

THE VALLEY SHOPPER

A special advertising section of Valley Community Newspapers

To advertise, call 916-429-9901 • July 2011

A New Option in Senior Care

*The Meadows
at Country Place*

**NOW
OPEN!**



We help your loved one experience comfort and serenity with our upscale standard of living! Our new and luxurious home-like environment includes help with:

Complex Physical Limitations

Bathing, dressing, toileting, transferring, incontinence, eating, grooming and medication assistance

Alzheimer's/Dementia

Provide for special needs unique to your loved one with memory impairment - emphasis on social and personal needs

Hospice

We work with a professional hospice agency of your choice ensuring compassionate 24 hour care

Respite

Includes temporary care for an elderly loved one who is simply recovering from elective surgery



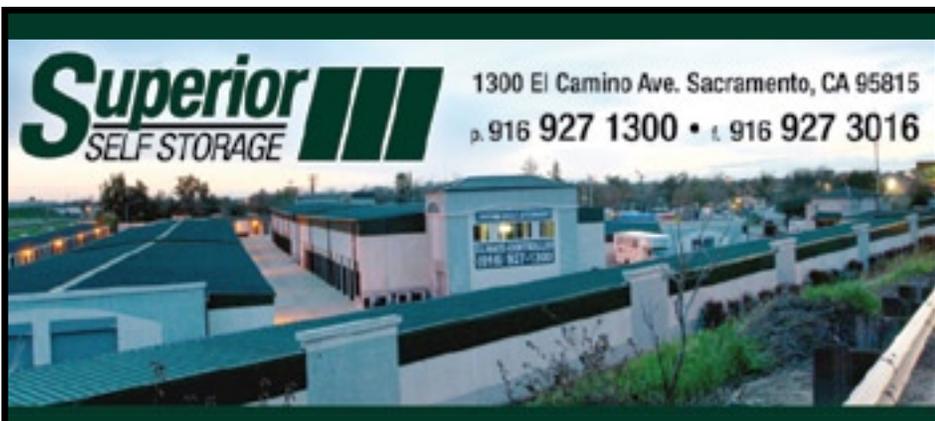
**Invest a few minutes of your time today
and you might save your family
thousands of dollars a year!**

Call today! 706-3949

10 Country Place, Sacramento, CA 95831

• www.theMeadowsatCountryPlace.com

RCFE License # 347004702



**OFFERING
STANDARD & CLIMATE CONTROL STORAGE**

**5 x 10 units only \$50/month
PREPAY 2 Months, Get 1 Month FREE**



"Bring this AD in & we will waive the admin fee on all new rentals. El Camino Location Only"

Nathan Michaels Salon

Meet Kristina, our newest family member



Complimentary Haircut

With color service over \$50, New clients only with ad

916-424-4331

7485 Rush River Drive, Suite 722
www.nathanmichaelsalon.com

Dr. Alan Sladky - Optometrist



- We offer the latest in eyewear, over 1000 frames to choose from!
- We accept most major vision plans.
- Some glasses & contact lenses ready in 1 hour.
- Experienced and knowledgeable staff.

We specialize in hard to fit contacts, including those for Keratoconus. They may be covered by insurance — ask for details!

Walk-ins and same day appointments welcome.

(916) 395-EYES
(3937)

Dr. Alan Sladky, Optometrist
7465 Rush River Dr. Ste 410

SPECIAL

Complete Eye Exam & a 3 Month Supply of Disposable Contacts
\$189 (Over \$200 Value!)

Change Your Eye Color for \$30 More!
Ask for details. Coupon cannot be combined with any other discounts or insurance.

SPECIAL

Select Frames & Single Vision
\$79 (Save up to \$100)

Lined bifocals \$40 more.
Ask for details. Coupon cannot be combined with any other discounts or insurance. Select frames only.

La Raza Home Faire

The Sacramento Gold Soccer Team is the featured guest at The La Raza Home Fair. This fair is to help educate the community, in particular the Latino community, about home ownership. We want to provide answers to their questions regarding buying, selling, short sales, foreclosures, etc.

WHEN: Saturday, July 9th, 2011 from 10am - 3pm

WHERE: Cook Realty, 4305 Freeport Boulevard
(held outside in the courtyard & front parking lot)

VENDORS: Summit Funding, Inc., Old Republic Home Warranty Company, Neighbor Works, Liberty Mutual Insurance Company, Commerce Title Company, Land Home Financial Services.

