

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.

\$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!

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

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: 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

May 2024

The Rose Review

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

Like us on Facebook: www.facebook.com/RosevilleCommonsSeniorLiving

Celebrating May

Arthritis Awareness Month

Older Americans Month

Walking Month

Be Kind to Animals Week

May 5th-11th

Backyard Games Week

May 20th-26th

International Midwives' Day

May 5th

National Third Shift

Workers Day

May 8th

Miniature Golf Day

May 11th

Mother's Day

May 12th

International Museum Day

May 18th

International Tea Day

May 21st

Amnesty International Day

May 28th

Senior Health and Fitness Day

May 29th

H A P P Y
MOTHER'S
day

Join us for a special Pancake Breakfast on

Wednesday, May 8th

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

on the Sunset Terrace

Guest Brunch: \$7.00 per person

Buffet Includes:

Hot Griddle Pancakes

with Strawberry & Blueberry Topping

and Whipped Cream

Scrambled Eggs, Bacon & Sausage

Potatoes O'Brien

Mixed Fruit and Assorted Pastries

Mimosas & Sparkling Apple Cider



Culinary Corner

The Morrison Living team has planned the following special holiday meals for the Month of May 2024.



Cinco de Mayo Dinner

Sunday, May 5th from 4:00 p.m. to 6:00 p.m.

Guest meals are \$12.00

Tortilla Soup, Carnitas Platter with Shredded Slow Cooked Pork with Tortillas, Refried Beans, Mexican Corn on the Cob, Avocado Salsa, Onion & Cilantro and Churros with Chocolate Sauce



Mother's Day Dinner

Sunday, May 12th from 4:00 p.m. to 6:00 p.m.

Holiday Guest Meals are \$18.00

Cream of Asparagus Soup
Iceberg Salad with Roasted Beets & Radishes
Slow Cooked Pot Roast, Scalloped Potatoes
Baby Carrots, Assorted Roll, Tiramisu
Wine & Sparkling Apple Cider
No alternate menu available.



Memorial Day BBQ

Monday, May 27th from 4:00 p.m. to 6:00 p.m.

Guest meals are \$12.00

Bacon Cheeseburger or 1/4 Pound All Beef Hot Dog with all the fixings, Potato Salad, Baked Beans, Corn on the Cob, Sliced Watermelon, Ice Cream Drumsticks.
No alternate menu available.

May Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

- James Brown (musician) – May 3, 1933
- Gary Cooper (actor) – May 7, 1901
- Don Rickles (comedian) – May 8, 1926
- Joe Louis (boxer) – May 13, 1914
- Tori Spelling (actress) – May 16, 1973
- Cher (singer) – May 20, 1946
- Mary Cassatt (artist) – May 22, 1844
- Ian Fleming (writer) – May 28, 1908
- Mel Blanc (voice actor) – May 30, 1908
- Brooke Shields (model) – May 31, 1965

Resident Birthdays



- 10th Karen Springfield
- 16th Alice Weber
- 16th Maddie Altman
- 18th Marlo Butters
- 23rd Marge Griggs
- 27th Bill Fetch
- 31st Karen Opich

BIRTHDAY PARTY!

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



What's Happening in May

Wednesday, May 1st at 12:30 p.m.



Activity Talk with Ginger – Please bring your ideas and activity suggestions! We will be planning the June 2024 activity calendar and bus outings.

Monday, May 6th, 13th, & 20th at 2:30 p.m.

Come place your bets in the Rose Room with **Horse Racing** excitement! Please bring 6 quarters to play.



Tuesday, May 7th at 11:00 a.m.



Handmade Boutique! Caesar Scissors will return to sell his handmade pillows, scarves, and other handmade items!

Tuesday, May 7th & 21st 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, May 14th 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, May 9th & 23rd 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, May 24th at 2:30 p.m.



Karaoke Hour! Join Jim & Linda in the Rose Room for an hour of Karaoke fun! Ice Cream Bars will be served!

Monday, May 13th at 1:30 p.m.

Chef Talk! Resident can bring their menu ideas and suggestions to Chef Louis in the Rose Room



Tuesday, May 28th at 1:00 p.m.



Teaching Kitchen! This month Chef Louis will be discussing and serving wine and local cheeses.

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

Marketing Moments

For Mother's Day:

Elizabeth Akers Allen is a poet who lost her mother when she was only an infant. Perhaps accordingly, her most famous poem, published in the Saturday Evening Post in 1859 in Philadelphia, has her mother as the focus. I wanted to share a couple portions of this work, Rock Me to Sleep, Mother.

“Backward, turn backward, O Time, in your flight, Make me a child again just for tonight. Mother, come back from the echoless shore, Take me again to your heart as of yore; Kiss from my forehead the furrows of care, Smooth the few silver threads out of my hair; Over my slumbers your loving watch keep; Rock me to sleep, mother –rock me to sleep.

Over my heart, in the days that are flown, No love like mother-love ever has shown; No other worship abides and endures, Faithful, unselfish, and patient like yours: None like a mother can charm away pain, From the sick soul and the world-weary brain. Slumber's soft calms o'er my heavy lids creep; Rock me to sleep, mother, -- rock me to sleep.”

