

Out and About at Winding Commons Mary Singewald - Activities Director

As we start the month of May at Winding Commons, I would like to give a standing ovation to all of our wonderful resident volunteers who help complete our fantastic activity program. We have something for everyone.

On the road again! On Tuesday, May 7th, at 1:45pm, the Winding Commons Rhythm Band will be performing for the residents at Mistywood in Roseville. I am sure they will enjoy our very talented band. Mistywood will be bringing their bean bag baseball team over to Winding Commons in June for another great game! Make sure and check your calendars daily for upcoming events. It's always a fun time when our two communities get together.

A special thank you to Charlotte Murphy for her one-on-one interviews with a different resident each month. All of these interviews have been posted on our Ray Stone Senior Living or Winding Commons Facebook pages. Great job!

Take me out to the ball game! On Tuesday, May 14th, we will be going to Raley Field to see the Sacramento River Cats. The game starts at 1:05pm. I still have some tickets available. The admission is \$19. We have great seats, so come join the fun!

There are many great events this month and wonderful entertainers. The Sacramento Valley Concert Choir will be celebrating its 50th anniversary with an outstanding concert on Saturday, May 18th, at 2:00pm. There will be 50 professional vocalists singing many of your favorite songs, from Moonglow to Bohemian Rhapsody.

I would like to wish all of the women a Happy Mother's Day. Love, Mary

May Birthdays

In astrology, those born May 1–20 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! Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs love and nurturing.

Nadia Carey – May 1st
Barbara Renken – May 9th
Sadie Johnson – May 9th
Josephine Handy – May 18th
Jane Klinge – May 20th
Gina Fulwiler – May 21st
Fran Green – May 23rd
Eda Bartels – May 29th
Ann Shaw – May 30th
Karen Fay – May 31st

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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Evening Porters

Richard Beyerl
Chef/General Manager, Sodexo

Road Trip to the Odd and Awesome

May 5th –11th is Travel and Tourism Week, and while you could spend all seven days visiting popular destinations such as Niagara Falls, Mount Rushmore, or the Grand Canyon, you could also pile into the car and take the path less traveled to see some of America's odd and awesome roadside attractions.

In Houston, Texas, you'll find the home of John Milkovisch. Back in 1968, he grew tired of mowing the lawn, so he decided to landscape his yard entirely in brick, marbles, concrete, rock, and wood. He didn't stop there: Milkovisch continued to cover his house entirely in siding made from aluminum beer cans. For the next 18 years, he used an estimated 50,000 beer cans to both insulate and decorate his home. The "Beer Can House" is not just a monument to the power of recycling, but it is an artistic center complete with guided tours and a gift shop.

If you're interested in giant-sized sculptures, options abound along America's highways. Thirty-foot-tall dinosaurs loom above Interstate 10 south of Palm Springs, California. An 80-foot-long blue whale rests in a lagoon along Route 66 in Catoosa, Oklahoma. Two giant milk bottles are all that remain of the Benewah Dairy Company of Spokane, Washington. The Longaberger Basket Company of Newark, Ohio, spent \$30 million to build its headquarters in the shape of a seven-story picnic basket with two 150-ton handles. (The Longaberger Company has since vacated the property but the unique building still remains.)

For those with an itch to see the exotic, you can find a replica of the Leaning Tower of Pisa in Niles, Illinois, but it's only half as tall and half as leaning. A small-scale replica of China's Forbidden City exists in Katy, Texas, complete with a miniature army of 6,000 tiny terra-cotta soldiers. You need travel no farther than Lake Havasu City, Arizona, to see the London Bridge. Oil baron Robert McCulloch moved all the pieces of the "fallen down" London Bridge to Arizona and put them together again as a ploy to draw tourists, which it has for almost 50 years.

FROM THE LIBRARY.....

By KAY WOLF

Another month has rushed by and we are still getting your wonderful donations. We processed over 60 books again this month. Thank you one and all!

I don't know how many of you pay attention to the stickers that are on the books when you choose something to read. They are to tell you what genre the book is. Red indicates mystery, yellow indicates romance/fiction, green indicates western, and blue tells us it is written by one of our residents. Sometimes, I have a problem deciding exactly which genre a book belongs in, so starting this month, you might find two different stickers on the books. This, of course, should tell you that maybe they are a little bit of both.

Again, I want to thank my helpers. Especially, I want to thank John Shaw who keeps up our inventory for us. That is a thankless job, but I do appreciate you, John! We would be so disorganized without you! John also takes our donations to the SPCA for us. Again, I don't know what we would do without him!

ALERT!!!

I've found a new way to make my fortune. Do you like to do word puzzles?