FEATURED VENDOR:
Sacramento Gold Soccer Team



916-451-6702 www.cookrealty.net

SNIPDS

hair studio

SNIPDS
hair studio

**Men's
Summer Special**
Wash & Cut
\$15.00

SNIPDS
hair studio

**Kids'
Summer Special**
12 & Under
\$11.00

SNIPDS
hair studio

**Seniors
Special**
\$11.00 Haircut
Men & Women

SNIPDS
hair studio

**Women's
Summer Special**
Wash, Cut, Style
\$5 OFF

SNIPDS
hair studio

**Partial Crown
Highlights**
\$45.00
(Limit up to 5 foils)

SNIPDS
hair studio

**\$5.00 OFF
Perm**

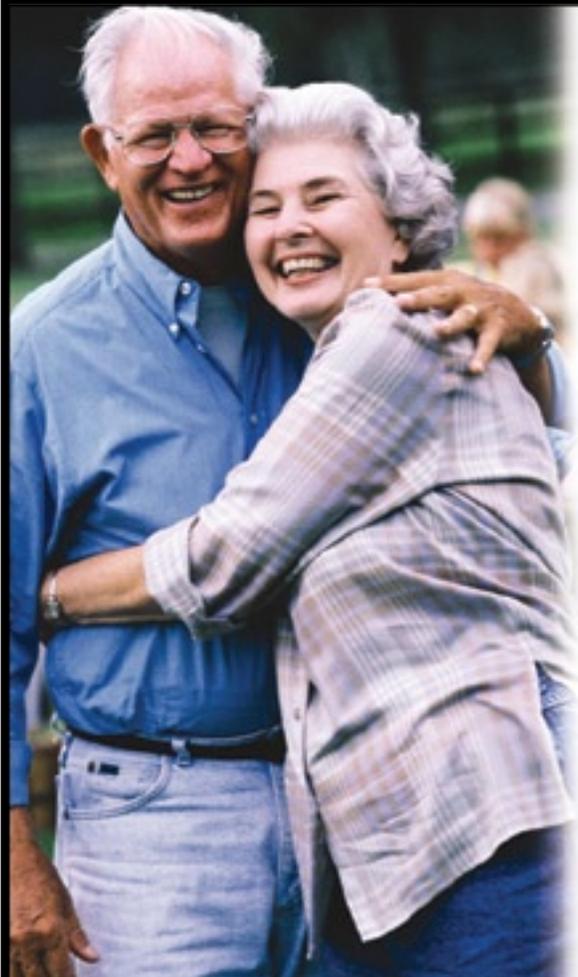


7465 Rush River Drive, #810

916.422.3440 • www.snipshair.com

Walk-ins Welcome or Call for an Appointment

Mon.– Fri. 10 am – 7 pm • Sat. 9 am – 6 pm • Sun. 10 am – 6 pm



Comfortable living designed with *you* in mind!

ASSISTED LIVING & MEMORY CARE

- Access to 24-hour care staff
- Licensed nurse on site
- Assisted Living Apartments
- The Atrium, a specially designed environment for individuals with Alzheimer's or dementia
- Peaceful courtyard with gazebo & walking paths
- Three nutritious meals w/entree choice
- Bus for outings & scheduled appointments



THE MEADOWS
SENIOR LIVING

Call 916-226-9319

Lic #347002379

9325 E. Stockton Blvd., Elk Grove CA 95624 • www.lifestylesllc.com

One Month FREE Rent! Offer expires soon, call for details

Ooo...That's gonna leave a mark.



Call Chem-Dry for a deep clean on carpets and upholstery, safe non-toxic solutions and our patented Pet Urine Removal Treatment (P.U.R.T) that deals with even the toughest odors. Quick service, deep clean and fast drying times... only at Chem-Dry.



