

## List of Vendors for Other 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 ~ sign up 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! 10lb. minimum at \$25

### Community Hearing Aid Center

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

Independent Contractor

Free cleaning, batteries & check-up!

Call Ed to set up an appointment.

### 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

Riaz Ramzan ~ Maintenance

Joe Booth ~ Maintenance

Tammy Davis ~ Van Transportation

De Rollins ~ Bus Transportation

Margaret, Stephanie & Rosa ~ Housekeeping

Joy, Taylor, 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 tied plastic trash bag*

April 2025

# 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 & Garden Month**

**Keep America Beautiful Month**

**Poetry Month**

**National Humor Month**

**April Fools' Day**

*April 1<sup>st</sup>*

**National Burrito Day**

*April 3<sup>rd</sup>*

**Zoo Lover's Day**

*April 8<sup>th</sup>*

**Winston Churchill Day**

*April 9<sup>th</sup>*

**National Siblings Day**

*April 10<sup>th</sup>*

**Barbershop Quartet Day**

*April 11<sup>th</sup>*

**Easter**

*April 20<sup>th</sup>*

**Earth Day**

*April 22<sup>nd</sup>*

**Arbor Day**

*April 25*

**International Dance Day**

*April 29<sup>th</sup>*



*Join us for a special brunch prepared by the Morrison Living Chefs on*

*Sunday, April 20<sup>th</sup>  
10:30 a.m. to 12:30 p.m.  
in the Dining Room*

*Our special menu will include:*

*Ham & Spinach Eggs Benedict Florentine  
with Breakfast Potatoes & Asparagus*

*OR*

*Crepes Suzette  
Crepes with a Buttery Orange Sauce, &  
Whipped Cream with Bacon*

*Pastries Assortment & Bellinis  
will be available*

*Special event guest meals are \$18 per person*



## Laugh It Off

You may be laughing until it hurts, but that laughter is doing some powerful healing. Pull up a chair next to the class clown or the office cutup because April is Humor Month.



Humor may be one of the oldest and most effective methods of social bonding. No matter what your culture or background, all laughter sounds the same. Better yet, studies show that the more you laugh, the more attractive you become to the opposite sex... or perhaps that's just a joke?

Most laughter doesn't come from listening to jokes. Most laughter comes from spending time with friends and family. Furthermore, people tend to laugh more when they're in groups. Laughter truly is contagious. In fact, laughter strengthens immune systems by increasing infection-fighting antibodies.

Doctors have become wise to the positive health effects of laughter. Laughter has been shown to decrease blood pressure, improve the function of blood vessels, increase blood flow, and decrease hormones associated with stress. Laughter even reduces pain by stimulating the release of endorphins. One doctor believes laughing is such good exercise that he calls it "internal jogging." One minute of laughing, he says, is equal to 10 minutes on a rowing machine.

Laughter is not just good for the body; it's also good for the mind. Humor stimulates creativity, improves problem-solving abilities, enhances memory, and teaches resilience. All April long, make sure to take "laughter breaks" every day. Avoid the news and instead watch a sitcom or funny movie, read the daily comics, perform a sight gag, tell a joke, play games, spend time with children, and most importantly, do these things with friends. Hoot and holler with reckless abandon, and your body will thank you.

## April Birthdays

In astrology, those born between April 1–20 are Aries, the Ram. Rams are adventurous go-getters and full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers—undeterred when the going gets rough. Those born from April 20–30 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence in achieving their goals. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home.

- Marvin Gaye (Singer) – April 2, 1939
- Marlon Brando (actor) – April 3, 1924
- Spencer Tracy (actor) – April 5, 1900
- Walter Winchell (columnist) – April 7, 1897
- Jackie Chan (actor, stuntman) – April 7, 1954
- Charles Wilson Peale (artist) – April 15, 1741
- Charlie Chaplin (actor) – April 16, 1889
- Paloma Picasso (designer) – April 19, 1949
- Shirley Temple (actress) – April 23, 1928
- Carol Burnett (comedian) – April 26, 1933
- Jerry Seinfeld (comedian) – April 29, 1954

## Resident Birthdays



- 6<sup>th</sup> **Victoria Garcia**
- 11<sup>th</sup> **Bobbie Graham**
- 21<sup>st</sup> **Sue Sudhoff**

## BIRTHDAY PARTY!

We will be celebrating our monthly April birthdays during our Happy Hour on **Thursday, April 24th at 2:30 p.m. in the Rose Room.** Cupcakes will be served!



