



Notable
Quotable

“The most luxurious possession, the richest treasure anybody has, is his personal dignity.”

~ Jackie Robinson, baseball Hall of Famer

January Horoscopes and Birthdays

In astrology, those born between January 1–19 are Capricorn’s Goats. Goats are practical, determined, and focused on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

Paul Revere – January 1, 1735
J.R.R. Tolkien – January 3, 1892
Diane Keaton – January 5, 1946
Zora Neale Hurston – January 7, 1891
Elvis Presley – January 8, 1935
Richard Nixon – January 9, 1913
Julia Louis-Dreyfus – January 13, 1961
Martin Luther King Jr. – January 15, 1929
Vidal Sassoon – January 17, 1928
Dolly Parton – January 19, 1946
Neil Diamond – January 24, 1941
Wolfgang Mozart – January 27, 1756
Jackie Robinson – January 31, 1919

Marketing Minutes *By Hilary Pimentel*

Happy New Year!! As you know, I am one happy person and I have all of you to thank for that. You make my job so enjoyable. I can’t thank you enough for always being so nice to new prospects coming in. Once they move in, you make them feel so welcome. We have an amazing staff here that is just going to keep getting better over time.

We’re ready to start the year off with some great entertainment! On the 7th, Lifting Spirits will be here. On the 10th, Jocelyn from Comfort Keepers will be here to teach beginners Yoga. Don’t worry, this is geared for seniors and we won’t be doing the “Downward Dog” on yoga mats. Also, if you haven’t learned to tap dance Now is your time! We are having lessons on January 11th at 2pm. Make sure you

come down on the 27th from 9am-2pm to see if there are treasures that you may like at our Community Yard Sale.

We are still offering resident referrals for \$1,000 off your rent for new prospects that you refer to us. Make sure you invite your friends to come see what we offer at Winding Commons.

May we all be blessed this new year!



Winding Commons

January 2018



Independent Senior Living Community
6017 Winding Way
Carmichael, CA 95608
(916) 485-0100

Celebrating
January

Comfort
Keepers
Beginning
Yoga
January 10th
10am

Beginners
Tap Dancing
January 11th
2pm

International
Kite Day
January 14

Thank Your
Mentor Day
January 18

Community
Yard Sale
January 27th
9am-2pm

Deanna’s Download

Happy New Year everyone! I want to wish you all great health and happiness for the New Year!

This is a great time to update your information in the office. I plan to send out new “Emergency Contact” and “File of Life” forms very soon. Please fill them out and return them to the office. If you moved in after Nov. the forms that we have are current, so there is no need to send a new one.

On January 27th, we are having a Community Yard Sale from 9:00-2:00. If you have items that you no longer need and feel that someone else would love...you can donate them for the sale. The proceeds will go to the SPCA. I am looking for volunteers to help with this event. I need people to help organize, price and cashier the day of the event. We will begin taking donations the week of the event in the “Balloon” room. If you would like to help, please sign up. There is a sign-up sheet on the counter in the mail room.

Do we have anyone that loves to write and would be interested in

writing articles about our residents in the newsletter? I would like to feature one resident each month and tell a little about their background. This will help us get to know each other better.



Out and About at Winding Commons

By Mary Singewald



We are all looking forward to 2018 at Winding Commons! We look back on 2017 as a wonderful year full of great friends and fun times.



Start the year off right and join one of our daily exercise classes. Classes are Monday through Friday at 9:00am, and Monday and Wednesday at 1:00pm. The afternoon class, Walker and Chair Dance, is very popular.



Join us for an Introduction to Yoga Class on Wednesday, January 10th, at 10:00am.



Tap Dance for Seniors will also be offered with Mary on Thursdays at 2:00pm. Many residents have requested tap dance. If you are interested in joining, all you need are shoes that have smooth soles, not rubber. They will work just fine. Come see if you like tap before you buy tap shoes. Come join in on the fun!

Once again we will be going to Casa Garden Restaurant for lunch. The luncheon is scheduled for Tuesday, January 16th, leaving at 10:30am. Please see Mary for details. Reservations are required.

It is that time of year again! Make that special valentine for your loved one with Adriana on Wednesday, January, 17th, at 10:00am. There will be a sign-up sheet in the mailroom.

Well, as we start off 2018, there is one thing I would like to mention. Thank you to all of the fabulous resident volunteers for your help in making Winding Commons the #1 senior community! Congratulations, Winding Commons, for being awarded the Best Senior Community in the Carmichael Area. That's a great start for 2018!!!



Charles Sherwood Stratton became a global celebrity in the 19th century.

Little Man with Big Success

Charles Sherwood Stratton was born on January 4, 1838, as a large baby, at 9 pounds 8 ounces, but by six months of age, he had largely stopped growing. In 1842, legendary showman P.T. Barnum stopped in Stratton's hometown and discovered the two-foot-tall four-year-old boy. Barnum hired the child and made Stratton an international star, impersonating Napoleon Bonaparte and

performing as Cupid. Renamed as General Tom Thumb, Stratton traveled to England and won an appearance before Queen Victoria. When Tom Thumb married a woman of similar restricted growth, he made the cover of the *New York Times*, beating out coverage of America's Civil War. Indeed, even President Abraham Lincoln hosted their honeymoon at the White House.

Resident Birthdays:

Eula Shelley - January 3rd

Dorothy Gifford

Else Hildebrandt - January 4th

Jim Carter – January 27th

Betty Ohlson -Victor – January 29th

Darrell Rieschick – January 30th

Welcome New Residents:

Ruth Harris

Rosemarry Goldie

Helen Corder

Barbara Banning

Dwight Davis

Sterling & Lois Parrish



Say hi to your new neighbors!