Sacramento



Chem Dry Advantages:

- Dries in 2-3 hours
- Removes Stubborn Stains
- Leaves No Dirt-Attracting Residue
- Safe & Non-Toxic
- P.U.R.T.® (Pet Urine Removal Treatment)

(916) 971-9080



*Superior Carpet
& Upholstery Cleaning*

*All work done on premises.
Independently Owned & Operated
Serving The Sacramento Area Since 1998*

10% Off
*All Cleaning Services
Carpet & Upholstery*

Must present coupon at time of service.
Not valid with other coupons or offers. One coupon per customer.
Minimum charges apply. Expires 08/31/11

15% Off
*All Cleaning Services with
Purchase of Protectant*

Must present coupon at time of service.
Not valid with other coupons or offers. One coupon per customer.
Minimum charges apply. Expires 08/31/11

\$85,00
Carpet Cleaning

Minimum. Up to 300 sq ft including pre-spray

Must present coupon at time of service.
Not valid with other coupons or offers. One coupon per customer.
Minimum charges apply. Expires 08/31/11

FREE
1 can of Spot Remover

with \$200 or more purchase

Must present coupon at time of service.
Not valid with other coupons or offers. One coupon per customer.
Minimum charges apply. Expires 08/31/11

ESKATONSM

Senior Residences and Services



Eskaton Monroe Lodge *A Land Park Tradition*

Eskaton Monroe Lodge is an elegantly appointed six-story building featuring 100 private apartments, emergency pull cords in each apartment, shuttle van service, and a full-service dining room. We also feature a broad range of activities and spacious lounges on every floor for our residents to enjoy.

Eskaton Monroe Lodge is your answer to an active and independent lifestyle.

Eskaton Monroe Lodge *Independent Living with Services*

3225 Freeport Blvd. Sacramento, CA 95818

916.441.1015 | www.eskaton.org

SWANBERG'S



- Hawaiian Shirts
- Baseball Shirts
- Neighborhood Shirts
- Reef Sandals
and more!

2316 J Street
447-MAUI

www.swanbergsformen.com



FREE IN HOME
ASSESSMENT
Valued at \$120.00

Rx Staffing &
Home Care
A Tradition of Caring

Need help with a loved
one at home?

- Supervision for safety
- Personal Care/ Meal Prep

Call To Schedule Your
Free Assessment

(916) 485-8200

www.RxNursing.com



Location, Location, Location

Pioneer House is located conveniently close to shopping, cultural events, and medical services. The Crocker Art Museum, Downtown Plaza Shopping Mall, Old Sacramento, Farmers Markets and much more are all within walking distance.

For more than 40 years seniors have decided that Pioneer House offers the best value in Senior Living.

Studio's, 1 bedrooms, 2 bedrooms Available

MOVE IN SPECIAL!!!
One Month Free Rent
(valid for retirement living)

Schedule a complimentary lunch and personal tour
916-442-4906 or e-mail us at pioneerhouse@rhf.org

Retirement Living • Assisted Living • Skilled Nursing



Pioneer House, 415 P Street Sacramento, CA 95814
(916) 442-4906 www.PioneerHouseRetirement.org
RCFE# 340300522



SHPR



Senior Homecare By Angels® Select Your Caregiver®

- Up to 24 Hour Care
- Meal Preparation
- Errands/Shopping
- Hygiene Assistance
- Light Housekeeping
- Respite Care for Families
- Rewarding Companionship

Visiting Angels
LIVING ASSISTANCE SERVICES

(916) 422-2122

TREE TECH SERVICES



Serving the Green Industry

A Subsidiary of Tree Technology, Inc.

RESIDENTIAL / COMMERCIAL

- Trimming
- Pruning/Shaping
- Crown Reduction
- Tree Preservation
- Tree Removal
- Stump Grinding
- Chipping
- Lawn Maintenance

688-7979

ELK GROVE

386-1780

SACRAMENTO

1-800-821-TRIM (TOLL FREE)
Thorough Clean-Up Prompt Friendly Service
www.TreeTechServices.com

4 CERTIFIED ARBORISTS ON STAFF
REPORTS & CONSULTATION
AVAILABLE



W.Comp - PL/PD
CTR. LIC# 653836



SENIOR DISCOUNTS • FREE ESTIMATES



\$25 OFF

any service of \$200 or more
TREE TECH

Looking For A
Mercedes Benz Specialist?

STAR MOTORS

Experience Excellence in
Professional Workmanship
Mercedes Benz Certified Technician
We Also Service Other Imports

Place Your Car in the Hands You Can Trust!

2680 Florin Road, Suite 103A

P: 916.421.4007 • F: 916.288.0587 • starmotors@att.net



SUMMER SPECIAL

FREE

20 Point
Safety Inspection

With coupon. Not valid
with any other offers.

Brake Pad Replacement

ONLY \$59 Labor Only*

Brake Pad & Rotor Replacement

ONLY \$119 Labor Only*

With coupon. Not valid with any other offers.
*Prices may vary per model.

Minor
Services A

ONLY \$99

With coupon. Not valid
with any other offers.

