

## Out and About at Winding Commons by Mary Singewald

Yeah team! Our annual Super Bowl Potluck Tailgate Party will be on Sunday, February 3<sup>rd</sup>, starting at 2:00pm. The sign-up sheet for the potluck is in the mailroom.

On Tuesday, February 5<sup>th</sup>, we will be leaving at 10:00am for a tour of the jelly belly factory and lunch. Please sign up in the mailroom.

It is February and love is in the air. The TV show, the Dating Game, is live on air at Winding Commons. On Friday, February 8<sup>th</sup>, at 2:00pm, our favorite game show host, Chef Richard (Jim Lange?), will be hosting our very own Dating Game.

The bachelor and bachelorette will be picking from three eager contestants for that special date and will be our guests of honor at our Valentine's Day dinner. Join in on an afternoon of fun and laughs that you will never forget!

The Winding Commons Rhythm Band will be performing for Happy Hour on Wednesday, February 13<sup>th</sup>, at 3:30pm, playing love songs for your enjoyment.

Happy Valentine's Day!

Remember to live, laugh and love, our motto at Winding Commons.

## February Birthdays

In astrology, those born between February 1–19 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

Fred Dutra - February 1st  
Maria Sutherland - February 1st  
Marcene Jorgensen - February 5th  
Margaret Ann Dukleth - February 7th  
Iris Hunton – February 8th  
Marlee Simms – February 8th  
Edna Brown – February 14th  
Dorothy Gifford – February 18th

## Important Telephone Numbers

Office Hours  
Mon – Friday 8:30am-5:30pm  
Saturday & Sunday 9:00am-5:00pm  
Office 916-485-0100 fax 916-485-0611

Transportation 916-0738  
Dining Room 916-485-0361  
Police Non-Emergency 916-264-5471  
Emergency & Fire 911  
Comcast Cable 1-800-266-2278  
A T & T 1-800-310-2355  
Paratransit 916-429-2744  
Yellow Cab 916-444-2222

Beauty Salon – Debbie Sledge  
916-532-5775  
Manicurist – Angie Tran  
916-267-5486

# Winding Commons

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## Winding Staff

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Evening Porters

David Whitman  
Chef/General Manager, Sodexo

## Deanna's Download

I love that February is here and springtime is around the corner. The days are getting longer, which means more sunshine and vitamin D.

We begin the month with Superbowl #53! Mary has a fantastic potluck tailgate party planned for you on Sunday, February 2<sup>nd</sup>, at 2:00pm. I understand that residents bring all kinds of yummy appetizers and snacks for the big game.

I'm super excited to see "The Dating Game" at Winding Commons on the 8th. I've heard about it for years, but finally get to enjoy the fun.

On Valentine's Day, Chef David has a very special dinner planned that you won't want to miss. The office staff will serve wine with dinner. Don't forget to stop by the photo booth with your special Valentine, or rowdy friends. Whatever makes you happiest!

I also want to take this opportunity to thank all of our resident volunteers. They are such an integral part of our community and offer so much support.

Thank you very much!!!

Last year, I sent out new emergency forms for you to fill out. If you have any changes for this year, please stop by the office and get a new form to fill out for us.

Wishing you all a very "SWEET" month!

## From the Library..... By Kay Wolf

I hope everyone had as good of a holiday as I did. It was so good to see family and enjoy their traditions, but it is also great to be back with all of you residents!

I hope you enjoyed our holiday section and we even have some new books that will be coming next year. Each year, it is fun to be able to add new ones to our collection.

However, I came back to a big problem that is not new, but has sort of been escalating. I have reminded you several times to be sure and check out the books by writing them in the book provided for that, when you take them out. Then, please check them in again when you are through with them. Now we have found that books are being handed from resident to resident without being checked **IN** or **OUT**! We have been missing several books and then have come to find out that they were just being passed around. Since these are donated books, you probably feel that it doesn't matter. However, in one case we had a book that was written by one of our residents and we really felt bad that it had disappeared. I was in the process of buying one to replace it, when we discovered it was one of these type of books. But, to make matters worse, it had never been checked out to begin with. I ordinarily wouldn't replace it, but in this case, I felt I had to. If you want to give it to another person, then please either have them check it out, or you check it out for them. Otherwise, you will be held responsible for that book. At this point, we have three books that we would call floaters! If you have one that is stamped with Winding Commons, then please return it to the library when you are finished, not to someone else's hands.