It's really easy and someone always wins! We help each other and have a lot of fun, plus it stretches our brains (and mine certainly needs stretching)! Why don't you come and try it? You'll never know until you try whether it's for you or not. The beauty of it is, we all have an equal chance, and you have to be present to win (that means you have to do the puzzles with us)! Come and join us on Mondays at 2:00pm in the Media Room!

Oh, I almost forgot. We have snacks too!!

A Fan Calls Foul

By May 16, the Major League Baseball season is well underway. If you have ever attended a game and caught a foul ball, you know how exciting that can be. May 16 marks the beginning of Foul Ball Week in honor of Reuben Berman, the man who fought to allow fans to keep foul balls.

Berman was a businessman attending a New York Giants game at the Polo Grounds back on May 16, 1921, when he caught a foul ball. As was customary, an attendant showed up to retrieve the ball from Berman. Berman did not keep it but tossed it into the crowd, at which point he was forced from his seat, reprimanded in a ballpark office, and then ejected from the park. Berman felt humiliated and so sued the Giants. While Reuben did not win the \$20,000 in damages he sought, the court ruled that Berman should have been allowed to keep the ball. "Reuben's Rule" was instituted, allowing fans to keep foul baseballs as souvenirs forevermore.

Viking Invasions



From May 16–19, the town of Petersburg in southeast Alaska celebrates its Little Norway Festival. Many of its inhabitants claim Norwegian ancestry, and legend states that in the 19th century, a

Norwegian named Peter Buschmann, eyeing nearby Mitkof Island, thought it the perfect place for a salmon cannery. Norwegians have flocked to Petersburg ever since. For the festival, Petersburg's main street, Nordic Drive, is abuzz with all things Norwegian: food, music, crafts, games, and plenty of Vikings. And for those who can't get enough of the Viking spirit, they need only to descend to the lower 48, to the town of Poulsbo in Washington state, for the annual Viking Fest held May 17–19. Visitors will find music, a Viking parade, and doughnut- and lutefisk-eating competitions. Of course, there will be a reading of Norway's Constitution in celebration of Norway's Constitution Day on May 17.

**MARKETING MINUTES
HILARY HARDIN**

Happy May! I hope you are enjoying the beautiful weather we are finally having.

We are going to start the month off with Adam Hultman on the 7th. He will be educating us on the latest scams targeting seniors.

I'm excited to have the Calamity Jazz Band come all the way from Oregon to perform for our Happy Hour on Wednesday, the 15th! Make sure you come and listen to their performance. I know you'll enjoy it.

If you want even more music, join us on the 18th for the Sacramento Valley Concert Choir. They are celebrating their 50th anniversary with us this year.

Lastly, on the 22nd, we will have Mock-tails with Jocelyn and myself. Join us and sample mixed drinks to keep you hydrated during the warm months ahead of us.

As always, thank you for your continued support in making our community so great! I truly appreciate all of you!

Love, Hilary

WELCOME NEW RESIDENTS!

**Gene Guevara
Nancy Henning**

May Day

For many, the first rite of spring comes on May 1, May Day, with the raising of the maypole. The celebration of May Day dates back thousands of years. The Celts of the British Isles celebrated May 1 as Beltane, their most important holiday. It was believed that this holiday marked the halfway point of a year split between the dark and light. Massive fires were burned to herald the start of the return of life. The tradition of raising and dancing around a maypole came much later, during the Middle Ages. It was common for villagers to dance around the maypole bearing colorful streamers, ribbons, and baskets of flowers, symbolizing the fertility of the earth and blooming of trees and flowers. It wasn't until May 1, 1886, that May Day became associated with the labor movement. In those days, workers of all ages suffered from abhorrent working conditions. It was on that May Day that 300,000 workers marched across America to demand better working conditions and higher wages. Today, while May Day is considered a major holiday in many countries, it is not widely celebrated, least of all in the United States.

For the Love of Pugs



Pug lovers of every stripe will flock to Milwaukee on the weekend of May 18–19 for the annual Pugfest. The focus of the festivities revolves around three adorable costume

contests, where pug owners parade their dogs for all to see. The costume categories are: "Hand-Crafted," "Ready-Made," and "Strollers and Floats." When visitors aren't ooh-ing and aah-ing over the cute dogs, they will be watching pug races and allowing Father John Allen to perform the annual Blessing of the Pugs. Why do people love these tiny and, some might say, ugly dogs? They were originally bred as companion animals for Chinese royalty. When the dogs were brought back to Europe in the 16th century, European royalty adopted the practice. Today, anyone can feel like a king or queen with their own pug pup.