

Out and About at Winding Commons
Mary Singewald-Activities Director

April showers bring May flowers. Speaking of flowers, make sure and take a peek at our planter box which is filled with all kinds of bulbs, beautiful daffodils and many seasonal beauties. I would like to thank Jim and Joan Warren for all their hard work for many years in our flower gardens. They will be taking a break and relaxing for a change and will no longer be handling the garden. Joan Coulat will now be in charge. She has already started working in the front, and courtyard, planting many beautiful flowers. We are looking forward to having her on board. If anyone would like to help out by watering, weeding, etc., please see Mary. Once again, thank you, Jim and Joan, for your many years of hard work running the Garden Club!

Batters up!!!! We are warming up at bat. The Winding Commons Beanbag Baseball team has summer games lined up at some of the other senior communities in the Sacramento area. Practice is on Saturdays at 2:30pm in the fitness room. If you are interested in participating, come on in and join the fun. It's competitive and great exercise!

I would like to thank Darrell for all his hard work in getting our team together. We have been undefeated for three years. Wow!

Daily exercise classes have something for everyone. We offer chair exercise, balance classes, stretch band, sticks and light weight classes. Exercise classes are Monday through Friday at 9:00am. The chair dance classes are on Monday and Wednesday at 1:00pm. Stay in shape and come workout with us.

I am looking forward to all of our April events. We are so fortunate to have all our resident volunteers. Thank you!

April Birthdays

In astrology, those born April 1–19 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm. They embrace action, take risks, and will fight for their goals. Those born April 20–30 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded!

Woody Hunton	4/2
Rosemary Gorman	4/2
LaVerne Weaver	4/5
Claire Massingill	4/12
Jonsie Benson	4/15
Mary Wooten	4/17
Helene Allbritton	4/18
Monte Montalvo	4/21
Cliff Ming	4/22
Carole Flynn	4/24
Carol Creighton	4/25
Nancy Padgett	4/25
Alberta Ballard	4/27

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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Aura Guerra, Pam Keil,
Housekeeping

Clay McAmis, James Forehand
Evening Porters

Richard Beyerl
Chef/General Manager, Sodexo

William's Fair Shake

Historians believe that the famous playwright, William Shakespeare, was born on April 23, 1564, and then died on that same date in the year 1616. Some argue that too little is known about Shakespeare to prove he was a famous writer, yet a wealth of records on his life exist.

William Shakespeare's father, John, was a prominent figure in his hometown of Stratford-upon-Avon. John was a successful glove maker, tanner, and wool dealer as well as a respected city councilman and town mayor. William Shakespeare's mother, Mary Arden, also came from a prosperous family. Her father ran a successful farm near Stratford. The Shakespeare family's wealth, sadly, did not last. By the time William was about 10 years old, his father's business had collapsed, and they were forced to mortgage even Mary's inheritance. Perhaps this is why young William attended a rather unremarkable local school and completed his education at the age of 14.

William Shakespeare desired to be more than the son of a farmer, so he left Stratford for London, where he became an actor. He progressed from acting to playwriting and eventually became the owner and manager of the very venues where his plays were performed, the Globe and Blackfriars Theatres. As Shakespeare's fame grew, he caught the notice of the noble classes. His drama company became the official troupe of both Queen Elizabeth I and King James I, and his works were regularly performed before the royal court. Shakespeare's success won him the respect of his peers and garnered him vast wealth. As a show of his success, he returned to Stratford-upon-Avon to purchase the largest house in the town. Where Shakespeare's father had lost a fortune, William had built one. Surprisingly, a definitive collection of Shakespeare's plays wasn't compiled until after his death. In 1623, two members of his troupe published the so-called *First Folio*, which remains to this day one of the most important works in the English language.

FROM THE LIBRARY- Kay Wolf

Wow! We've just finished processing another 84 volumes to add to our downstairs library. We almost can't keep up with them, but that's great! We love all your donations, so don't stop! We're adding a few older ones than we usually like to take, but, they are authors that we know you enjoy, and as far as we know, they haven't been in the library before. Plus, we have a lot of newer residents who haven't had the opportunity to read these books yet.

I know I sound like a "broken record", but please sign out books when you remove books from the library. Most of you are complying; however, there are a couple of people who take them without checking them out.

As far as we know right now, we are only missing one book that has been floating. It is called *Just Between Us* by Rebecca Drake. It was brought back in and then disappeared from the box before we could check it in. Please look around and see if you happen to have it and bring it back.

As most of you have probably noticed, we have a new section of books by the check out book. These are sets of books that have been donated as a set. They are hard to find if they are not displayed as a set, so we are waiting to file them until you get a chance to read them. Then, we will display a new set and file these away.

Thanks so much to my helpers in the Library. I don't know what I would do without any of you! Grace is taking care of the upstairs library and I hardly ever have to go up there. I really appreciate you, Grace!