## What's Happening in April

**Monday, April 7<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>**  
Join Ginger & Terry for an hour of **Horse Racing** fun in the Rose Room! Please bring 6 quarters to place your bets.



**Tuesday, April 8<sup>th</sup> & 22<sup>nd</sup>**  
Join Piano Man Dan in the Rose Room at 12:30 p.m. for an hour of **Name That Tune** and Sing-along! Make sure you invite your neighbor or friend!



**Tuesday, April 8<sup>th</sup> 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.



**Monday, April 14<sup>th</sup> at 1:00 p.m.**  
**Egg Cake Decorating Class**- Marcia from Batter & Sprinkles Bakery will be teaching residents to frost and decorate egg shaped cakes using a piping bag. Class is limited to 12 residents.



**Wednesday, April 16<sup>th</sup> at 9:30 a.m.**  
Invite a friend and come enjoy a delicious morning treat and a cup of coffee. Our **Donut Social** will be set up in the Rose Room.



**Friday, April 18<sup>th</sup> at 2:30 p.m.**  
**Karaoke Hour!** Join Jim and Linda in the Rose Room for an hour of Karaoke fun! Come hear some of our gifted residents show off their singing talent!



**Monday, April 21<sup>st</sup> at 1:00 p.m.**  
Join Ginger and Laurie Smith in the Rose Room for a fun hour of **spring crafting!** This month we will be making wind chimes and bird houses!



**Tuesday, April 22<sup>nd</sup> at 1:00 p.m.**  
**Teaching Kitchen with Chef Louis.** This month we will be talking about and tasting strawberries.



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

## Marketing Moments

On April 2nd, 1805, Hans Christian Anderson was born. An author of novels, plays, and poems, he is most recognized for his fairy tales such as 'The Little Mermaid', 'The Emperor's New Clothes', and one of my favorites, 'The Ugly Duckling'.



You'll recall the story of a duckling who was taunted and teased his whole life because he wasn't like the others, because he was different, because, they said, he was ugly. After fleeing the torment of the ducks, he found no respite elsewhere. Going from being mocked by a cat and a hen, to being frightened by noisy children and setting out on his own to hopefully find peace.

One day he looked to the heavens to see swans soaring through the skies on their migration. Excitement filled his heart, but it was short lived. Because he knew he was too small, too weak, and worst of all, too ugly. He spent the winter outside. Cold. Alone.

The next season the swans returned, and the duckling cast himself among them, thinking it would be better to die than continue living. To his great surprise, they accepted and embraced him. For the first time, he caught his own reflection in the water. A beautiful swan.

Something to think about: if you let people define who you are, you'll live in their judgement forever. But if you can trust yourself and find the people who love you, you'll see you've been beautiful all along.

Drew

# WELCOME!

## NEW RESIDENTS

- Dick & Barbara Winterrowd – Apt. #127**
- Paul Harrison – Apt. #140**
- Gary Colberg – Apt. #232**
- Edwin & Virginia Lewis – Apt. #326**

### 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!



**Tuesday, April 1st**  
**Thrift Store Shopping and Chinese Lunch**  
(Folsom, CA)  
Departure Time: 9:00 a.m.

**Friday, April 4th**  
**Von Howd Studios & Gallery & Lunch at Awful Annies**  
(Grass Valley, CA)  
Departure Time: 9:15 a.m.  
Admission: Free



**Friday, April 11th**  
**Horton Iris Farm & Lunch at The Ugly Mug Cafe**  
**Admission: Free**  
(Loomis, CA)  
Departure Time: 9:00 a.m.



**Friday, April 18th**  
**California Railroad Museum & Lunch Downtown**  
(Sacramento, CA)  
Departure Time: 9:00 a.m.  
Admission: \$12



**Friday, April 25th**  
**Tulips at Crystal Hermitage with Picnic Lunch**  
(Nevada City, CA)  
Departure Time: 9:00 a.m.  
Admission: \$15



# TREASURED Memories

## Memories with Melody



This new activity was a big hit in March! So, by resident request, we will continue Memories with Melody in April! Join Resident Relations, Melody Powers, every Saturday at 2:00 p.m.