Major
Services B

ONLY \$195

With coupon. Not valid
with any other offers.

Discover the Davey Difference
Expert Care for Your Living Investment

DAVEY
TREE & SHRUB CARE EXPERTS SINCE 1882

(916) 443-5500

License# 694001

Healthy trees and shrubs add to the value of your home. Davey offers the nation's most comprehensive tree and shrub care services, and our Certified Arborists use today's most modern, state-of-the-art equipment. Let us develop a customized program tailored to your needs.

- Tree & Shrub Pruning
- Insect & Disease Control
- Lightning Protection
- Tree Removals & Moving
- Tree & Shrub Fertilization
- Cabling & Bracing
- Tree & Shrub Installation

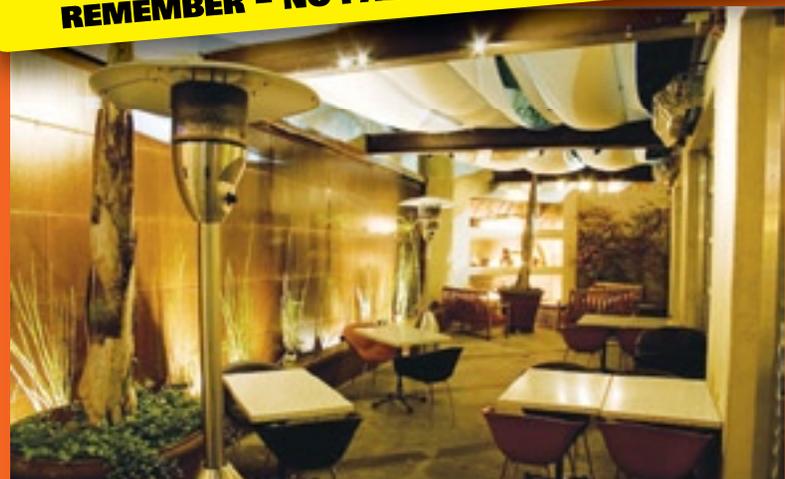
To learn more, or to schedule a free, no-obligation analysis of your trees and shrubs, call today or visit us on the Web at www.davey.com.

5 Certified Arborists on staff.

RIVERSIDE CLUBHOUSE

"Where Neighbors, Friends and Family Gather"

ADDITIONAL PARKING
at
RIVERSIDE PLAZA - NEXT DOOR AFTER 5PM
REMEMBER - NO PARKING on Beverly Way



KIDS EAT FREE
Monday & Tuesday Nights
"Cow Menu"
Up to & including 7 years old

Every Friday 5 p.m. to Midnight
MOJITO NIGHT
\$12 - Pitcher
\$3 - Per Glass

Wednesday Nights
\$1 TACOS \$2 BEERS
(5 p.m. - 8 p.m.)

BREAKFAST SERVED
Saturdays & Sundays, 9am-2pm
Bottomless Mimosas
\$8.00 Each

Book your 9pm Thursday
Night Party and Receive
\$100 OFF

HAPPY HOUR:
Monday-Friday:
3:30 to 7 p.m.
Try our NEW Happy Hour Menu

"SACRAMENTO'S **BEST** NEIGHBORHOOD RESTAURANT" 2 YEARS IN A ROW

2633 RIVERSIDE BOULEVARD

916.448.9988 • www.RiversideClubhouse.com

www.giosnypizza.com

Giovanni's Pizzeria



OPEN EVERYDAY
11am - 9pm

What we don't make from scratch
we import from NEW YORK & ITALY

THIS AIN'T NO DINKY 14" PIZZA!
Get a Real Large 16" Pizza

TRY

- Pizza By The Slice (until 4PM)
- Da Bronx Bomber Pizza
- Pizza Pie
- Giovanni's Microbrews
- The Don Giovanni Pizza
- Hot Wings
- Coney Island Pizza
- Pizza Primavera
- Calzone
- Buffalo Chicken Pizza
- Lasagna
- Pesto Pizza

#1
\$1.00 off
10 PIECE CHICKEN WINGS
Not valid with other offers. With coupon. Exp 9/30/11 VCN

Big Screen T.V. ~ Large Facility

5924 South Land Park Drive

916.393.7001

In South Hill Shopping Center

6200 Folsom Blvd.

916.455.8831

Between 59th St. & 65th St.

