

Out and About at Winding Commons

By Mary Singewald, Activities Director

Don't miss our Birthday Celebration on Wednesday, June 5th, at 3:30pm with a new entertainer, Opera Kadabra. He is a highly recommended opera singer/magician. It should be a fun event!

On Friday, June 7th, at 2:00pm, please bring your canine fur baby to the fitness room for a Yappy Hour Dog Social. We will have plenty of treats and toys. Photos will also be taken as we take an outside walk with man's best friends. Come join us for a bark-tastic day!

Our friends from Mistywood will be coming over on Friday, June 14th, at 2:00pm for a Beanbag Baseball tournament. Get ready team! Batter's up.

Dwight Davis will once again be "conducting" a special tour for Winding Commons residents at the Sacramento Railroad Museum on Tuesday, June 25th, at 10:00am. Dwight is the best tour guide ever. We will be having lunch after the tour at Fat City in Old Sacramento. Please sign up in the mail room.

We have plenty of great events set for June. Our annual Sizzling Summer Casino Night will be on Friday, June 21st. Come try your luck.

Once again, thank you residents and volunteers for making Winding Commons the fantastic senior community it is today.

Happy summer!!! -Mary

June Birthdays

In astrology, those born June 1–20 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. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

RESIDENTS BIRTHDAYS

Barbara Ashley	6/5
Shirley Pitcher	6/9
Bob Mayse	6/15
Lou Fontaine	6/16
Lois Johnson	6/23
Naida Jensen	6/24

WELCOME NEW RESIDENTS

Gene Guevara	Betty Paredes
Nancy Henning	Donna Milovich

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, Ebony Pool,
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Clay McAmis, James Forehand
Evening Porters

Richard Beyerl
Chef/General Manager, Sodexo

Deanna's Download

Welcome June and Happy Father's Day to all you dads! Richard plans on having another barbecue and we will serve beer during our annual Father's Day Brunch on June 16th.

June is a very busy month for most of us. We're celebrating graduations, Father's Day, the first day of summer and for all of us at Winding Commons, we will enjoy another fabulous Casino party. The Sizzling Summer Casino party will be held from 3:00pm to 6:00pm on Friday, June 21st. Those of you who have attended this event in the past know what a great time we have. Food, drinks, music, gambling and prizes. What's not to love about that!? If gambling is not your thing, come anyway and enjoy the party. All residents get a raffle ticket and can possibly win prizes.

It looks like the warm weather has finally shown up. This is a great time to enjoy the outdoor dining. Also, we have a lovely barbecue area for you and your friends to enjoy when you want to have a private gathering. Come to the office and let Cheryl know if you would like to reserve the barbecue area.

If you haven't checked your air conditioning system this year, I strongly urge you to do so. The maintenance staff is here Monday – Friday from 8:00 am to 4:30 pm. Please remember to put work orders in earlier in the day so that we may address them as soon as possible.

From all of us, Happy Father's Day!

FROM THE LIBRARY By Kay Wolf

I hope you all have become aware of the changes in the library. We were finding that we were running out of room and had some paper backs on a bottom shelf. We realized when we put them there that it was going to be difficult to see them, but we found that they were not being used at all, so we moved the paper backs on the right side up a shelf. That in turn took the shelf that we were using for "New Editions". So, we moved the "New Editions" to the other side of the library on the metal shelves.

Again, I want to thank everyone for their donations. We, however, are going to have to ask you not to include cookbooks, bibles, or any other form of religious material. We can't use them in the library, and we have so many to donate to the SPCA. We have to figure out a way to donate them to some other entity. A lot of places are not accepting book donations of any kind. We really appreciate your cooperation on this.

I want to thank my committee members. They are all so helpful. I especially want to give thanks to Jill Murrell. She is really my right-hand woman! I don't know what I would do without her. Without volunteers like her, and the others, the library just absolutely could not function to the degree that it does today!

NOTES FROM FOOD COMMITTEE MEETING:

Richard and his staff were complemented on the excellent Easter dinner that was served. Of course, we have had Mother's Day since then and I understand that was an excellent meal, also.

It was also mentioned that the addition of the Birthday Dinner on the first Wednesday of the month was also a nice addition.

The variety in the salads served at dinner time has been much appreciated. We are also glad to see the staff wearing name tags. It was mentioned that several people had asked if we could have more pancakes and that has been added to the menu as well.

Richard told us that he has been given permission to change his suppliers for meat and seafood and we can expect a better quality of meat. He also mentioned that there will be new menu changes as spring rolls around.

