

## Out and About at Winding Commons

Mary Singewald  
Activity Director

Fall is in the air as we start the most beautiful time of year at Winding Commons. During the month of September our Courtyards and Trees are filled with beautiful fall colors. A grand landscape that will let us know Autumn is in the air. Make sure and view the beautiful surroundings and natural beauty that Winding Commons has to offer. Where did August go? We had a busy month starting with a great performance with the Songbird Trio. Mary "Annie" Oakley taught Country Line Dancing. The residents kicked up their heels as they line danced to the Boot Scootin Boogie and Achy Breaky Heart. We had several of the residents and their families participate. Great turnout for a very popular event. Looking forward to a repeat in September. A great time was had by all at Rudy's Hideaway as we enjoyed their amazing menu. No better way to end August and bring in the season, we had Apple Pie and a delicious picnic at the High Hill Ranch in Apple Hill! Great fun times.

Another Opening, Another Show! Our Annual Variety Show will be held on Friday, September 29<sup>th</sup> at 2:00pm. Auditions for the Senior Idol show will be held on Friday, September 8<sup>th</sup> at 10:00am. Please sign up in the mailroom to schedule an audition. Looking forward to another great performance with many of the talented Seniors from Winding Commons and our surrounding neighbors.

Make sure and sign up for the much requested Craft Class with Nadia on Thursday, September 14<sup>th</sup> at 10:00am as we make decorations for the season.

Polish up those boots Winding Commons line dancers we have another class on Friday, September 15<sup>th</sup> at 2:00pm.

Thank you to all our wonderful Residents and Staff for keeping our Community Jumping and in touch with all the latest in active Senior Living.



## September Birthdays

In astrology, those born from September 1–22 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians. Those born between September 23–30 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm.

Mary Jo Nipper – September 3<sup>rd</sup>  
Clay McAmis – September 8<sup>th</sup>  
Claire Stone – September 8<sup>th</sup>  
Frank Levings – September 28<sup>th</sup>



## Slovenian Cow Belles



In Slovenia's Bohinj Valley, cows are the real belles of the ball on the third Sunday in September. After spending the summer eating their fill in the fertile upland pastures, the cows return to their winter homes in the valley below with great fanfare known as the Cows' Ball. The cows are decked out in beautiful wreaths and paraded through the village by local herders, cheese makers, and milkmaids. The cows don't have all the fun—humans enjoy live Slovenian folk music and dancing, as well as competitions in log sawing, horseshoe-throwing, and shooting. The entire celebration is laid out at the edge of Lake Bohinj, a beautiful alpine lake surrounded by snow-capped mountain peaks reminiscent of *The Sound of Music*. These hills, too, are alive, but with the sound of mooing.

# Winding Commons

Senior Retirement Community • 6017 Winding Way • Carmichael, CA 95608 • (916) 485-0100



## Celebrating September

**The Songbird Trio**  
*September 1<sup>st</sup>*

**Variety Show Auditions**  
*September 8<sup>th</sup>*

**Jane on the Piano**  
*September 11<sup>th</sup> & 25<sup>th</sup>*

**Crafts with Nadia**  
*September 14<sup>th</sup>*

**Country Line  
Dancing w/Annie Oakley**  
*September 15<sup>th</sup>*

**Final Check Your GPS**  
*September 28<sup>th</sup>*

**The Senior Idol Variety Show  
"OPEN HOUSE"**  
*September 29<sup>th</sup>*

## A Letter from Luann Rivers

Community Administrator

Great things are happening at Winding Commons! Many of you will notice a new face around the office; coming and going. We have a new van driver Peter Wilson; please give him a big welcome to our team. Peter's parents lived here at Winding Commons and he is now retired. He always thought it would be great to drive for us one day. Peter will be driving you to your appts. and errands on Mondays and Wednesdays. Adriana Romano has accepted a full-time position with us and she will be driving our van on Thursdays and Fridays, while Bruce is still driving the "bus" for us on Tuesdays. So we are now all set with drivers, YEA, and those of you who drove with me are probably saying the same

thing! LOL 😊

Announcing our **Hospitality/Activity Team Members:**

**Ken Beik**  
**Nadia Carey**  
**Fred Madigan**  
**Darrell Rieschick**  
**Ruth Sherman**  
**LaVerne Weaver**  
**Kay Wolf**

They can help our current residents with any questions or concerns, feel free to contact them and they will help you.

Announcing our **Ambassador Team Members:**

**Marge Dipboye**  
**Karin Gunner**  
**Aldine Hall**  
**Max Hall**  
**Dorothy Halverson**  
**Charlotte Murphy**  
**Silvia Roberts**  
**Joan Warren**  
**Jim Warren**  
**Willard Weekly**

They will help our new residents get acquainted with our community, feel free to contact anyone listed above,

they would love to assist you. ❤️

## Marketing Minutes

Hilary Pimentel  
Marketing Director

Happy Fall Ya'll! August was a crazy busy month for me which is a good thing. I know you all will welcome the eight new residents joining our community this month with open arms. Yes, I said eight. I'm happy to say that two couples and four singles will be moving in.