For April, Melody is looking forward to gathering with residents in the library and has planned the following topics to discuss.

### Saturday, March 5<sup>th</sup>

What are some of your earliest childhood memories?

### Saturday, March 12<sup>th</sup>

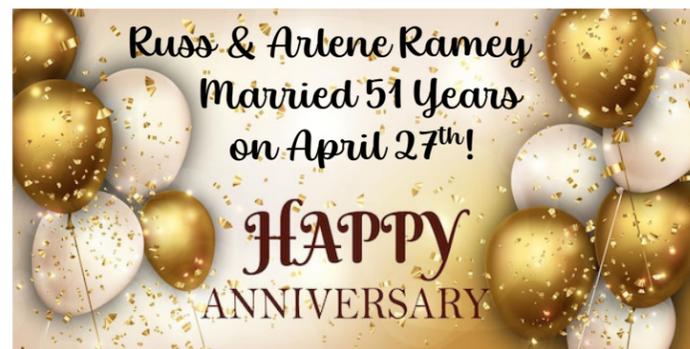
Let's share stories about our parents or grandparents

### Saturday, March 19<sup>th</sup>

Do you have a funny or unexpected travel story to share from your adventures?

### Saturday, March 26<sup>th</sup>

Share a memory related to a hobby or interest which left a lasting impression on you.



### Laundry Room Ideas

Here's some great way to be thoughtful to your friends and neighbors:

#### If you leave, set a timer...



An easy suggestion is to set a timer to remind yourself when your clothes are ready, or sit in the laundry with a delightful book, while you are washing and drying your clothes.

#### Leave a note...

You can also leave a note with your apartment # on the machine you are using. This lets us know who to contact if you forget to retrieve your clothes.



#### Have Patience...



Give your neighbors a few minutes before you start getting impatient. If necessary, call the office for assistance. Please remember to be courteous of others and their belongings!



# ICE CREAM Meet & Mingle SOCIAL!



The Morrison Living culinary team has scheduled an Ice Cream Social. The chefs will be serving residents ice cream and are looking forward to meeting all of you!

**Join us on Tuesday, April 15<sup>th</sup>**  
**at 2:00 p.m.**  
**In the Rose Room!**



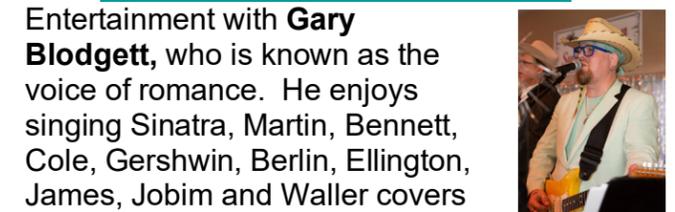
Get ready for another fun-filled month of Happy Hours and parties! Please join us in the Rose Room on the dates below.

### Thursday, April 3rd at 2:30 p.m.



Entertainment by **Rick Turnage**. Rick has been playing professionally for almost 30 years. If you enjoy rock, country, and blues music, you will love this entertainer.

### Thursday, April 10th at 2:30 p.m.



Entertainment with **Gary Blodgett**, who is known as the voice of romance. He enjoys singing Sinatra, Martin, Bennett, Cole, Gershwin, Berlin, Ellington, James, Jobim and Waller covers songs.

### Thursday, April 17th at 2:30 p.m.



Entertainment by **Peter Morgan**. Peter 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 24th 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 the **Evening Star Band** will be here to entertain us!



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



"Though April showers may come your way, they bring the flowers that bloom in May" -Al Jolson

9:00 Tai Chi DVD - RR  
9:45 Stretch & Strength Exercise DVD - RR  
10:00 Brain Teasers - RR  
11:00 Seated Exercise - RR  
1:00 Matinee Movie with Popcorn - RR  
6:00 Bingo with Terry - RR

6

9:00 Qi Gong DVD - RR  
10:00 Exercise with Weights- RR  
11:00 Sit & Stretch DVD - RR  
11:30 Wii Bowling Session 1- RR  
12:00 Wii Bowling Session 2- RR  
12:30 Gardening Club - ST  
Checking on Garden  
1:30 POKENO - RR  
3:00 Horse Races - RR  
6:00 Pencil Color Art - LB

