

Office Hours

7 Days a Week
8:30 a.m. - 5:00 p.m.

Roseville Commons Staff

Kathy Horbasch ~ Community Administrator
Roseville-mgr@raystoneinc.com

Drew Marcus ~ Marketing Director
Roseville-md@raystoneinc.com

Ginger McCauley ~ Activities Director
Roseville-ad@raystoneinc.com

Donna Enos ~ Resident Relations
and

TBA ~ PT Resident Relations
Roseville-rr@raystoneinc.com

David Guttman ~ Maintenance
Dguttman@raystoneinc.com

Tammy Davis ~ Van Transportation

TBA ~ Bus Transportation

Margaret, Stephanie & Rosa ~ Housekeeping

Joy, Lupe, Julia & Justin ~ Night Porters

Team Morrison

Louis Schwartz – Chef/Director of Dining Services
Louisschwartz@morrisonliving.com

Morrison Kitchen and Wait Staff:

AJ, Charles, Greg, Taylor,
Javi, Emily, Avery, Troy, Kay,
Corey, Sherri, Jadenn & Teresa

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 trash items in a tied plastic trash bag. Boxes must be broken down.

Optional Resources**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.

Celtic Hands Massage

Kevin McLachlan: (916) 878-6189

Independent Contractor
2nd & 4th 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

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!

The Rose Review

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

**Celebrating August**

Read a Romance Month

Golf Month

Family Fun Month

Root Beer Float Day
August 6

Purple Heart Day
August 7

Bargain Hunting Week
August 10–16

Vinyl Record Day
August 12

Social Security Day
August 14

Senior Citizens Day
August 21

Kiss and Make Up Day
August 25

Rainbow Bridge Remembrance Day
August 28

Eat Outside Day
August 31

**Let's Celebrate the 1950's**

Roseville Commons will be turning back the clock to the 1950s with a Rock Around the Clock Dance on Wednesday, August 19th at 2:30 p.m.

Residents and staff are encouraged to dress up for this event in poodle skirts, scarves, rolled up blue jeans, saddle shoes, leather jackets, sunglasses and more!

Just before the dance at 2:00 p.m. Ginger has planned a Hula Hoop Contest for residents and staff to participate in with prizes awarded to the resident and staff member who can keep the hula hoop on their hip for the longest time. This was a popular activity back in the 1950's.

Of course, no Rock Around the Clock Dance would be complete without fabulous fifties entertainment. Mike Ely has been scheduled to entertain us with songs from the era and will help judge the 1950's dance competition that will bring residents and staff to the dance floor.

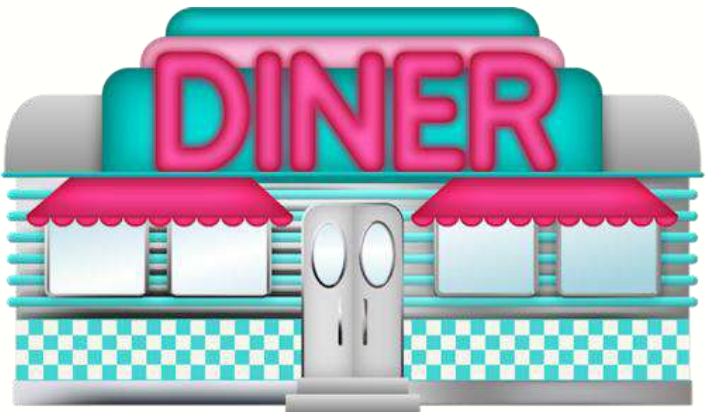
Morrison Living culinary team will prepare delicious appetizers including cheeseburger sliders and French fries for all to enjoy. To end the celebration, step back in time and treat yourself to a delicious old-fashioned ice cream float. So put on your retro outfit, and join us for an afternoon of fun, laughter, great music, and classic refreshments!



Culinary Corner

Our Roseville Commons dining room will transform into a fabulous fifties' diner in the month of August.