I hope you all enjoyed all the fun we had in August from Yappy Hour to the Ice cream social & 50's Karaoke.

I would like to sincerely thank all of you for being so welcoming to new residents as well as guests that are touring the community. Prospects really enjoy you saying hello and letting them see how much fun we have here. It truly plays a part on their decision making so I can't thank you enough. I can't wait to meet our new driver Peter, I'm sure all of you that had to drive with me will be pleased to see him take over. That being said thank you for your patience during this transition between drivers.

Our Open house is on Friday, September 29<sup>th</sup>, The Senior Idol Variety Show please invite your friends and family to come watch. It will be here before we know it, so I hope you are all practicing to show off your many talents. Let's hope September will bring us some cooler weather, so we can keep walking outside. Saturdays are so fun when I can get out and walk with you all. It just seems to start my day off right. If only I could find the time to do it every day....



## Library Corner

Library Team  
Jill Murrell, Ann Shaw, and Kay Wolf

New reading material – we try to refill our Newly Donated Books shelf twice a month. You are welcome to borrow a book from this collection for your reading pleasure. Remember to sign it out using the Sign Out/Return Date sheet (same routine as when you borrow a regular library book).

To our newer residents:

- Winding commons has two libraries:
- Main library is located on the first floor, directly across from Mary Singewald's office. Regular print, fiction, biographies, non-fiction, "card table sized" and some research materials can be found here.
- Second library, contains LARGE PRINT boks and is located on the 2<sup>nd</sup> floor, inside the Chapel.

We always welcome book donations; a deposit bin is located just inside the door and is always looking for your donations.



## Tiny Tee Time



No one is exactly sure why Garnet Carter invented the first miniature golf course in the 1920s, but thank goodness he did or we wouldn't be able to celebrate Mini Golf Day on September 21. Carter owned a hotel outside of

Chattanooga, Tennessee, called the Fairytale Inn, which strove to create an atmosphere as magical as its name. Carter's tiny golf course, complete with hollowed-out tree trunks and gnomes, became an instant hit with visitors. Ask Carter's wife, Frieda, why he invented the mini golf course, and her reply is that it was to distract and occupy the "golfers' widows," the women left behind by husbands taking an entire afternoon off to golf. In this way, Carter's invention was no different from the Ladies' Putting Club at St. Andrew's in Scotland, the precursor to the modern mini golf course.

## Culinary Corner

General Manager  
Myles Medeiros  
SODEXO

Happy Birthday to all the September birthdays at Winding Commons.

### Birthday Dinner

September 6<sup>th</sup>

Join us from 4:30pm to 7:00pm

**Featuring:**

London Broil **or** Herb Breaded Chicken

White Truffle Mashed Potatoes ~  
Sautéed Swiss Chard with Onions  
Birthday Cake

### Chef Dinner

September 20<sup>th</sup>

Join us from 4:30pm to 7:00pm

**Featuring:**

Southwestern Shrimp Taco Salad **or**  
Chicken Caprese

Tuscan Spinach ~ Parmesan Orzo  
Tiramisu

Food Facts will be held  
September 7<sup>th</sup> at 2:00pm in the  
Media Room the topic is:

**Fats: The Good, The Bad and the Ugly Truth**



## Darian Smith and Adriana Romano

Resident Relations/Sales Consultant  
Hospitality and Ambassador Leaders

We are happy to introduce our new residents for September.

Mary Wooten 9/6  
Glen & Peggy Courtney 9/7  
Robert & Bobbie Jiles 9/10  
Lu Whitlow 9/15  
Jane Klinge 9/16  
Joan Gillis 9/22

Please make the extra effort to say hello to them and as always give them our special WC welcome. If you see new faces having either brunch or dinner at our marketing table in the dining room, please stop by and introduce yourself they just might be your new neighbors.



## Septemberfest



The confusing thing about the German celebration of Oktoberfest is that it begins in September! Five o'clock in the morning in Germany on September 16, to be exact. While many consider Oktoberfest to be a 16-day-long beer festival, its roots

have nothing to do with beer. The first Oktoberfest was held in Bavaria on October 12, 1810, on the occasion of the marriage of Crown Prince Ludwig to Princess Therese von Sachsen-Hildburghausen. It was so much fun that Oktoberfest became an annual celebration, yet it wasn't until 1818 that beer halls were added to the live music and horse racing. Then, in order to extend the celebration and take advantage of better weather, Oktoberfest was moved to September.