Thank you for all your donations. Since we have had the Book Club going we have been receiving more donations, plus quite a few brand new editions. Right now, we have over 100 books that are waiting to be added to our current supply. **HAPPY READING!!!!**

## A Sneeze for the Ages

Among his many scientific achievements, Thomas Edison is also known to have opened the very first film recording studio on February 1, 1893, in West Orange, New Jersey. His Black Maria studio (named after the cramped, dark police paddy wagons known colloquially as "black marias") was the testing ground and laboratory for his kinetograph, a forerunner to the movie camera. His first famous film recording is known as *Fred Ott's Sneeze*; he filmed a mere four silent seconds of Fred Ott rearing his head backward in a hearty *kerchoo*. Once his marvelous film was released to the public, Edison was contacted by a number of performers begging him to capture their work for posterity. The kinetograph's popularity was short-lived, though, lasting only about 10 years. In that brief span, kinetograph theaters known as kinetoscopes opened across the country in New York, Chicago, and San Francisco, but ironically not in Hollywood.

## Underwater Weddings



With Valentine's Day falling in the middle of February, it is no wonder this month is known as Wedding Month. The city of Trang in Thailand has capitalized on lovers yearning to tie the knot on Valentine's Day by offering a unique setting for a wedding—under water! Every year from February 13 to 15, couples flock to this tropical seaside destination to take part in an underwater group wedding ceremony. On the 13th, couples are greeted at the airport by Thai dancers in traditional dress and then paraded through the streets of Trang to the cheers of spectators. On Valentine's Day, couples are boated to the island of Koh Kradan, where they take part in a traditional Thai wedding ceremony and are blessed with the pouring of water over their heads from a conch shell. Then—for qualified divers only—comes the big event. Tuxedoed grooms and brides dressed in white don their scuba kits for the underwater ceremony in the protected, pristine waters of Thailand's Andaman Coast.

## Marketing Minutes by Hilary Pimentel

We are February full...full of residents that is! If you would like a friend to move into our community, tell them to hurry on in, because we only have one apartment left right now.

We have some lovely events going on this month. We will start off the month with the Dating Game on the 8<sup>th</sup>. This will be a fun event for everyone. Even if you're not in the game, just listening to the questions and answers should be a blast. Next, Adrianna, who worked here, will be selling Paparazzi jewelry on Saturday the 9<sup>th</sup>. Everything is lead and nickel free and you can't beat the price of \$5 each.

Chef David will be making us a new yummy treat on the 13<sup>th</sup> that will be fun to watch and even more fun to be the taste testers. Who doesn't love food????

Last, but not least, the Song Bird Trio will be here for our Open House on the 27<sup>th</sup>. When we have an Open House it's a great time for people to come in and see our community. Never be shy when I am with a potential resident. Feel free to say hello, or tell them how much you enjoy living here.

I can't believe it's been two years now that I've been here at Winding Commons. Time flies when you're having fun and I truly have fun with you all everyday that I'm here.

Love you all, Hilary

**WELCOME NEW RESIDENT:**  
Nancy Padgett

## Participants' Perspectives

### In the Exercise Room

Besides the excellent exercise classes and the opportunity to ride stationary bikes, what else goes on weekly in that room?

On Tuesday, at 2:30pm, Beach Ball Volley Ball games are enjoyed by participants; and at 2:30pm on Saturday afternoons, residents are playing Bean Bag Baseball. The teams are men vs. women. (By the way, the women are doing very well.)

One player who enjoys both activities said "You don't have to be a star athlete to be on a team, which made me give it a try. Not only are we getting a little exercise, but it's just plain fun."

New players are always welcome. Come and join a team!

## Many Happy Returns



February is Return Shopping Carts to the Supermarket Month. Shopping carts are abandoned in the strangest of places: alongside roads, in ditches, under bridges. Today is the day to put those shopping carts back where they belong. It is estimated that two million shopping carts are taken from supermarkets each year, and with one shopping cart valued at \$100, that's \$200 million rolling away. If pushing a shopping cart back to a supermarket all the way from a highway is too much to ask, you can start by returning shopping carts from the parking lot. Unattended carts can do a lot of damage to cars. Furthermore, studies show that abandoned shopping carts lead to people throwing other trash into parking lots. Returning carts fosters good citizenship!