

The Rose Review

Roseville Commons . 275 Folsom Rd., Roseville, CA 95678 . (916) 786-2751
Like us on Facebook: www.facebook.com/RosevilleCommonsSeniorLiving



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

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

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!

2nd Tuesday of each month at 1:30pm

Library on the 1st 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

Jack Pesola ~ Maintenance Director

Shon Fulgham ~ 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: 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.

7 Days a Week

Please have all items in a trash bag

Celebrating March

Umbrella Month

Women's History Month

Irish American Heritage Month

National Anthem Day

March 3

National Dentist Day

March 6

Day Light Saving Time Begins Turn your clock forward 1 hour

March 11

Napping Day

March 11

Quilting Day

March 16

St. Patrick's Day

March 17

Spring Begins

March 19

Memory Day

March 21

National Doctor's Day

March 30

Welcome March!

Thank you to everyone who participated in our Random Acts of Kindness challenge in February. It was wonderful observing all the kind gestures to one another. Because of your participation, we overfilled our jar of kindness coins and created many smiles in our community. The February challenge may be over; however, let's all continue to find ways to brighten the day of others in our community.

Daylight savings goes into effect this month. Don't forget to set your clocks ahead one hour on Sunday, March 10th. When we "spring forward" an hour, we add one hour of natural daylight to our afternoon schedule. It's a great opportunity to take advantage of the beautiful weather and landscaping that March has to offer.

Spring will be upon us soon and is a perfect time to enjoy our outdoor social areas. The Sunset Terrace, located next to our Dining Room, is available for outdoor dining starting Tuesday, March 19th. The flowers in the courtyard are starting to bloom and our gazebo is a perfect place to read a book and enjoy a cup of coffee in the morning.

I'm wishing you the luck of the Irish this month. Be sure to wear something green on March 17th or you might get pinched by one of our staff leprechauns! Ginger, our Activity Director, is making plans for a fun St. Patrick's Day Party on Thursday, March 14th and Chef Louis will be preparing a traditional corned beef and cabbage dinner on Sunday, March 17th.

Wishing you a blessed month!

Kathy



Culinary Corner

Let's welcome Spring with some holiday meals. Our chefs are excited to prepare and celebrate upcoming special meals in March with you.



Sunday, March 17th

Dinner from 4:00 p.m. to 6:00 p.m.

- Pea and Mint Soup & Garden Salad
- Corned Beef and Cabbage
- Butter Parsley Potatoes
- Steamed Carrots
- Emerald Cupcakes



Sunday, March 31st

Brunch from 10:30 a.m. to 12:30 p.m.

- Smoked Salmon Eggs Benedict with Breakfast Potatoes and Asparagus OR
- Banana-Nut French Toast Bake with Rum Butter Syrup
- Scrambled Eggs and Bacon
- Pastries & Mimosas

Come Meet with the Chef!



Tuesday, March 19th at 1:00 p.m.

Chat with Chef Louis- Come meet with Chef Louis and give him your feedback and menu ideas in the Rose Room.

Tuesday, March 26th at 2:00 p.m.

Teaching Kitchen with Chef Louis. This month we will be talking about and tasting chocolate.



March Birthdays

Those born from March 1–20 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional. If you were born between March 21–31, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence mean they have big and outgoing personalities.

- Dr. Seuss (author) – March 2, 1904
- Jackie Joyner-Kersey (athlete) – March 3, 1962
- Lou Costello (comedian) – March 6, 1906
- Sam Donaldson (journalist) – March 11, 1934
- Glenn Close (actress) – March 19, 1947
- Chaka Khan (singer) – March 23, 1953
- Danica Patrick (driver) – March 25, 1982
- Walt Frazier (ball player) – March 29, 1945
- Gordie Howe (hockey player) – March 31, 1928

Resident Birthdays

- 3rd Pauline Battle
- 6th Stan Seeley
- 8th Bob Velasquez
- 8th Tom Roe
- 12th Russ Ramey
- 15th Hazel Nofz (105th!)
- 26th Ruby Holder
- 27th Lamar Garner
- 31st Bruce Swartz



BIRTHDAY PARTY!



We will be celebrating our monthly March birthdays during our Happy Hour on **Thursday, March 28th at 2:30 p.m. in the Rose Room.** Cupcakes will be served!