7

**\*Zoo Lover's Day\***  
9:00 Tai Chi DVD - RR  
10:00 Exercise with Weights- RR  
11:00 Seated Massages - CR  
12:30 **Name That Tune with Piano Man Dan** - RR  
1:30 **Chef Chat** - RR  
2:30 Bean Bag Baseball - RR  
6:00 Yahtzee Hour - LB

8

**\*\*\*Winston Churchill Day\*\*\***  
9:00 Qi Gong DVD - RR  
9:00 Bible Study & Worship - CH  
9:45 Stretch & Strength DVD - RR  
11:00 Sit & Stretch Exercise - RR  
1:00 POKENO - RR  
2:30 Afternoon Bingo - RR  
3:30 Life of Winston Churchill  
6:00 Residents Card Night- LB

9

**\*National Siblings Day\***  
9:00 Tai Chi DVD - RR  
9:00 Catholic Communion - CH  
10:00 Exercise with Weights- RR  
11:30 Wii Bowling Session 1- RR  
12:00 Wii Bowling Session 2- RR  
1:00 Funny Baby Sibling Videos  
2:30 **Happy Hour & Music with Gary Blodgett** - RR  
6:00 Bingo with Terry - RR

10

**\*Barbershop Quartet Day\***  
9:00 **Bus Outing- Norton Iris Garden & Lunch**  
9:00 Qi Gong DVD - RR  
10:00 Exercise with Weights - RR  
11:00 Sit & Stretch DVD - RR  
1:30 BHS Presents A Celebration of Barbershop Quartet Day  
3:00 Afternoon Bingo - RR  
6:00 Friday Night Movie - RR

11

9:00 Tai Chi DVD - RR  
9:45 Stretch & Strength Exercise  
11:00 Seated Yoga - RR  
11:30 Wii Bowling Session 1- RR  
12:00 Wii Bowling Session 2- RR  
2:00 Memories with Melody - LB  
Parents & Grandparents  
3:00 Wii Sports - RR  
6:00 Saturday Night Movie - RR

12

9:00 Tai Chi DVD - RR  
9:45 Stretch & Strength Exercise DVD - RR  
10:00 Brain Teasers - RR  
11:00 Seated Exercise - RR  
1:00 Matinee Movie with Popcorn - RR  
6:00 Bingo with Terry - RR

13

9:00 Qi Gong DVD - RR  
10:00 Exercise with Weights- RR  
11:00 Sit & Stretch Exercise - RR  
11:30/12:00 Wii Bowling - RR  
1:00 **Spring Cake Decorating Class with Maria** - RR  
1:00 p.m. to 2:30 p.m.  
**Spring Bake Sale**  
6:00 Pencil Color Art - LB

14

9:00 Tai Chi DVD - RR  
10:00 Exercise with Weights- RR  
11:00 Morning Walk & Shop to Bliss Market w/ Donna- FL  
2:00 **Come Meet the Chefs Ice Cream Social** - RR  
3:30 Wii Golfing - RR  
6:00 Yahtzee Hour - LB

15

 9:00 Qi Gong DVD - RR  
9:30 **Donut & Coffee Social** - RR  
9:45 Stretch & Strength DVD - RR  
11:00 Sit & Stretch Exercise - RR  
1:00 POKENO - RR  
2:30 **Bunny Bingo** - RR  
3:30 Golf Putting - RR  
6:00 Residents Card Night

16

9:00 Tai Chi DVD - RR  
9:00 Catholic Communion - CH  
10:00 Exercise with Weights- RR  
11:30 Wii Bowling Session 1- RR  
12:00 Wii Bowling Session 2- RR  
1:00 Famous Singers of the 50's  
2:30 **Happy Hour & Music with Peter Morgan** - RR  
6:00 Bingo with Terry - RR

17

9:00 **Bus Outing- California Railroad Museum & Lunch**  
9:00 Qi Gong DVD - RR  
10:00 Exercise with Weights- RR  
11:00 Sit & Stretch DVD - RR  
1:00 Railroad History - RR  
2:30 **Karaoke Hour with Jim & Linda** - RR  
6:00 Friday Night Movie