#2
\$4.00 off
LARGE 16" PIZZA
Build your own pizza!
WITH TWO OR MORE TOPPINGS
Good for up to 2 large 16" pizzas. Excludes half and half orders. Must present coupon. Not valid with any other offer or discount. Exp 9/30/11 VCN

#3
ANY LARGE 16" MENU PIZZA
UP TO 3 TOPPINGS
\$17.99 + tax
Excludes half and half orders, and Da Bronx Bomber. Exp 9/30/11 VCN

#4
\$3.00 off
ANY MEDIUM PIZZA
Must present coupon. One coupon per order per pizza. Not valid with any other offer or discount. Exp 9/30/11 VCN

#5
\$7.00 off
Any large 16" menu pizza
with the purchase of any pizza
of equal or greater value
Excludes half and half orders. Must present coupon. Not valid with any other offer or discount. Exp 9/30/11 VCN

#6
BREW SPECIAL!
2 FREE PINTS
of Giovanni's Own Microbrew
With purchase of any 1 large 16" Three or More Topping Pizzas
MAY SUBSTITUTE BEER FOR ANY BEVERAGE! Must present coupon. Not valid with any other offer or discount. Exp 9/30/11 VCN

#7
11am-4pm EVERY DAY
Dine In Only
32-oz. Bucket of Beer
\$2.00 Budweiser
\$3.00 Giovanni's Micro Brew
With purchase of a slice of pizza or any menu item. Exp 9/30/11 VCN

#8
\$10.00
LARGE 16" CHEESE PIZZA
Additional Toppings Extra
Excludes Half and Half orders. Not valid for party events. Limit one coupon per customer. With coupon. Not valid with other offers. Exp 9/30/11 VCN

#9
LARGE 16" 1-TOPPING PIZZA
\$11.95 + tax
REGULAR TOPPING ONLY!
Excludes Half and Half orders. Must present coupon. One coupon per order per pizza. Not valid with any other offer or discount. Exp 9/30/11 VCN

#10
16" Cheese or Pepperoni Pizza, House Salad & Three Sodas
\$24.99 + tax
Must present coupon. One coupon per order per pizza. Not valid with any other offer or discount. Exp 9/30/11 VCN

#11
\$19.99
Large 16" Pepperoni Pizza!
with 10 pc Chicken Wings
Excludes Half and Half orders. Not valid for party events. Limit one coupon per customer. With coupon. Not valid with other offers. Exp 9/30/11 VCN

HASTIE'S

Capitol Sand & Gravel

We have the supplies you need with prices you'll love.

Summer SPECIALS

- Gravel • Blended Soils • Decorative Rock
- Topsoil • Bark • Compost • Sand

50/50 BLEND (TOP SOIL & COMPOST).....	\$32.00 YD
PREMIUM ORGANIC COMPOST.....	\$29.50 YD
PLAYGROUND FIBER (CERTIFIED)	\$36.50 YD
FILL SAND (CLEAN WASHED)	\$28.00 YD
SALT & PEPPER 5/8" OR 3/4"	\$49.50 YD

SHREDDED CEDAR.....	\$32.50 YD
DRAIN ROCK 3/4" X 1 1/2"	\$34.00 YD
COBBLES 2 X 6	\$48.00 YD
RED LAVA 3/8", 3/4", 1 1/2"	\$40.00 YD
RUSSIAN CHOCOLATE 3/4" CRUSHED	\$39.00 YD

(SACRAMENTO LOCATION ONLY)

Prices Good Through July 31, 2011. Cannot be used in conjunction with any other offers.

gohasties.com

Buy 4 yards of material and get
FREE LOCAL DELIVERY

(Call for details)



"Serving the Greater Sacramento Area for 70 Years."

Sacramento
9350 Jackson Rd.
361-2760

Roseville
700-B Berry St.
772-7900

West Sacramento
3222 West Capitol Ave.
374-9935

Marysville
4709 Skyway Dr.
(530) 749-9000

CALL
1-800-TOP SOIL
*From 916 and 530 area codes



Rosewood is rated 5-Stars by Medicare and ranks in the top 10% of facilities in the U.S.
Voted "BEST OF THE BEST" for Skilled Nursing by U.S. NEWS & WORLD REPORT – 2011