What's Happening in March

Tuesday, March 5th & 19th 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.

Tuesday, March 5th at 1:00 p.m.

Bean Bag Baseball Tournament with Winding Commons! Join us in the Rose Room for some friendly competition and a root beer float.



Wednesday, March 6th 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!

Tuesday, March 12th at 1:00 p.m.

Advanced Wellness will be here to give a special presentation on Veteran's & Public Assistance. Come learn about free benefits that are available to you!



Tuesday, March 12th 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, March 14th & 28th at 12:30 p.m.

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



Friday, March 15th at 12:30 p.m.



Karaoke Hour! Join Jim and Linda in the Rose Room for an hour of Karaoke fun!

Monday, March 25th at 2:00 p.m.

Join Ginger in the Rose Room for a fun hour of **crafting!** This month, we will be making a special spring craft!



Friday, March 29th at 3:00 p.m.



Bunny Bingo! Ginger will be holding a special hour of bingo which includes extra bunny prizes and fun! Please also bring 10 dimes and 2 quarters to play.

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

Marketing Moments

Are you lucky?

Every now and then I'll remember the phrase, "Luck is when preparation meets opportunity" and it always almost felt right to me. You develop a skill or a routine, you get a chance to use it and, 'viola!', success. But is that all that luck is? A formula of effort and timing?

Or maybe it's something that just happens to you. A five-dollar bill in the parking lot of the grocery store. The winning lottery ticket at the local Circle K. Green traffic lights all the way to and from the mall. A smoldering meteor in an empty Iowa cornfield. Pure chance?



Or maybe if we believe that we are lucky, we can make it true. I believe I'm lucky, so I rolled a seven. I believe it, so I got front row parking. I believe it, so the pants I ordered online fit me

perfectly. I believe it and a butterfly landed on my arm. Is this how it works?

But maybe real luck isn't magic. Maybe it's noticing when something good enters your world and forgetting when the bad comes too. Maybe it's looking at the rain and not the stormy sky. Maybe it's looking at the moon and not the dark of night. Maybe our luck is what we choose to see. We all should be so lucky.

Drew



Welcome...

Ann Krouse – Apt. #209

March Bus Outings

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



Friday, March 1st
Alpaca Farm Trip & Lunch at Olive Garden
Farm Tickets: \$5.00 per person
 (Orangevale, CA)
 Departure Time: 9:30 a.m.



Thursday, March 7th
Scenic Drive to Grass Valley & Lunch at Lumberjacks with Hilltop Commons
 (Grass Valley, CA)
 Departure Time: 9:00 a.m.



Friday, March 8th
Jelly Belly Factory Tour & Lunch at Local Restaurant
Admission: Free
 (Fairfield, CA)
 Departure Time: 9:00 a.m.



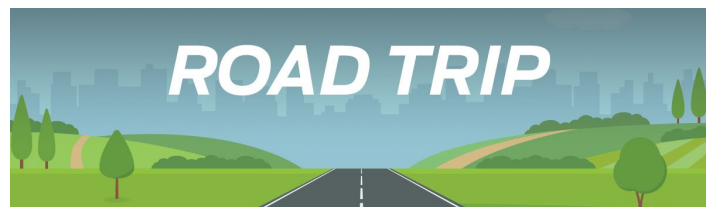
Friday, March 15th
Shopping at Pottery World and Lunch at their Cafe
 (Rocklin, CA)
 Departure Time: 9:00 a.m.



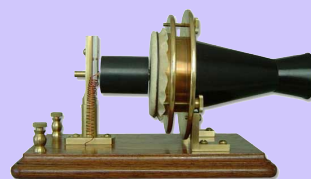
Friday, March 23rd
Wells Fargo History Museum & Lunch at Local Restaurant
 (Sacramento, CA)
 Departure Time: 9:00 a.m.



Friday, March 29th
Thrifting and Antique Shopping with & Lunch at Local Restaurant
 (Roseville, CA)
 Departure Time: 9:30 a.m.



Clash of Inventors



Alexander Graham Bell is hailed as the inventor of the telephone. It was Bell who discovered that sound travels over electrical wires and that

these wires can be connected in a way that allows two people to speak to each other over long distances. On March 10, 1876, the telephone was born when Bell spoke to his assistant, Thomas A. Watson, saying, "Mr. Watson. Come here. I want to see you."