18

9:00 Tai Chi DVD - RR  
9:45 Stretch & Strength Exercise  
11:00 Seated Yoga - RR  
11:00 to 3:00 p.m.  
**Fashion Boutique with Michelle Bunfill**  
11:30/12:00 Wii Bowling  
2:00 Memories with Melody  
Travel Stories - LB  
6:00 Saturday Night Movie - RR

19

**\*\*\*Easter Sunday\*\*\***  
9:00 Tai Chi DVD - RR  
9:45 Stretch & Strength DVD  
10:30 a.m. to 12:30 p.m.  
**Bunny Brunch & Dinner To-go Box Pick Up**  
10:00 Brain Teasers - RR  
11:00 Seated Exercise  
1:00 Matinee Movie - RR  
6:00 Bingo with Terry - RR

20

9:00 Qi Gong DVD - RR  
10:00 Exercise with Weights- RR  
11:00 Sit & Stretch Exercise - RR  
11:30 Wii Bowling Session 1- RR  
12:00 Wii Bowling Session 2- RR  
1:00 **Crafts with Laurie & Ginger Windchimes & Birdhouses**  
3:00 Horse Races - RR  
6:00 Pencil Color Art - LB

21

**\*EARTH DAY\***  
9:00 Tai Chi DVD - RR  
10:00 Exercise with Weights- RR  
11:00 Seated Massages - CR  
12:30 **Name That Tune with Piano Man Dan** - RR  
1:30 **Teaching Kitchen: Strawberries** - RR  
2:45 Bean Bag Baseball- RR  
6:00 Yahtzee Hour - LB

22

9:00 Qi Gong DVD - RR  
9:00 Bible Study & Worship - CH  
9:45 Stretch & Strength DVD - RR  
11:00 Sit & Stretch Exercise - 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 Exercise with Weights- RR  
11:30 Wii Bowling Session 1- RR  
12:00 Wii Bowling Session 2- RR  
2:30 **Birthday Party & Happy Hour with the Evening Star Band**  
6:00 Bingo with Terry - RR

24

**\*ARBOR DAY\***  
9:00 **Bus Outing- Tulips at Crystal Hermitage & Picnic Lunch**  
9:00 Qi Gong DVD - RR  
10:00 Exercise with Weights- RR  
11:00 Sit & Stretch DVD - RR  
1:30 History of Arbor Day - RR  
3:00 Tulips Garden Video - RR  
6:00 Friday Night Movie - RR

25

9:00 Tai Chi DVD - RR  
9:45 Stretch & Strength Exercise  
11:00 Seated Yoga - RR  
11:30 Wii Bowling Session 1- RR  
12:00 Wii Bowling Session 2- RR  
2:00 Memories with Melody - LB  
Hobbies & Interests  
3:00 Wii Sports - RR  
6:00 Saturday Night Movie - RR

26

9:00 Tai Chi DVD - RR  
9:45 Stretch & Strength Exercise DVD - RR  
10:00 Brain Teasers - RR  
11:00 Seated Exercise - RR  
1:00 Matinee Movie with Popcorn - RR  
6:00 Bingo with Terry - RR

27

9:00 Qi Gong DVD - RR  
10:00 Exercise with Weights- RR  
11:00 Sit & Stretch Exercise - RR  
11:30 Wii Bowling Session 1- RR  
12:00 Wii Bowling Session 2- RR  
1:00 Gardening Club - ST  
Checking on Garden  
3:00 Horse Races - RR  
6:00 Pencil Color Art - LB

28

**\*International Dance Day\***  
9:00 Tai Chi DVD - RR  
10:00 Exercise with Weights- RR  
11:00 Sit & Stretch DVD - RR  
1:00 Carnival Toss Game - RR  
2:30 Bean Bag Baseball - RR  
3:30 20 Dance Styles from Around the World - RR  
6:00 Yahtzee Hour - LB

29

9:00 Qi Gong DVD - RR  
9:00 Bible Study & Worship - CH  
9:45 Stretch & Strength DVD - RR  
11:00 Sit & Stretch Exercise - RR  
1:00 POKENO - RR  
2:30 Afternoon Bingo - RR  
3:30 Spring Poetry - Come Share Your Favorite Poem - RR  
6:00 Residents Card Night- LB

30