New Residents:

Cliff Ming

Sheila Butler

The Ballad of John Parker

On April 19, 1775, a farmer and mechanic named John Parker rallied his militia of farmers against a battalion of 700 British troops. The British were on the march to Concord, Massachusetts, in search of weapons and supplies hidden by the American colonists. As the "red coats" approached, Parker's men stood their ground in Lexington, on the road to Concord. They were under Parker's strict orders not to shoot. After all, the Revolutionary War had not started yet. Alas, a fateful shot was fired, the now-famous "shot heard round the world," and the American War for Independence began. No one knows who fired first, but in that first skirmish, eight militiamen were killed and 10 wounded. On the British side, only one was wounded. Today, a statue known as *The Lexington Minuteman* stands on the Lexington Battle Green. It represents John Parker and every other brave soldier who fought for American independence.

Hula Is Life



From April 21–27, the greatest hula dancers in the world will converge on Hilo, Hawaii, for the annual Merrie Monarch Festival. The festival celebrates the ideals of King Kalakaua, the last King of Hawaii, known as the "Merrie Monarch," and an ambassador of Hawaiian culture all around the world. The hula dance, once banned in public, was put on full display at his coronation. Hula dates back to ancient Hawaii. When written language did not exist, history and stories were preserved and passed from generation to generation in song and dance. Every movement—a hand gesture, a swaying hip, a stepping foot—told part of the story. When missionaries arrived, Hawaiian language and music were discouraged; even the hula was banned. The Merrie Monarch changed all that, and today, hula is a quintessential part of Hawaiian culture. Hula festivals abound throughout the year in Hawaii, but the best of the best of hula comes every April in honor of the Merrie Monarch.

Singing Machine



The fourth week in April is Karaoke Week! So grab a microphone and belt out your favorite song. If you're looking for an audience, then you're in luck. Bars and clubs all over the world will be hosting karaoke contests and competitions. If you're feeling a bit shy, then perhaps the story of karaoke's inventor will help you find the confidence to come out of your shell.

Karaoke was invented in Japan. The word *karaoke* is actually a combination of two Japanese terms: *kara*, meaning "empty," and *oke*, which is the shortened form of *okesutora*, meaning "orchestra." What is an "empty orchestra"? This is another way of describing an orchestra that has a lead part missing, and that lead part is the all-important voice of the singer. Sing-alongs have been an important part of Japanese get-togethers for centuries. But it wasn't until 1971 that musician Daisuke Inoue invented a machine that could do the work of an entire band.

Inoue was a drummer and not a very good one at that. When he couldn't make it in a band, he found work playing drums for Japanese businessmen who liked to sing during amateur nights. When one businessman asked Inoue to play backup at another event, Inoue declined the invitation but came up with another idea. Inoue taped his drum solo so that the singer could play the tape and sing along in his absence. It wasn't long before Inoue realized the genius of this idea and invented a machine fitted with amplifiers and background music that allowed singers to perform without a full band. Inoue leased his machines to local bars, where they were an instant hit. Karaoke was born. By the 1980s, it seemed that every bar in Japan had a karaoke machine. Unfortunately for Inoue, he never patented his invention and so never earned a cent. It was a Filipino inventor named Roberto del Rosario who claimed that honor. However, Inoue's name has entered the history books for his efforts. In 2004, he even was awarded a mock "Peace Prize" for inventing a machine that brings people together.

Marketing Minutes-Hilary Hardin

Happy spring time!! Hopefully it will stop raining soon and we can enjoy spring. My kids are ready to go swimming, warm weather or not. I keep reminding them they're not polar bears so they're not going swimming until it's 85 degrees or higher. Our April events offer great educational resources and end with our new favorite Marionette's. On the 4th, Adam Hultman will explain what changes have been made to the VA benefits program. If you are a veteran, or were married to a veteran, this could be valuable to you! California Free Phones will be back out on the 9th for one-on-one Android training. Please sign up with Cheryl at the front desk to confirm that you have an Android phone. Space is limited, so please sign up early. Dot Boyd will be here on the 13th to show us all about a new emergency alert system that is high tech and looks like a watch. Lastly, we have Christopher's Musical Marionette's coming back and if you missed his first show you won't want to miss this performance. Once again thank you for all you do to support me.

Sincerely, Hilary

WANTED!!!!!!

**MORE PEOPLE TO PLAY BINGO AND POKENO!
COME PLAY WITH US AND WIN YOUR FORTUNE!**

We have so much fun and we would like to include you too! We don't actually win our fortune, but we feel like we are (when we win)! If you don't know how, it only takes about ten minutes for you to catch on. Gather up your pennies for Pokeno and meet us in the media room every Tuesday and Friday evening at 7:00. We are always done by 8:00. Along with this, we want to say how glad we are to have Fred Madigan back to do the calling. We appreciate the substitutes that were taking his place while he was recovering. We are so lucky to have him back with us. Thanks, and welcome back, Fred!