Was Bell the sole inventor of the telephone? Another renowned inventor, Elisha Gray, was working on a similar device. On February 14, 1876, Bell submitted an application to the patent office for his telephone. Just hours later, Gray submitted his own application for a patent. Gray wrote:

"To all whom it may concern: Be it known that I, Elisha Gray, of Chicago, in the County of Cook, and State of Illinois, have invented a new art of transmitting vocal sounds telegraphically, of which the following is a specification: It is the object of my invention to transmit the tones of the human voice through a telegraphic circuit, and reproduce them at the receiving end of the line, so that actual conversations can be carried on by persons at long distances apart."

When Gray discovered that Bell was awarded the patent, he took Bell to court. Not only did Gray believe that he submitted his paperwork first, he believed that Bell learned of one of his designs and stole it. How did Bell steal Gray's design? One of the patent examiners at the patent office swore in an affidavit that he had shared Gray's paperwork and designs with Bell. The legal battle lasted over two years.

The courts eventually ruled that while Gray had invented an important, even vital, component of the telephone, Bell had succeeded in creating the whole telephone. The rest, as they say, is history.



A Winter Farewell

The first day of spring is a common reason for celebration for people all over the world, but the students at Lake Superior State University in Michigan may have taken it too far. Every March 20 since 1971, the students have bid farewell to winter by burning a snowman. This isn't just some wacky college prank; the bizarre tradition began in Germany as the Rose Sunday Festival, where a parade bearing a snowman (made of straw) passes through town to the village center. There, the mayor asks all the local children if they have been good, diligent in their studies, and mindful of their parents. When all the children publicly shout "Yes!" the snowman is burned.



The 10-foot snowman is made of leftover paper and scrap wood and is sometimes dressed in a rival college's colors. As it burns, students, professors, local children, and anyone else who cares to join in recite poetry they have written about the snowman. Only one year has been skipped since the tradition began. A snowman was not burned in 1992, due to environmental concerns by a student environmental awareness group. Locals were furious. Disappointed reporters arrived to find poetry but no snowman, and the tradition was resumed the following year.



HAPPY HOUR

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

Thursday, March 7th at 2:30 p.m.

Special entertainer, 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, March 14th at 2:30 p.m.
 St. Patrick's Day Happy Hour with singer Mike Ely!
 Special themed food will be served.

Thursday, March 21st at 2:30 p.m.
 Gary Blodgett will be here to sing your favorite country songs!

Thursday, March 28th at 2:30 p.m.
 Our March birthdays will be celebrated during this Happy Hour and cupcakes will be served! Get your dancing shoes ready because Del & Susan will be here to entertain us!



Happy Birthday Hazel!



Born March 15, 1919

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH 2024



3
 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

4
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 12:00/12:30 Wii Bowling - RR
 2:30 **Horse Races** - RR
Come Place Your Bets!
 3:30 Lucky Numbers Game - LB
 6:00 Puzzle Hour - LB

5
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 11:00 **Name that Tune with Piano Man Dan** - RR
 1:00 **Bean Bag Baseball Tournament with Winding Commons** - RR
 6:00 Yahtzee Hour - LB

6
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 **Activity Talk with Ginger: Come Help Plan for April**
 1:00 POKENO - RR
 2:30 Afternoon Bingo - RR
 3:30 Wii Golfing - RR
 6:00 Residents Card Night - LB

7
 9:00 **Outing to Grass Valley: Scenic Drive & Lunch**
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise - RR
 12:00/12:30 Wii Bowling - RR
 2:30 **Happy Hour w/ Alincia** - RR
 6:00 Bingo with Lori - RR

8
 9:00 **Outing- Jelly Belly Factory Tour & Lunch**
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 National Oregon Day Documentary - RR
 3:00 Travel Video: Ireland - RR
 6:00 Friday Night Movie - RR

9
 10:00 Senior Stretching DVD 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

DAYLIGHT SAVING BEGINS 10
 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

11
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 12:00/12:30 Wii Bowling - RR
 2:30 **InnoVage Presentation on Medical Services & Assistance Programs** - RR
 6:00 Puzzle Hour - LB