Resident Activity Updates:

Part of the pleasure of Winding Commons is our daily activities.

Help!!! We are looking for Wii bowlers on Mondays and Saturdays at 9:00am in the Media Room. No experience needed. Come and join the fun.

We just found 4 more Pinochle players to make a 2nd table and are looking for more. Thursday at 12:30pm is our time. Subs are needed. If you used to play years ago and need help in recalling the game, we are happy to give you a "brush up" lesson. A third table would be great.

Saturday is SEQUENCE Day. Starting with one table, we now have up to 3 tables. You will note on your monthly activities calendar that this game begins at 1:00pm.

Note: Willard Weekly is responsible for starting a group for his favorite game and has made all the boards. Thank you, Willard, from your devoted sequence players!

Book Club

Are you interested in a recommendation for a good book to read, or sharing a little about a book you've read (be it by hard cover, paperback, audio or kindle)? If so, join us on the 4th Monday of each month in our downstairs library.

Book Club attendees find this informal group to be interesting and stimulating. Sometimes, a treat appears, too. We welcome Winding Common's newcomers and anyone who has not participated.

Mark your calendars for the next meeting on Monday, June 24th, at 3:00pm in the library.

Rope Dancers Over Niagara

On the morning of June 30, 1859, an audience of 25,000 swarmed both the American and Canadian sides of Niagara Falls to gawk at a French acrobat named Jean Francois Gravelet, better known by his stage name of Monsieur Charles Blondin. Blondin was going to attempt the absurd feat of walking across the Niagara River gorge over the roaring falls.



The Great Blondin had arrived months earlier in the hopes of making the crossing during the winter. Snow, ice, and deadly gusts of winds had convinced

him to return in the summer. His crossing was described as the act of a madman, but Blondin had been tightrope walking since the age of four. He believed it was his natural calling in life. Standing only five-foot-five and weighing 140 pounds, he was described by his manager as "more like a fantastic sprite than a human being." He was also a fantastic showman. He stepped out onto the hempen cable with the aid of a 26-foot long pole. Spectators gasped when he sat down on the rope after walking only one-third of the way across and called for one of the tourist boats, the *Maid of the Mist*, to anchor beneath him. He lowered a rope and hauled up a bottle of wine, from which he poured himself a glass and had a drink. When he reached the other side, he turned around to walk back again, this time hauling a daguerreotype camera! He again paused in the middle of his balancing act, this time to set up the camera to snap a picture of the crowd on the American side. The Great Blondin's fame skyrocketed overnight, and he would return to Niagara again and again, with his highwire stunts becoming ever more absurd. It is estimated that he made the crossing 300 times over his lifetime.

The Great Blondin's feats over Niagara were by no means the last. As recently as June 15, 2012, an aerialist by the name of Nik Wallenda crossed over Niagara on a two-inch-wide wire—but he crossed directly over the falls as opposed to farther down the gorge, entering the history books as the first person to do so.

Stars and Stripes Forever

Wave the flag proudly on June 14, which is Flag Day in the United States. In the midst of the American Revolutionary War, the colonists had no flag to unify them. Regiments flew their own unique flags to identify their colony or their group. In June of 1775, the Second Continental Congress met in Philadelphia to create a Continental Army. It was then that they created the first American flag of 13 alternating red and white stripes with a Union Jack in the corner. Unfortunately, this flag looked too similar to the British flag, and General George Washington was quick to ask for the design of a new symbol. So, on June 14, 1777, the Continental Congress designed a new flag consisting of 13 alternating red and white stripes, with a circle of 13 white stars on a field of blue—the birth of the Stars and Stripes. It seems that the idea of a circle of stars on a field of blue was a popular one, for on June 29, 1985, the European Communities adopted a blue flag with a circle of 12 yellow stars as their banner for a unified Europe.

Happy Birthday to Whom?



On June 27, 1859, a schoolteacher named Mildred J. Hill composed a tune she called "Good Morning to All." Her younger sister, Patty Hill, wrote some cheerful lyrics that

the two could sing to their students upon their arrival at school. In 1924, however, the song underwent a dramatic change. A verse was added with the line "Happy birthday to you." Soon, it became the most popular song in the world, sung on everyone's birthday. Yet the song was never credited or copyrighted. In 1935, the Summy Company decided to register a copyright to the song, and then in 1988, Warner/Chappell Music purchased the company owning the copyright, claiming ownership of the song. While Warner/Chappell claims that a royalty of \$700 is owed each time the song is sung, no one is going to let an exorbitant fee like that spoil the pleasure of singing "Happy Birthday to You" at a loved one's birthday party.