

OUT AND ABOUT AT WINDING COMMONS
BY MARY SINGEWALD

March has always been a fun month at Winding Commons. It is filled with St. Patty’s Day celebrations and we are preparing for our annual Easter Egg Hunt and Parade. It is my favorite month, as my son Robert was born on St. Patrick’s Day.

On Thursday, March 8th, at 1:30pm, Adam Hultman will be here to help our residents with a seminar on identity theft protection. Do not miss this informative event.

Dan Murphy will be having a special presentation about our local birds. Dan is a well-known birder and will be showing outstanding photos that he has taken. This event will be held on Friday, March 9th, at 1:30pm. Dan is our resident Charlotte Murphy’s son. If you have a family member, or acquaintance, with a particular talent that they would like to share, please see Mary.

Our Fireside Chat Sessions on Sundays have become a very popular event. Game Day was also very successful. Please check your activities calendar daily for dates and times of all the activities and special events. Don’t forget Book Club on Monday, March 26th, at 3:00pm in the Library.

On Friday, March 16th, at 2:30pm, we will be having our St. Paddy’s Celebration. The Winding Commons Rhythm Band will be playing and Sean O’Brien will be singing many favorite Irish ballads. We will be serving Irish beer and appetizers. Come join the fun!

The Winding Commons annual Easter Egg Hunt will be held on Saturday, March 31st at 10:00am featuring our very Special Famous Easter Bunny. Invite family and friends. Our Easter Bonnet Parade will be held at 1:00pm.

I would like to thank all of the resident volunteers for all your help throughout the month in making this such a fun place to live all year long. Happy spring! Happy Easter!

March Birthdays

In astrology, those born between March 1–20 are Pisces. Friendly and selfless, Fish are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings. Aries’ Rams are born between March 21–31. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident that they can navigate any challenges.

Joan Warren	3/2
Gilda Brown	3/11
James Forehand	3/12
Joy Jones	3/14
Bobbie Jiles	3/14
Lindy Hawkins-Williams	3/14
Della Rieschick	3/17
Robert Rosker	3/17
Ruth Harris	3/20
Sally Levings	3/24
Max Hall	3/26
Verna Fairchild	3/27
Glen Courtney	3/30

WELCOME NEW RESIDENTS!

Rollin’ out the red carpet for...

Barbara Ashley
Margaret Sjodin



WINDING COMMONS



Egg-ceptional Spring Traditions

With the arrival of spring on March 20th comes all the holidays and traditions associated with the end of winter: religious traditions like Passover and Easter, and Nowruz, the Persian New Year. All of these celebrations share an important symbol: the egg.

For millennia, the egg has been an exalted symbol of birth, rebirth, and hope. Ancient Egyptians told stories of the sun god hatching from an egg. Sometimes the sun was considered an egg, laid each day by Seb, a cosmic goose and god of the earth. In Hinduism, the egg represents the makeup of the universe. The shell is the heavens, the white is the air, and the yolk is the earth. In the Persian story of creation, Good and Evil are locked in an epic battle. When Evil is hurled into an abyss, Good lays an egg, which represents the universe, with Earth suspended from the heavens as a halfway point between Good above and Evil below. Eggs have always been a symbol of the beginnings of the universe and life itself. No wonder that after the long dark of winter, with the return of the sun, eggs are revered as harbingers of life.

When Jews sit together for the Passover seder on March 30, an egg will adorn the seder plate as a symbol of the ritual offering to the Temple in Jerusalem. Furthermore, the egg symbolizes—you guessed it—life itself. For Christians, Easter is a holiday celebrating the resurrection of Jesus Christ, so using an egg as a symbol of rebirth was a natural choice. The traditional color to dye Easter eggs is red, symbolizing the blood Jesus shed on the cross. In Macedonia, congregants bring their red eggs to Easter church services, and when the priest proclaims, “Christ is risen,” it is customary to eat the egg as a ritual breaking of the Lenten fast. Elsewhere, in Iran, Persians prepare for their new year, Nowruz, by preparing their ceremonial table, the *haftseen*, with symbolic foods and objects, including painted eggs representing fertility. All over the world, people will be looking at eggs in a different light.

Celebrating March

Mad for Plaid Month

Play the Recorder Month

Women’s History Month

World Compliment Day
March 1

Proofreading Day
March 8

Shakespeare Week
March 12–18

St. Patrick’s Day
March 17

World Poetry Day
March 21

Mom and Pop Business
Owners Day
March 29

Resident Profile-Jonsie Benson

"I was born in Wales, which is part of the United Kingdom and the Island of Great Britain. My mother was a wonderful seamstress and my father was a coal miner. There was nothing in Wales at the time. I was five years old when we moved to California. My father was amazing. I was so proud of him, he had a wonderful voice. Dad became a professional opera singer when we moved to San Francisco, he performed at the San Francisco Opera House. We came from nothing to everything. I was a very proud coal miner's daughter! I may have been born in Wales, but I ate at the French Laundry!