In the 1950's many families sat down at the table to enjoy simple home cooked meals of meat, vegetables and homemade desserts. The Morrison Living team has planned a Blue-Plate Special dinner that will bring back the nostalgia of the fifties to your tastebuds. So go put on an Elvis record and your poodle skirt because we're taking a trip back in time to enjoy some 1950's food.



1950's Blue Plate Special
Wednesday, August 19th
from 4:00 p.m. to 6:00 p.m.
in the Dining Room

- Iceberg Salad
- Chicken Soup
- Salisbury Steak
- with Mushroom Gravy
- Mashed Potatoes
- Green Beans
- Apple Pie Ala Mode



August Birthdays

In astrology, those born between August 1 and August 22 take on the lion star sign of Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They're also ambitious — reaching for the stars, working hard, and accomplishing their goals. Those born between August 23 and August 31 are Virgos, known for being industrious and efficient. They pay close attention to details and get the job done right on the first try. Here are a few celebrities born in August:

- P. D. James (writer) – August 3, 1920
- Roger Clemens (pitcher) August 4, 1962
- Mata Hari (spy) – August 7, 1876
- Alfred Hitchcock (director) – August 13, 1899
- Julia Child (chef) – August 15, 1912
- Connie Chung (journalist) – August 20, 1946
- Kenny Rogers, singer, actor. August 21, 1938
- Cal Ripken Jr. (ballplayer) – August 24, 1960
- Mother Teresa (nun) – August 26, 1910
- Ingrid Bergman (actress) – August 29, 1915
- Buddy Hackett (comedian) – August 31, 1924

Resident Birthdays

- 2nd Charles Creech
- 4th Wanda Phelps
- 8th Helen Outlaw
- 12th Wayne Wyatt
- 17th Ann Krouse
- 22nd Margo Ezell
- 26th Garth Jaehnig
- 28th Elaine Reid
- 29th Mary Epling
- 30th Pauline Siino
- 31st Rebecca Snelling



BIRTHDAY PARTY!

We will be celebrating our monthly August birthdays during our Happy Hour on **Thursday, August 27th at 2:30 p.m.**



What's Happening in August

Monday, August 3rd, 17th & 31st at 3:00 p.m.



Come place your bets in the Rose Room with **Horse Racing** excitement! Please bring 6 quarters to play. Invite a friend or neighbor! The more bets, the more you can win!

Sunday, August 9th at 3:00 p.m.

Chef Louis will be meeting with residents in the Rose Room at 3:00 p.m. to discuss dining room services. Please bring your menu suggestions for the Summer season.



Monday, August 10th & Friday, August 21st



Warm up those vocal cords and get ready for an afternoon of music, laughter, and fun! Join Jim & Linda in the Rose Room at 2:30 p.m. for an hour of **Karaoke** fun!

Tuesday, August 11th & 25th at 12:30 p.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.



Sunday, August 16th at 3:00 p.m.



Teaching Kitchen! Come learn about tomatoes with Chef Louis in the Rose Room! Chef will also prepare some delicious recipes using tomatoes for residents to sample.

Tuesday, August 18th at 1:00 p.m.

Calling all Veterans! Join us in the Library for our monthly Veterans Meeting. Come learn about benefits available to you and socialize with other Veterans.



Friday, August 21st at 12:30 p.m.



In honor of our 1950's celebration, we will be holding a special **Rock N' Roll Prize Bingo** in the Rose Room. You will need 10 dimes & 2 quarters to play and raffle prizes will be handed out to some lucky residents.

Monday, August 24th at 2:00 p.m.



Join Art Instructor, Marion for a fun new **summer craft project**. Bring a friend and join us in the Rose Room

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

Marketing Moments



Your child sits on the stairs, five years old, tugging at the carpet with their bare feet. The colors of their favorite pajamas faded slightly, having been worn almost every night since their last birthday. Dust floats in the light from the kitchen window.