6041 Fair Oaks Blvd. • Carmichael, CA 95608 | Office: 916-483-8103 • Fax: 916-352-6288

Your Transition To Home

MOST MAJOR/LOCAL HEALTH INSURANCE ACCEPTED INCLUDING MEDICARE & MEDICAL

"This letter is in regards to the care your center is giving my mother, Frances. I would like to take this opportunity to let you know that my family and I are extremely happy in which your staff addresses my mother's needs, both physically and mentally. I especially wanted to thank you personally for your help with my mom's situation when I was away for a few weeks taking care of my in-laws. It's always difficult to take care of things when I can't be on-site right then and there, but you make all the difference in the world in helping diffuse that situation quickly and efficiently. In closing, I would like to say that I am grateful my mother resides at Rosewood Rehabilitation and am thankful you and your staff truly have compassion and concern for all your residents. If there is EVER anything I can do to help you with anything in the future, please don't hesitate to contact me. Thank you again!" Katherine J.



Rosewood
POST-ACUTE REHAB

24 HOUR PLACEMENT ASSISTANCE

Providing Courteous 24-Hour Skilled Nursing Care & Sophisticated Rehabilitative Services

Protect:



Your car.



Your house.



Your bank account.

Save an average of \$696*

Protect yourself with America's #1 car and home insurance company**.
Give us a call and start saving today.



Kenneth Perry
Insurance Lic #0715732
2724 24th St., Ste 200
Sacramento, CA 95818
Bus: 916-452-6668



David Kite
Insurance Lic #0G03848
1510 X Street
Sacramento, CA 95818
Bus: 916-441-1476



Wally Navarrette
Insurance Lic #0715723
4030 S Land Park Dr., Ste D
Sacramento, CA 95822
Bus: 916-454-5331

Like a good neighbor, State Farm is there.®



State Farm™

statefarm.com®

*Annual average per household savings based on 2009 national survey of new policyholders who reported savings by switching to State Farm.

**Based on A.M. Best written premium. State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company – Bloomington, IL; State Farm Fire and Casualty Company - Bloomington, IL; State Farm General Insurance Company – Bloomington, IL; State Farm Lloyds – Dallas, TX

1005003

Senior Homecare By Angels®

Select Your Caregiver®

Experienced Caregivers Thoroughly Screened.
Providing *Peace of Mind* to thousands across America
each and every day!



- Up to 24 Hour Care
- Meal Preparation
- Errands/Shopping
- Hygiene Assistance
- Medication Reminders
- Respite Care for Families
- Low Hourly Rates
- Temporary/Long Term

Free In-Home Assessment
916-971-9333

America's Choice in Homecare.
Visiting Angels®
LIVING ASSISTANCE SERVICES



www.visitingangels.com/sacramento1

**Now Offering
BATHING SERVICES**
Call to schedule your appointment today.

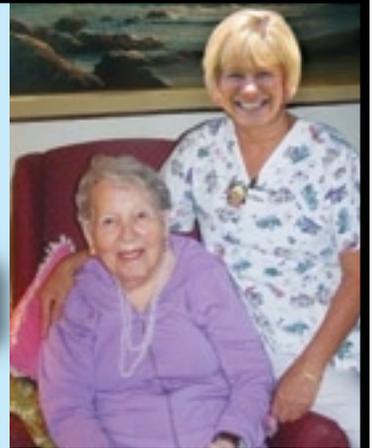


COMFORT ZONE
Senior In-Home Services, Inc

**4 HOURS TO 24 HOURS AND LIVE-IN CARE –
ANY TIME DAY OR NIGHT**

Call to schedule your free home assessment today

(916) 453-1344



No start up fees
Fidelity Bonded • Liability Insured
Screened Personnel, We pay all
employee taxes, We offer professional
non-medical home care

- CARING COMPANIONSHIP
- MEAL PREPARATION
- ALZHEIMER'S

- 4 - 24 HOUR CARE
- LIGHT HOUSEKEEPING
- ERRANDS

- BATHING SERVICES *
- RESPITE CARE
- MEDICATION REMINDERS

**FREE
IN-HOME ASSESSMENT!**

**WE ALSO ACCEPT LONG
TERM CARE INSURANCE**

* **\$15.00 OFF**
First **BATHING SERVICE**

Offer Applies To First Time Clients Only.

Special Introductory Offer For New Clients

\$35.00 OFF
Hourly Care Services

Offer applies after first 30 days of service

Special Introductory Offer For New Clients

\$200.00 OFF
Live-In Care Services

Offer applies after first 30 days of service

We've Moved a Skip and a Hop Away... We're now located across from La Bou by the Sacramento Zoo
4030 South Land Park Drive, Suite C • Sacramento, CA 95822

LYTLE
CONSTRUCTION INC.