Drew



Chris Reilly - Apt. #224

Louann Thornton - Apt. #135

Charlene Presti - Apt. #218

May Bus Outings

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



Friday, May 3rd
Bird Sanctuary & Breakfast at Sweet Peas
Admission: Free
(Auburn, CA)
Departure Time: 9:00 a.m.



Friday, May 10th
Empire Mine State Historic Park and Picnic Lunch
Admission: Free
(Nevada County, CA)
Departure Time: 9:00 a.m.



Thursday, May 16th
Site-seeing in Old Town Sacramento & Lunch
(Sacramento, CA)
Departure Time: 9:00 a.m.



Friday, May 17th
California Railroad Museum & Lunch at a Local Restaurant
Admission: \$12.00
(Sacramento, CA)
Departure Time: 9:30 a.m.

Our bus driver, De Rollins, will be on vacation Friday, May 24th through June 2, 2024.



Flower of Remembrance

It's a flower that has come to represent all those who have given their lives in times of war. Around Memorial Day, Buddy Poppies start popping up.

The bright red artificial flowers, each with a tag that says, "Wear It Proudly," are given out by members of the Veteran's of Foreign Wars. The group began the tradition in 1922. The flowers got the name Buddy Poppies because they honored the many military buddies who never came home.

Today, men and women in Veterans Affairs hospitals and homes assemble the poppies, an activity that provided them with financial help and a form of physical therapy. VFW posts distribute the poppies to the public, and the donations collected for them are used to fund programs for veterans and military families.

Using the poppy as a memorial flower was inspired by the famous battlefield poem "In Flanders Fields," written during World War I by Canadian army doctor John McCrae. Poppies were later adopted as symbols by veteran's groups in the U.S., Canada, U.K., Australia, New Zealand and parts of Europe.

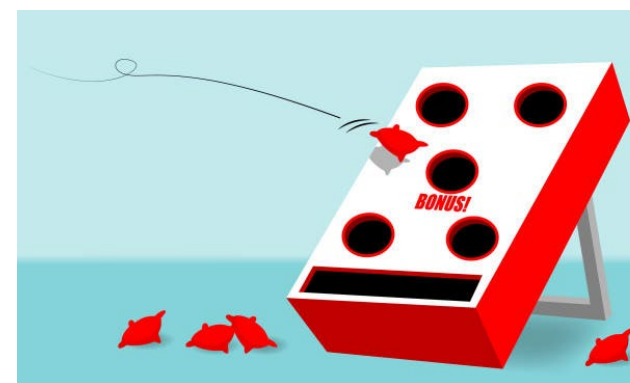


Bean Bag Baseball Tournament

Winding Commons will travel to our community for some friendly competition.

Tuesday, May 14th
at 1:00 p.m.
in the Rose Room

If you would like to join the tournament team, please sign up with Ginger! We also need residents to cheer for our team! Refreshments will be served.



Just Doing Her Job?

In addition to the demanding duties of motherhood, our moms worked second jobs as homemakers, accountants, teachers, scientists, artists, chefs and more. If an award were to be given for the Best Mother Ever, millions of women would be recognized because each mother excels in her own way. However, every last one would probably decline the award, saying that she was glad to do whatever she could to give her children the world.

Our team here at Roseville Commons would like to recognize our mothers for their hard work and devotion. We hope your Mother's Day holds all the happiness that you deserve!



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

Thursday, May 2nd at 2:30 p.m.



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

Thursday, May 9th at 2:30 p.m.

Entertainment by **Mike Ely**. Mike is full of energy, and he loves to interact with his audience. If you're lucky, you may even get to dance with him!



Thursday, May 16th at 2:30 p.m.



Entertainment with **Gary Blodgett**. Gary is known as a classic country artist. He is a talented musician and singer who gets our residents up on the dance floor! You don't want to miss his performance.

Thursday, May 23rd at 2:30 p.m.

Entertainment with **Capital City Reflections**. They will perform songs from the Swing era that will bring back memories of the good old days and get your toes tapping!



Thursday, May 30th at 2:30 p.m.



Come celebrate our May birthdays during this Happy Hour! Birthday cupcakes & other snacks will be served! **Del & Susan** will be here to entertain us!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



*****Cindo De Mayo***** 5
 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
4:00 p.m. to 6:00 p.m. Cinco de Mayo Dinner
 6:00 Bingo with Terry

6
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 11:30 Wii Bowling Session 1 - RR
 12:00 Wii Bowling Session 2 - RR
 1:00 Gardening Club - ST
 2:30 **Horse Races** - RR
Come Place Your Bets!
 3:30 History: Kentucky Derby- RR
 6:00 Puzzle Hour - LB

7
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 11:00 **Name that Tune with Piano Man Dan** - RR
 11:00 **Handmade Boutique with Caesar Scissors**
 1:00 Driving in California: Yosemite State Park - RR
 2:30 Bean Bag Baseball - RR
 6:00 Yahtzee Hour - RR