Your phone rings. It's good to hear your voice. You've been so busy away at school. They tell you about new friends and working part time at the coffee shop. Don't worry, they're doing fine. I knew you would, you say. Their room down the hall is unchanged. Above the perfectly made bed dangles a first-place ribbon from a spelling bee.

A postcard from the honeymoon. Life has been so full for them recently. The hard-won promotion, a beautiful wedding, and unknown to everyone, a baby on the way. She'll have her mother's eyes. On the fridge is a photograph. A day of roller coasters and cotton candy. They're in your arms and you remember it was the last time they were small enough to hold.

Your doorbell rings and they've come to check on you. A puzzle half-finished on the table and tomato plants in the garden that need water. Are you feeling well? Are you eating enough? They share a knowing glance as the sunlight glints off the kitchen window, making you close your eyes.

Your child is on the stairs, five years old, arms outstretched. You lift them up and they grip your neck tightly. For a moment, this is the whole world. And you make a wish. Maybe it can stay this way forever.

Drew Marcus





Join us for a fun hour of Rock N' Roll Bingo on
FRIDAY, AUGUST 21ST

AT 2:30 PM IN THE ROSE ROOM

10 dimes & 2 quarters are needed to play!

There will also be a drawing for
special raffle prizes!



Happy Anniversary



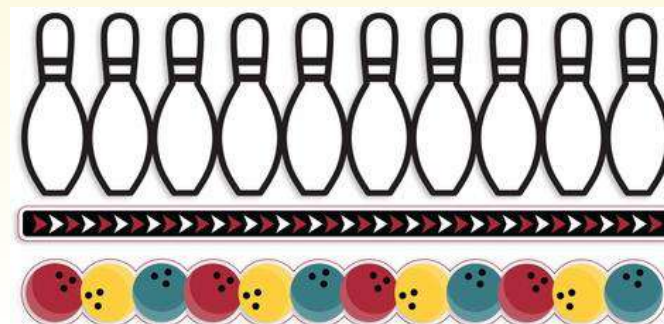
Rolling Through History

One of the more striking holidays in August is Bowling Day, which falls on the second Saturday of the month. It's easy to see why more than 60 million people go bowling each year—it appeals to all ages and genders, and evidence suggests that it has been played for thousands of years. British anthropologist Sir Flinders Petrie, upon excavating a tomb in Egypt, discovered a set of children's toys that dates to 3200 BC and looks like a bowling set. A form of bowling was so popular in 14th-century England that King Edward III outlawed the game so that troops would better focus on training. Bowling even debuted as a demonstration sport during the 1988 Olympics in Seoul, South Korea, though it has not yet been included in the Olympic program.



Roseville Commons may not have a bowling alley in the community, but many residents enjoy **Wii Bowling every Tuesday, Thursday and Saturday in the Rose Room!** Wii Bowling is a virtual bowling game and instead of rolling a real bowling ball, players use a Wii remote like a bowling ball. The remote senses your movements, so swinging your arm and releasing the button simulates throwing the ball down the lane.

We are looking for new players, so join us for an exciting game of Wii Bowling, where the fun is real—even if the bowling alley is virtual! Whether you're a seasoned bowler or trying it for the first time, everyone is welcome!



HAPPY HOUR

Come down to the Rose Room for an hour of entertainment, dancing, beverages & snacks in August at 2:30 p.m. on:



Friday, August 7th
Entertainment with **Mike Ely**. Mike is an energetic singer/performer and tribute artist who performs tribute songs from artists from 50's & 60's. Don't be surprised if he joins you on the dance floor too!



Thursday, August 13th
Entertainment with **Alincia Vela & Jr.** One of our favorite entertainers returns to Roseville Commons for another hour of music and dancing.



Thursday, August 20th
Entertainment by **Rick Turnage**. Rick has played professionally for almost 30 years. You will enjoy his performance of classic rock, country, blues, and alternative songs! Get ready to dance the afternoon away!