I lived and worked in San Francisco for the phone company, Pacific Bell. I met my future husband, Volney Benson, and we dated for 6 years, fell in love, and got married. Volney worked for South Pacific and Pan Am. We were able to travel all over the world. We owned Benson's Sporting Goods. I ran this business and was able to help put my brother through college. My husband and I eventually moved to Berkeley. I moved to Winding Commons when Volney passed away. My advice for everyone is never assume anything. This was a saying that I learned from my first boss.

I am happy at Winding Commons I love my caregiver and have many friends. I still love to see musicals and have music in my life."

Jonsie Benson will be turning 100 years old on April 15th. Everytime I see her, I think of the song New York, New York. We dedicate this song to her when she attends walker and chair dance exercise classes three times a week with me.

What a delightful talented woman. I also found out Jonsie is a terrific artist and has several pieces that she has done.

Happy Birthday to such a beautiful lady.
New York, New York!

Mary Singewald

St. Patrick's Day Poetry

I'll Wear a Shamrock
Written by Mary Carolyn Davies

**St. Patrick's Day is with us,
The day when all that's seen
To right and left and everywhere
Is green, green, green!**

**And Irish tunes they whistle
And Irish songs they sing
Today each Irish lad walks out
As proud as any king!**

**I'll wear a four-leaf shamrock
In my coat, the whole day through
For my father and mother are Irish
And I am Irish, too!**



From the Beauty Salon: *Is it time to pamper yourself? When isn't it time?*

Contact Debbie at 916-532-5775 for a wonderful, professional haircut. And then treat your toes and fingers to a manicure and pedicure from Angie. Please contact her at 916-267-5486 to set up an appointment.



Coming in April: *Yappie Yoga for Dogs*

We are working on having a yoga program for your canine family members. More information will be provided as it comes. Keep a look out!



St. Patty's Pastimes Debunked



They say that everyone is a little bit Irish on St. Patrick's Day, and the world will be draped in green on March 17, when St. Patrick's Day celebrations take place across the globe in honor of the patron saint of Ireland. But if you really want to celebrate the right way, be sure to take a look at these facts behind St. Patrick.

St. Patrick may be one of Ireland's patron saints (along with St. Brigid and St. Columcille), but he was not Irish. Evidence suggests that he was, in fact, British. By some accounts, he was born with the name Maewyn Succat in either Scotland or Wales. Yet it is important to realize that even though St. Patrick may have been born in Britain in the year 390, at the time of his birth, Britain was occupied by the Romans. Thus, it is very likely that Patrick's family was from Roman aristocracy. Indeed, Ireland's precious St. Patrick may well have been Italian.

But don't trade in Irish green for Italy's tricolor green, white, and red just yet. The true color of Ireland might be blue. King Henry VIII flew a blue flag over Ireland during the 16th century. Knights of the Most Illustrious Order of Saint Patrick, a society of Irish knights founded by King George III in 1783, wore a light blue color known as St. Patrick's blue. The Irish president flies a blue flag with a harp. So when did green become the color of Ireland? During the Great Irish Rebellion of 1641, Irishmen flew a green flag against King James. Green became the color of Irish nationalism and independence during the Irish Rebellion of 1798, a notion promulgated in the ballad "The Wearing of the Green."

So whether you're marching in Dublin, raising a pint of Guinness in New York, Irish dancing in Sydney, or eating corned beef and cabbage in Montreal, just remember that none of these pastimes come from the original St. Patrick's Day. The Roman Catholic feast day was traditionally spent in quiet prayer, a far cry from the raucous celebrations of today.

Seeing Red: Fun in February



Valentine's Day at Winding Commons

Deanna's Download

Brrrr...it's hard to believe that it's March already. Spring is by far my favorite time of the year. I look forward to seeing all of the beautiful flowers around Winding Commons. In the past, we have had several residents that loved to garden and we would like to start the Garden Club again. If you are interested, please speak with Mary.

If you would like to reserve the conference, exercise, or media rooms for a private function, please do so at the front desk. If you would like to have refreshments served, you will need to speak with Robin in the kitchen. She is the only one that can schedule catering, and what the cost would be for your event, or party. She will then forward the information to me in order to add the cost to your account.

I also wanted to let you know that I'm working with Mary to schedule a fused glass class in May. I'm excited to work with you on something that I'm very passionate about. Each resident has the opportunity to make their own pendant. Stay tuned for more information.