Remodeling and Design

- Additions
- Kitchens
- Bathrooms

916-422-6639

www.lytleconstruction.com

License# 480492



Building on more
than **twenty-five years** of
quality,
innovation &
craftsmanship.

An award-winning
design/build firm

Serving Sacramento for more than 25 years



How Our Clients Describe Us: professional, pro-active, above & beyond expectations, a one-stop shop, on-time

ABC



PLUMBING • HEATING • AIR CONDITIONING
Your Neighborhood Repair Specialists Since 1946!

All Plumbing & HVAC Repairs & Installations
Trenchless Sewer, Gas and Water Line Replacement –
No Damage to Landscaping, Patios & Walkways

24-Hour Emergency Service

10% Off
Any Service
With This Coupon

Call: (916) 448-0801

ABC

**PLUMBING HEATING
& AIR CONDITIONING**



Call: (916) 448-0801
www.abcplumbingandhvac.com

California Contractor's License# 412127





GEN-NIH YOGA

(In the Iyengar Tradition)

ALLAN NETT of San Francisco - Saturdays, 9:30-11am, Intermediate Class
TOM HESS - First Sunday of every month, 10am-12noon, All Levels
CHILDREN'S YOGA - Offered July and August

Mary Chan, All Levels Certified Iyengar Teacher
Restorative Class First Friday of the Month, 6-7:30pm

916-731-4831 or email ma9777@aol.com

View class schedule at www.gen-nih.com

1049 Broadway, Suite 10 Sacramento, CA 95819

Upholstery Class

Taught by an upholstery professional



Classes Start
AUGUST

All Day Wednesdays

\$65 for five weeks

McClasky Adult Center: 5241 J St. | For more info, call 806-2172

LAND PARK GOLD & SILVER

A Family Shop

LIC# 34041416

Jewelry • Rare Coins

UNWANTED BROKEN GOLD OR SILVER?

Turn It Into Cash!



We Buy and Sell Gold, Silver, Jewelry, Coins

Buying 7 Days a Week: M-F 9-6pm, Sat 9-5pm, Sun 10-4pm

Watch Batteries

\$5.00 + Tax

Excludes Swiss & Lithium. Limit 10 Installations.
(Some Restrictions Apply)

5100 Freeport Blvd

(corner of Arica Way & Freeport Blvd.)

916.457.2767

Irene Senst Tax & Bookkeeping

Expertly preparing taxes since 1983

916-640-3820 • www.taxirene.info

Same Low 1990 prices.



Member in good standing.



- COUPON -

GET 25%-50% OFF

Tax or Bookkeeping Services



Its Your Call

916.640.3820

**DID YOU KNOW THAT NON-COMPLIANCE WITH
FEDERAL LAWS COULD COST YOU PERSONALLY,
OR COST YOUR BUSINESS UP TO \$1,000,000 IN
FINES AND UP TO 10 YEARS IN PRISON.**



Pre-Paid Legal Services, Inc.
and Subsidiaries
Irene Senst, Independent Associate
916.640.3820
citms_info@yahoo.com



916.640.3820
citms_info@yahoo.com

As a business owner, you know there are laws every business must follow. However, results of a recent survey by z/Telligence and Fellows Inc., (July 2005), showed only 13.1% of business owners recognize the term "FACTA." That could mean that nearly 87% of all business owners aren't aware that FACTA:

- Is federal legislation that went into effect June 2005
- Can shut your business down whether you have two or two thousand employees
- Can result in major fines to you and your business by the FTC for non-compliance
- Provides another avenue for lawyers to file lawsuits against your business on behalf of customers or employees

FACTA is only one piece of legislation that affects your business. There are others:

- HIPAA Security Rule
- Gramm, Leach, Bliley (GLB) Safeguard Rule
- Numerous individual state laws (such as the Texas Whistle Blower Statute)

We Can Help.

Our Affirmative Defense Response System™ (ADRS) can help your business at virtually no cost. To learn more, please make the call.

FREE tax preparation with membership

GATEWAY FENCE CO.

Commercial & Residential

Lic#927602

BOB GROVE

(916) 425-7435

Gateway-Fence.com

Bob@gateway-fence.com



**10% OFF
SPECIAL**

Rosie Day Spa, Comitted To Your Health & Well Being

Stop In and Meet Our New Therapists



Katrina



Alex

INTRODUCTORY SWEDISH MASSAGE SPECIAL

\$49.00 1 Hour Massage

Present coupon. Cannot be combined with any other offer.



