 9:00 Qi Gong DVD - RR 9:00 Bible Study & Worship - CH 10:00 Seated Exercise - RR 10:45 Walking Club with Ginger 11:00 Tai Chi DVD - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 Paris Travel Video - RR 6:00 Residents Card Night- LB	25 9:00 Tai Chi DVD - RR 9:00 Catholic Communion - CH 10:00 Seated Exercise - RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 12:30 <b>Ceramics Class</b> - CR 2:30 <b>Happy Hour &amp; Birthday Party with Del &amp; Susan</b> 6:00 Games Night- RR 	<b>***ARBOR DAY*** 26</b> 9:00 Qi Gong DVD - RR 9:00 <b>Outing- Hard Rock Casino</b> 10:00 Seated Exercise - RR 1:00 p.m. to 3:00 p.m. <b>Springtime in Paris Open House with the Capital City Reflections Band on the Sunset Terrace</b> 6:00 Friday Night Movie - RR 	<b>50 Russ &amp; Arlene Ramey's 50th Anniversary</b> 9:00 Tai Chi DVD - RR 10:00 Seated Exercise - RR 11:00 Seated Yoga DVD - RR 1:00 Wii Bowling Session 1 - RR 1:30 Wii Bowling Session 2 - RR 2:30 Crossword Puzzle Club - RR 6:00 Saturday Night Movie - RR
28 9:00 Tai Chi DVD - RR 10:00 Seated Exercise - RR 10:00 Brain Teasers - RR 11:00 Seated Yoga DVD - RR 1:00 Matinee Movie - RR with Popcorn 6:00 Evening Bingo - RR	29 9:00 Qi Gong DVD - RR 10:00 Seated Exercise - RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 2:30 <b>Horse Races</b> - RR <i>Come Place Your Bets!</i> 3:30 <b>Colored Pencil Art- LB</b> 6:00 Puzzle Hour - LB	30 9:00 Tai Chi DVD - RR 10:00 Seated Exercise - RR 11:00 Seated Massages - CR 11:00 Sports Club - Let's Chat About your Favorite Teams 1:00 May Board Decorating 2:30 Bean Bag Baseball - RR 6:00 Yahtzee Hour - LB	 <h1 style="text-align: center;">April 2024</h1>			