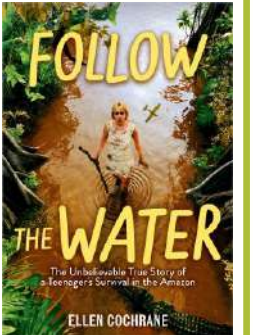
Thursday, August 27th
Entertainment Beny & His Singing Sax. We will also be celebrating residents who have birthdays in August! Come down to the Rose Room for some great music, dancing and a birthday cupcake!



Special Presentations

Thursday, August 6th at 2:00 p.m.

Ellen Cochrane, a Sacramento author and former teacher, is scheduled for a presentation based on her new book, *Follow the Water*. The presentation tells the remarkable true story of Juliane Koepcke, a 17-year-old girl who survived a plane crash in the Amazon rainforest and spent eleven days making her way to safety alone in the jungle. Along the way, Ellen will share fascinating details about the Amazon, wildlife, resilience, and the research behind writing the book.



Tuesday, August 11th at 2:30 p.m.



Resident, Joel Segel, will be giving a special presentation titled *Stainless Steel* in the Rose Room! Today, stainless steel is one of the world's most recycled materials. This material is used in thousands of products because it is strong, durable, corrosion-resistant, easy to clean, and attractive. Come learn about how stainless steel is used from missiles to watches. You will walk away learning unique viewpoints and personal experiences from Joel. Cookies will be served.



