

Out and About at Winding Commons
Mary Singewald-Activities Director

Love was definitely in the air in February at Winding Commons. It was a month of many special events and fun times had by all.

We are now ready for March 2019.

Top of the mornin' to you, and Happy St. Patrick's Day! Our month starts with the Birthday Celebration on Wednesday, March 6th, at 3:30pm. The very popular, Linda Herring, will be performing in the Media Room.

I would like to make sure and invite our many animal lovers to join us on Tuesday, March 12th, at 2:00pm in the Lobby for Wild Things, Animals of the World. Come meet these furry creatures and maybe, non-furry creatures. It should be a great experience as we greet these new friends and find out all about them!

Join our St. Patrick's Celebration on Friday, March 15th, at 2:30pm. Enjoy Irish beer, pretzels and MacNamara's Band (Max's Rhythm Band). Fun times and Irish songs at the Winding Commons Pub! Starting at 3:30pm Debi Destiny, Illusionist and Magician, will be putting on a fabulous show.

I would like to thank all of you again who participated and helped with the Dating Game. It was a great success! Richard was a great game show host! Rhythm Band, you Valentine's performance of love songs was terrific! We are so fortunate to have the most helpful and fun residents of any community. It is March. Spring is just around the corner. Live, laugh, love!

March Birthdays

In astrology, those born March 1–20 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. Those born March 21–31 are Rams of Aries.

Jim Warren	3/02
Gilda Brown	3/11
Joy Jones	3/14
Bobbie Jiles	3/14
Lindy Hawkins-Williams	3/14
Della Rieschick	3/17
Roger Rumph	3/19
Joan Coulat	3/19
Ruth Harris	3/20
Sally Levings	3/24
Max Hall	3/26
Verna Fairchild	3/27
Glen Courtney	3/30

Important Telephone Numbers

Office Hours

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

Transportation 916-870-0738
Dining Room 916-485-0361
Police Non-Emergency 916-264-5471
Emergency & Fire 911
Comcast Cable 1-800-266-2278
AT&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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Aura Guerra, Pam Keil,
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Clay McAmis, James Forehand
Evening Porters

Richard Beyerl
Chef/General Manager, Sodexo

Deanna's Download
Deanna Brewer-Administrator

March is here and hopefully it will bring lots of sunshine.

I want to thank all of you for all the lovely notes about our Valentine's dinner. It was a great evening! We took some beautiful photos of the residents and the Dating Game candidates. If you have access to Facebook...take a look! I'm excited about the attractions that we're having this month. I love "Wild Things" and since so many of you are animal lovers...I think you will love it too! They are an animal rescue and bring various animals from around the world to share with us. It's educational and, at times, very funny. You won't want to miss it! I'm also looking forward to the Magician and Illusionist show. It's always exciting when we can bring something new to you.

Don't forget to mark your calendars to "spring forward" before you go to bed on Saturday, March 16th.

I want to welcome Richard Beyerl back to Winding Commons. He worked here 4 years ago and has been with Sodexo for almost 10 years. He's been in the hospitality industry for over 40 years working for companies such as Hilton Corporation, as well as in the casino industry where he was an Executive Chef and Food and Beverage Director. Richard takes great pride in his daily responsibilities of creating variety and serving pleasing meals to the residents. As you may have seen from the Dating Game, he also loves to have fun!

A Shakespearean Mystery

For a week in March each year, the Shakespeare Birthplace Trust in Stratford-upon-Avon, England, celebrates the life of William Shakespeare. From March 18 to 24, fans of the bard are invited to visit the Shakespeare family home and view his many famous works. However, there are some who believe that William Shakespeare did not write the many plays and sonnets that he is credited for. These doubters assert the existence of an alternate writer.



Toward the end of the 19th century, some scholars began to doubt the identity of William Shakespeare. At first, these doubters were thought to be crackpots. Over the years, the conspiracy gained traction. In 2007, a group of Shakespeare skeptics, consisting of performers and scholars, made an official “Declaration of Reasonable Doubt.” Ample evidence exists to prove that Shakespeare was born in Stratford-upon-Avon and became a well-known actor and theater-owner in his time. But these skeptics believe that there is simply not enough evidence to prove that this Shakespeare was the same man who wrote so many famous works. They believe Shakespeare’s modest upbringing could not have afforded him the quality education that such a talented writer would have needed. The true author, they argue, must have been a traveler, writer, or aristocrat such as philosopher Francis Bacon, poet Christopher Marlowe, or Edward de Vere, the 17th Earl of Oxford.