*****MAY DAY***** 8
 9:00 Qi Gong DVD - RR
 9:00 Bible Study & Worship - CH
 10:00 Seated Exercise - RR
10:30 to 12:30 p.m. Mother's Day Pancake Breakfast
 1:00 POKENO - RR
 2:30 Bingo - RR
 3:30 TV Trivia - RR
 6:00 Residents Card Night - RR

9
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise - RR
 11:30 Wii Bowling Session 1 - RR
 12:00 Wii Bowling Session 2 - RR
 12:30 **Ceramics Class** - CR
 2:30 **Happy Hour & Music with Mike Ely** - RR
 6:00 Bingo with Terry - RR

10
 9:00 **Outing- Empire Mine State Park & Picnic Lunch**
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 1:00 The History of Mother's Day - RR
 3:00 Wii Golfing - RR
 6:00 Friday Night Movie

*****KENTUCKY DERBY DAY***** 11
 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

*****MOTHER'S DAY***** 12
 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
4:00 p.m. to 6:00 p.m. Mother's Day Dinner
 6:00 Bingo with Terry

13
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 11:30 Wii Bowling Session 1 - RR
 12:00 Wii Bowling Session 2 - RR
 1:30 **Chef Chat with Louis** - RR
 2:30 **Horse Races** - RR
 6:00 Puzzle Hour - LB

14
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise - RR
 11:00 Seated Massages - CR
 1:00 **Bean Bag Baseball Tournament with Winding Commons**
 1:30 **Hearing Aid Checks**
 3:30 Jokes & Riddles- RR
 6:00 Yahtzee Hour - RR

15
 9:00 Qi Gong DVD - RR
 10:00 Seated Strength Exercise with Ginger - RR
 10:45 Walking Club with Ginger
 11:00 Tai Chi DVD - RR
 1:00 POKENO - RR
 2:30 Afternoon Bingo - RR
 3:30 TV Trivia - RR
 6:00 Residents Card Night - LB

16
 9:00 **Bus Outing: Old Sacramento and lunch**
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise - RR
 11:30 Wii Bowling Session 1 - RR
 12:00 Wii Bowling Session 2 - RR
 2:30 **Happy Hour & Music with Gary Blodgett** - RR
 6:00 Bingo with Terry - RR

17
 9:30 **Bus Outing- Railroad Museum and Lunch**
 9:00 Qi Gong DVD - RR
 10:00 Exercise - RR
 11:00 Tai Chi DVD
 1:00 History: U.S. Railroads
 3:00 Afternoon Bingo - RR
 6:00 Friday Night Movie - RR

*****ARMED FORCES DAY***** 18
 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

19
 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 Bingo with Terry - RR

20
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 11:30 Wii Bowling Session 1 - RR
 12:00 Wii Bowling Session 2 - RR
 1:00 Gardening Club - ST
 2:30 **Horse Races** - RR
Come Place Your Bets!
 6:00 Puzzle Hour - LB

21
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise-RR
 11:00 **Name that Tune with Piano Man Dan** - RR
 1:00 **Teaching Kitchen with Chef Louis: Wine & Cheese**
 2:30 Bean Bag Baseball
 3:30 Colored Pencil Art - LB
 6:00 Yahtzee Hour - LB

22
 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 TV Trivia - RR
 6:00 Residents Card Night- LB

23
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise - RR
 11:30 Wii Bowling Session 1 - RR
 12:00 Wii Bowling Session 2 - RR
 12:30 **Ceramics Class** - CR
 2:30 **Happy Hour & Music with Capital City Reflections**
 6:00 Bingo with Terry - RR

24
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 1:00 Cornhole - RR
Come Try a New Game!
 2:30 **Karaoke Hour with Ice Cream Bars** - RR
 3:30 Roaring 20's Music - RR
 6:00 Friday Night Movie - RR

25
 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

26
 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 Bingo with Terry - RR

*****MEMORIAL DAY***** 27
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 11:30 Wii Bowling Session 1 - RR
 12:00 Wii Bowling Session 2 - RR
 2:00 Changing of the Guard at Arlington National Cemetry
4-6 p.m. Memorial Day Barbecue

28
 9:00 Tai Chi DVD - RR
 10:00 Seated Strength Exercise with Ginger - RR
 11:00 Seated Massages - CR
 1:00 Gardening Club - ST
 2:30 Bean Bag Baseball- RR
 3:30 Wii Golfing - RR
 6:00 Yahtzee Hour - LB

29
 9:00 Qi Gong DVD - RR
 10:00 Seated Strength Exercise with Ginger - RR
 10:45 Walking Club with Ginger
 11:00 Tai Chi DVD - RR
 1:00 POKENO - RR
 2:30 Afternoon Bingo - RR
 3:30 TV Trivia - RR
 6:00 Residents Card Night- LB

30
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise - RR
 11:30 Wii Bowling Session 1 - RR
 12:00 Wii Bowling Session 2 - RR
 2:30 **Happy Hour & Birthday Party with Del & Susan**
 6:00 Bingo with Terry - RR

31
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 1:00 California State Route 89 Scenic Drive - RR
 2:00 Wii Bowling - RR
 3:30 American Civil War: Battle of Seven Pines - RR
 6:00 Friday Night Movie - RR