Rosie Day Spa

7600 Greenhaven Drive, Suite #3 Sacramento, CA 95831
(Corner of Pocket & Greenhaven)

916-393-4299 • www.Rosiedayspa.com • Like us in 

Monday - Saturday 9 - 7pm



POCKET BISTRO



Prime Rib Special
Every Thursday Evening

Drink Special
Sangria Tuesdays

- Full Bar
- American Cuisine
- Family Friendly
- Lunch & Dinner Served Daily
- Happy Hour: Tuesday - Friday, 3:30 - 6:30 pm

6401 Riverside Boulevard
916.391.7990 • www.PocketBistro.net

Hours: Tuesday-Thursday 11:30am-9:30pm • Friday-Saturday 11:30am-10pm • Sunday 11:30am-8:30pm



The WATERLEAF

at Land Park

Assisted Living for the Elderly

Celebrating
10 Years of

Elderly Care

Why place your loved ones in a nursing home prematurely?
Now there's a quality, lower-cost alternative.



Rooms starting at \$3200
Offering:

- Social atmosphere
- Medication monitoring
- Escorting to meals, activities, & medical appointments
- Stimulating Activity Program

Total Assistance With:

- Wheelchair transfers
 - Toileting
 - Incontinence
- Bathing and dressing
 - 24 Hour Staff
 - Night Checks



Call or visit today for a FREE assessment for your loved one.

966 43rd Avenue, Sacramento, CA 95831

916.394.9400 | www.TheWaterLeaf.com

Lic# 347001970

Referrals PLUS

A Women's Networking Group

Cindy Gobrecht

Independent Senior Sales Director

Call me for a complimentary makeover

916-392-8211

cgobrecht@marykay.com

www.marykay.com/cgobrecht

MARY KAY

Remote Computer Maintenance and Speed Up - \$30

Professional Website and Graphic Design

Kolleen Powers • (916) 691-3085



www.power-site.com



Kim Williams

REALTOR®

Cell: (916) 897-0987

Bus: (916) 451-6702 ext. 317

kwilliams@cookrealty.net

www.cookrealty.net

4305 Freeport Blvd., Sacramento, CA 95822

License # 01889414

When you think of selling or buying a house, think of KIM:

Knowledgeable

Integrity

Motivated



Bright Beginnings

"Your Community Connection"



Christine Wood

(916) 718-4137

www.bbwelcomesyou.com

brightbeginnings@frontiernet.net

Greeting New Homeowners in Elk Grove/Galt Since 1996

Quik Images

Promotional Products Pronto

Linda & Steve Kelly

916.708.1767

916.395.1727

www.quikimages.com

Screen Printing • Embroidery • Hats & Shirts • Fundraising
All Promotional Items



INSPIHERE
INSURANCE SOLUTIONS®

Life | Health | Retirement | Long-Term Care

BRANCH OFFICE:

6060 Sunrise Vista Drive

Suite # 1180

Citrus Heights, CA 95610

Annette Paz

Licensed Insurance Agent

CA LIC # 0B70278

P: 916-721-6273

M: 916-207-9167

F: 916-721-7973

apaz@insphereis.com

www.insphereis.com/apaz

How would you like to pay less for your monthly alarm service?

Reduce your rate by up to 20%



Marianne Latham

Security Account Representative

916-501-2745 • mlatham@devconsecurity.com

DEVCON
SECURITY SERVICES
of California, Inc.

TUPPERWARE

Where DREAMS Come True

(916) 628-1196

Tupper-Tammy Linker
Director

www.my.tupperware.com/tammyv

Exceptional Earning Opportunity
Parties Home or Office
Fundraising Opportunity

Gifts!! Trips!!



SENIORS IN TRANSITION
COMPASSIONATE ADVOCACY FOR OLDER ADULTS

Shirley Turnbull

"Available to help families concerned
about older adult loved-ones"

916-524-2828 • www.SeniorsInTransitionOnline.com

Referrals Plus, a women's networking group, helping women in business with connections, resources, promotions, and ideas. We meet the 2nd Wednesday of every month at 12:15 pm for our meeting/luncheon in the Greenhove/Pocket area. RSVP required.

Please visit www.referralsplus.org for more information on joining, location, and rsvp details.

Referrals PLUS