Of course, Shakespeare has a wealth of defenders, too. They argue that Shakespeare’s elementary education would have been adequate for his talents. Paper evidence may not exist because paper was a scarce resource back then and no one would have kept scraps of notes or letters. It instead would have been reused. Regardless of your belief in Shakespeare’s identity, Shakespeare Week may be a time to enjoy the bard’s words rather than question his good name.

Grammar Rules

The Society for the Promotion of Good Grammar has declared March 4 as Grammar Day. English is often said to be the hardest language to learn, and English grammar is even difficult for native speakers. Why is it so difficult? The order of words, pronunciations, homophones, synonyms, idioms—all of these are confusing! As language evolves, more and more grammar rules are being ignored. It is considered okay to begin a sentence with *And* or *But*, just as it is acceptable to end a sentence with a preposition. You can also split as many infinitives as you want! There are some rules, however, that are not as flexible. Double negatives are still a no-no. Also, *a lot* is still not a word. You can write *a lot* when you mean “many,” or *alot* when you’re assigning a share or portion. With well over a million words in the English language, you are likely to find something to celebrate today.

Night Owls



The International Festival of Owls, a celebration of these mysterious nighttime creatures, will occur during the first three days of March. Is it the owl’s nocturnal nature, their swift silence, their chilling calls of “who,” or their bizarre rotating necks that make them so fascinating? These birds have figured prominently in our imaginations for millennia. In ancient Greece, the owl was the symbol of Athena, goddess of wisdom. It was believed that an “inner light” gave the owl its superb night vision, and it was considered a good omen if an owl was spied overhead watching you. Because an owl is a bird of darkness, it has often been associated with death. During the Middle Ages, owls were thought to be witches or witches’ helpers. American Indians, too, held many beliefs about owls and death. To some, owls were the spirits of the dead. To others, owls were guides of the recently deceased to the underworld. During the Festival of Owls, take the time to encounter one of these magnificent animals up close and you, too, may begin to think they are more than just birds.

Girls Guiding Girls

The Girl Scouts is one the largest and most successful organizations for girls in the world. Juliette Gordon Low, finding inspiration from the Girl Guide movement in England, established the first Girl Guide Troop in America on March 12, 1912. For this reason, the week of March 10–16 is celebrated as Girl Scout Week.



Born in Savannah, Georgia, just before the American Civil War, Gordon Low was raised with traditional Southern values emphasizing duty, loyalty, and respect. Gordon Low was also an American aristocrat born to successful parents. As such, she attended boarding schools, met many influential people, married well, and moved to England. Gordon Low’s marriage was not a happy one, however, and she spent much time alone painting, learning metalworking and woodworking, and doing charity work. After her husband died, she met Sir Robert Baden-Powell, founder of the Boy Scouts, a guide movement for boys that taught the skills of military preparedness and outdoor adventuring. Scouting proved to be the perfect unity of values that she had enjoyed all her life: duty and respect combined with practical skills for survival. It was not long before Gordon Low met Agnes Baden-Powell, Sir Robert’s sister and founder of the Girl Guides, and so Gordon Low organized Girl Guide troops in London herself.

Gordon Low returned to her beloved Savannah in March of 1912 with the mission to grow the girl scouting movement in America. On March 12, she registered 18 girls, establishing the very first Girl Guide troop. Thanks to her family’s extensive social connections and the help of Sir Baden-Powell, Low was able to quickly grow her local troop into a nationwide movement. She faced one competitor, the Camp Fire Girls, but this organization believed that girls should not participate in strenuous outdoor activities meant for boys. Gordon Low held fast to her love of scouting, and for over 100 years, the Girl Scouts have given young girls the confidence, skills, and character to become the leaders of tomorrow.

Marketing Minutes

Is it the luck of the Irish to only have one apartment to rent? I still have all of you to thank for that. Your smiles as families walk through our community really show how happy you are, so I thank you for that!

We have some helpful education this month with phones, as well a some wild and mysterious fun with Magic and animals. On the 1st, California Free Phones will be here to help find the right phone for people with vision and hearing impairment. On the 7th is when we will have someone here to help you with one-on-one iPhone training. You need to sign up in the mail room for the iPhone training. I will have an Android training hopefully next month. The 12th is going to be WILD! We will have Wild Things here with some great animals. Lastly, things will get magical with Debi Destiny and her interactive show. Best of luck to all. Hilary

WELCOME NEW RESIDENTS!

Elizabeth Smith

Jerry Flora