New Residents

Loretta Hetman- Apt. #115

Barbara King – Apt. #136

Mary Brown - Apt. #213

Welcome back... Gail Linder - Apt. #128

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:00 Tai Chi DVD - RR 1 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 Down Memory Lane - LB 3:00 Wii Sports - RR 6:00 Saturday Night Movie - RR
9:00 Tai Chi DVD - RR 2 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie - RR 6:00 Bingo with Terry- RR	9:00 Exercise with Weights- RR 3 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30/12:00 Wii Bowling - RR 1:00 POKENO - RR 2:00 Seated Volleyball-RR 3:00 Horse Races - RR 6:00 Jigsaw Puzzle Hour - LB	9:00 Sit & Stretch Exercise 4 10:00 Exercise with Weights- RR 10:30 Tai Chi Exercise DVD - RR 1:00 Gardening Club - ST 2:30 Bean Bag Baseball - RR 6:00 Pencil Color Art - LB 	9:00 Exercise with Weights- RR 5 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Printable Puzzles - RR	9:00 Sit & Stretch Exercise 6 9:00 Catholic Communion - CH 10:00 Exercise with Weights- RR 11:30/12:00 Wii Bowling - RR Staff attending a corporate event this afternoon 2:00 Author Book Presentation: "Follow the Water" with Ellen Cochrane-RR 	9:00 Exercise with Weights - RR 7 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise - RR 1:00 Music Videos - RR 2:30 Happy Hour & Music with Mike Ely - RR 6:00 Friday Night Movie - RR	9:00 Tai Chi DVD - RR 8 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 Down Memory Lane - LB 3:00 Wii Sports - RR 6:00 Saturday Night Movie - RR
9:00 Tai Chi DVD - RR 9 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise- RR 1:00 Afternoon Movie- RR 3:00 Chef Talk with Louis- RR 6:00 Bingo with Terry- RR 	9:00 Exercise with Weights 10 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30/12:00 Wii Bowling - RR 2:30 Karaoke Hour with Jim & Linda - RR 6:00 Jigsaw Puzzle Hour 	9:00 Sit & Stretch Exercise 11 10:00 Exercise with Weights- RR 10:30 Tai Chi Exercise DVD - RR 11:00 Seated Massages - CR 12:30 Name that Tune with Piano Man Dan - RR 2:30 Joel Segel Presentation-RR 6:00 Pencil Color Art - LB 	9:00 Exercise with Weights- RR 12 9:00 Bible Study & Worship- CH 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Printable Puzzles - RR	9:00 Sit & Stretch Exercise 13 9:00 Catholic Communion - CH 10:00 Exercise with Weights- RR 11:30/12:00 Wii Bowling - RR 1:00 Music Videos - RR 2:30 Happy Hour & Music with Alincia & Jr. - RR 6:00 Bingo with Terry- RR	9:00 Exercise with Weights - RR 14 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 1950's Fashion Video - RR 6:00 Friday Night Movie - RR	9:00 Tai Chi DVD - RR 15 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 Down Memory Lane - LB 3:00 Wii Sports - RR 6:00 Saturday Night Movie - RR
9:00 Tai Chi DVD - RR 16 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie- RR 3:00 Teaching Kitchen with Chef Louis: Tomatoes 6:00 Bingo with Terry 	9:00 Exercise with Weights 17 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30/12:00 Wii Bowling - RR 1:00 POKENO - RR 2:00 Seated Volleyball-RR 3:00 Horse Races - RR 6:00 Jigsaw Puzzle Hour - LB	9:00 Sit & Stretch Exercise 18 10:00 Exercise with Weights- RR 10:30 Tai Chi Exercise DVD - RR 1:00 Veteran's Meeting 1:00 Gardening Club - ST 2:30 Bean Bag Baseball 3:30 1950's History Video - RR 6:00 Pencil Color Art - LB 	9:00 Exercise with Weights 19 9:45 Sit & Stretch Exercise - RR 2:00 Hula Hoop Contest - RR 2:30 Rock Around the Clock Dance with Mike Ely 4:00 to 6:00 p.m. Blue Plate Special Dinner 	9:00 Sit & Stretch Exercise 20 9:00 Catholic Communion - CH 10:00 Exercise with Weights- RR 11:30/12:00 Wii Bowling - RR 1:00 Music Videos - RR 2:30 Happy Hour with Rick Turnage - RR 6:00 Bingo with Terry - RR	9:00 Exercise with Weights- RR 21 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 12:30 Rock & Roll Bingo - RR 2:30 Karaoke Hour with Jim & Linda - RR 6:00 Friday Night Movie 	9:00 Tai Chi DVD - RR 22 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 Down Memory Lane - LB 3:00 Wii Sports - RR 6:00 Saturday Night Movie - RR
9:00 Tai Chi DVD - RR 23 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie - RR 6:00 Bingo with Terry	9:00 Exercise with Weights 24 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30/12:00 Wii Bowling - RR 2:00 Crafts Class w/ Art Instructor Marion-RR 6:00 Jigsaw Puzzle Hour 	9:00 Sit & Stretch Exercise 25 10:00 Exercise with Weights- RR 10:30 Tai Chi Exercise DVD - RR 11:00 Seated Massages - CR 12:30 Name that Tune with Piano Man Dan - RR 2:00 Movie: American Graffiti-RR 6:00 Pencil Color Art - LB 	9:00 Exercise with Weights 26 9:00 Bible Study & Worship- CH 9:45 Sit & Stretch Exercise 10:30 Tai Chi Exercise DVD 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Printable Puzzles - RR	9:00 Sit & Stretch Exercise 27 9:00 Catholic Communion - CH 10:00 Exercise with Weights- RR 11:30/12:00 Wii Bowling - RR 1:00 Music Videos - RR 2:30 Happy Hour with Beny & His Singing Sax - RR 6:00 Bingo with Terry - RR	9:00 Exercise with Weights- RR 28 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 Video - RR 6:00 Friday Night Movie	9:00 Tai Chi DVD - RR 29 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 Down Memory Lane - LB 3:00 Wii Sports - RR 6:00 Saturday Night Movie - RR
9:00 Tai Chi DVD - RR 30 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie - RR 6:00 Bingo with Terry	9:00 Exercise with Weights 31 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30/12:00 Wii Bowling - RR 1:00 POKENO - RR 2:00 Seated Volleyball-RR 3:00 Horse Races - RR 6:00 Jigsaw Puzzle Hour - LB					