12
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 11:00 Seated Massages - CR
 1:00 **Veterans and Public Assistance Presentation- Hearing Aid Checks** - LB
 2:00 Afternoon TV Trivia - LB
 6:00 Yahtzee Hour - RR

13
 9:00 Qi Gong DVD - RR
 9:00 Bible Study & Worship - CH
 10:00 Seated Exercise - RR
 1:00 POKENO - RR
 2:30 Afternoon Bingo - RR
 3:30 Fireside Chat - LB
 6:00 Residents Card Night - RR

14
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise - RR
 12:00/12:30 Wii Bowling
 12:30 **Ceramics Class** - CR
 2:30 **St. Patrick's Day Party: Mike Ely** - RR
 6:00 Bingo with Lori - RR

*****Hazel's 105th B-Day***** 15
 9:30 **Bus Outing- Pottery World Shopping & Lunch at the Cafe**
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 2:30 **Karaoke Hour with Jim & Linda** - RR
 6:00 Friday Night Movie

16
 10:00 Senior Stretching DVD 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

*****ST. PATRICK'S DAY***** 17
 9:00 Tai Chi DVD - RR
 10:00 Brain Teasers - RR
 11:00 Seated Yoga DVD
 1:00 Matinee Movie - RR
 4:00 p.m. to 6:00 p.m. **St. Patrick's Day Dinner**
 6:00 Bingo with Lori - RR

18
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 12:00/12:30 Wii Bowling
 2:30 **Horse Races** - RR
Come Place Your Bets!
 6:00 Puzzle Hour - LB

*****SPRING BEGINS***** 19
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 11:00 **Name that Tune with Piano Man Dan** - RR
 1:00 **Chef Chat** - RR
 2:30 Bean Bag Baseball- RR
 6:00 Yahtzee Hour - LB

20
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Earth Day Education - RR
 1:00 POKENO - RR
 2:30 Afternoon Bingo - RR
 3:30 Jokes & Riddles - RR
 6:00 Residents Card Night - LB

21
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise - RR
 12:00/12:30 Wii Bowling - RR
 2:30 **Happy Hour & Music with Gary Blodgett** - RR
 6:00 Bingo with Lori - RR

22
 9:00 Qi Gong DVD - RR
 9:00 **Bus Outing- Wells Fargo History Museum & Lunch**
 10:00 Seated Exercise - RR
 1:00 The Tulip Bubble Documentary - RR
 3:00 Afternoon Bingo - RR
 6:00 Friday Night Movie - RR

23
 10:00 Senior Stretching DVD 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

24
 9:00 Tai Chi DVD - RR
 10:00 Brain Teasers - RR
 11:00 Seated Yoga DVD - RR
 1:00 Matinee Movie with Popcorn - RR
 6:00 Bingo with Lori - RR

25
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 12:00/12:30 Wii Bowling - RR
 2:00 **Spring Craft Project** - RR
 3:30 Fireside Colored Art - LB
 6:00 Puzzle Hour - LB

26
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 11:00 Seated Massages - CR
 1:00 **Teaching Kitchen with Chef Louis: Chocolate** - RR
 2:30 Bean Bag Baseball - RR
 6:00 Yahtzee Hour - LB

27
 9:00 Qi Gong DVD - RR
 9:00 Bible Study & Worship - CH
 10:00 Seated Exercise - RR
 1:00 POKENO - RR
 2:30 Afternoon Bingo - RR
 3:30 Fireside Chat - LB
 6:00 Residents Card Night- LB

28
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise - RR
 12:00/12:30 Wii Bowling - RR
 12:30 **Ceramics Class** - CR
 2:30 **Happy Hour & Birthday Party with Del and Susan**
 6:00 Bingo with Lori - RR

29
 9:00 Qi Gong DVD - RR
 9:30 **Bus Outing- Thrifting and Antique Shopping & Lunch**
 10:00 Seated Exercise - RR
 1:00 History of the Easter Bunny - RR
 3:00 **Bunny Bingo** - RR
 6:00 Friday Night Movie

30
 10:00 Senior Stretching DVD 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

*****EASTER SUNDAY***** 31
 9:00 Tai Chi DVD - RR
 10:00 Brain Teasers - RR
 10:30 to 12:30 p.m. **Bunny Brunch**
 11:00 Seated Yoga DVD
 1:00 Matinee Movie - RR
 6:00 Bingo with Lori - RR

