

Getting to Know You!

By Celina-Activity Assistant



Keith Roberts was born October 7, 1934 in Krebs, Oklahoma. He is the youngest of four and moved to Sacramento, California when he was 18 months old. His upbringing was far from easy and prevailed through the years of the Great Depression. When he was 17 years old, he joined the Navy where he gained his expertise as a torpedoman. Keith has been to Japan, China, and the Philippines. After four years in the Navy, he returned to Sacramento and began working at the Sacramento Army Depot as a security guard. He liked excitement, so he became a volunteer Fireman and a Reserve Deputy with the Sheriff's department simultaneously.

When he was 21 years old, he met the love of his life, Sylvia, at church. They have been together for 64 years. Together they had 5 wonderful children, currently have 24 grandchildren, 26 great grandchildren and counting. He retired as the Fire Chief at the age of 47 due to health reasons. After he retired, he devoted himself to his church and became ordained as a bishop.

Keith has contributed so much to his community by taking on various leadership positions in the church, Fire and Sheriff departments. We are lucky to have Keith as a resident here at Winding Commons and for all his many contributions to the community. He has many interesting and amusing stories to tell if you ever get to catch him.

October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities. Those born between October 23–31 are Scorpions of Scorpio. Scorpions are passionate and assertive yet are known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends.

- Kay Wolf- October 1st
- Keith Roberts- October 7th
- Billie Wentworth- October 15th
- Alice Vandenberg- October 16th
- Renee Sermon- October 19th
- Karin Gunner- October 22nd
- Gayle Negro- October 24th
- Peggy Courtney- October 27th
- Jody Atteberry- October 27th
- Frank Little- October 29th
- Marge Dipboye- October 30th

Gerald Hoping for a Hole-in-one



Indoor golf is a new activity that was specially requested by a resident. There are many benefits to indoor golf such as helping improve concentration, reducing stress; it provides opportunities to meet new people, and helps to develop a sense of community connectedness. Indoor golf is in the exercise room and is on the **First** and **Third** Wednesday of each month.

Winding Commons

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Richard Beyerl
Chef/General Manager, Sodexo

Deanna's Download

It's here...the fall weather has finally arrived. This would be a great time to go to Apple Hill and enjoy the best apple fritters and donuts. If you haven't been to Apple Hill, we're planning a trip on the 15th. Please look for the sign-up sheet in the mail room. This outing is always a resident favorite.

Speaking of fall...it's time to close the outside dining until next May. I know many of you really enjoy it, but the weather is unpredictable this time of year.

We have quite a few new residents, so I want to give you a reminder of how the transportation works for us.

All doctor's appointments must be scheduled between the hours of 8:30am and 1:00pm. This is very important because we must be able to get everyone back by 3:30pm. Here's the breakdown for what days we go to each part of town. We tend to go travel a farther radius than most communities because of our location.

- Monday – Citrus Heights, Carmichael and Fair Oaks only
- Tuesday – Outing Day (Something fun and wonderful!)
- Wednesday - Citrus Heights, Carmichael and Fair Oaks only
- Thursday – Sacramento only
- Friday – Roseville only

If you wish to go shopping, we ask that you do it on Monday and Wednesday after 1:00pm. Occasionally, Rudy may be able to take residents shopping during other times, but that is up to his discretion based on the residents that he is driving that day.

It's time to turn on your heaters. You may want to open your doors or windows the first time that you do this to prevent the smoke alarm from going off. Our system is very sensitive.

Activities Corner by Barbara Higley

I would like to extend a warm welcome to Celina Haro. She is certainly a pleasant addition to the activity program, and she will work as the Activity Assistant. If you have not met Celina, please stop by our office and introduce yourself and get acquainted.

She is looking forward to meeting and chatting with each of you. Celina welcomes your suggestions and is excited to offer Chair Yoga to the exercise program starting **Thursday, October 3rd**. Celina will work three days a week and I have committed myself to working two days a week in hopes of providing you with an activity program that you will enjoy.

The Presidential Primary Election is quickly approaching and has been moved from June 2020 to March of 2020. Important election information is currently available, and we will host a presentation **Friday, October 11th at 10:00 am in the Media Room** on the many new options of voting available to you and answers questions many of you may have. Be sure and mark your calendar to attend this informative presentation.

Dust off the ole Halloween costumes and get ready for a ghoulish Halloween afternoon on **Thursday, October 31st**. We will have a candy bar, resident costume contest with prizes and a Spooktacular Halloween Bingo for all to enjoy.

BOO!

Barbara



The September Birthday Bunch Celebrating!

Marketing Minutes – Hilary Hardin

Happy October folks. We're going to kick off the month on the 2nd with a Banjo instead of a Bang! Sacramento Banjo Band that is. They are a crowd pleaser. On the 11th, the Sacramento County Voters Registration will be here to tell us what's new with the voting process and new options on how and where to vote.

The 18th is our Medicare Options with Michelle Hylton, so make sure you come get informed on what's new with Medicare and get a free pie for attending. As always, you must RSVP for this event and let me know if you want apple or pumpkin pie.

Finally, we will have the Musical Memories band here for Happy Hour on the 23rd. I myself am looking forward to hearing them for the first time. Don't forget to invite your friends to come and tour our community. If they are new to the community, you could receive a resident referral of \$750 off your rent once they move in!

Ready, Set, Hello... By Celina Haro

Hello residents of Winding Commons! My name is Celina Haro and I am the new Activity Assistant. I appreciate all your warm welcomes and I look forward to meeting more of the residents here at Winding Commons. If I have not met you, please stop by the activities office, or feel free to approach me. My goal is to increase resident involvement in all the activities offered here at Winding Commons.

I know there has been some confusion regarding raffle ticket distribution. I am pleased to announce that there will be a sign-up sheet available for the after-hour activities. At the end of the month, your raffle tickets will be available for you in the office with Cheryl. If you have any additional questions, please come by the activities office and I will gladly explain to you the procedure we have in place.

Happy Halloween!

A Howling Good Time



Residents Willard and Jerry having a swinging good time at Happy Hour, dancing to Linda Herring.

Happy Hour is always better when you're with friends.



Featured, Gina, Glenn, Peggy, Fred, Charlotte, & La Verne

August Raffle Prize Winners!



Congratulations Gina & Naida

From the Library.....By Kay Wolf

It has been a busy month again in the library. We have over eighty books ready to bring down, plus over sixty new ones to process this month. A big thank you to my committee and especially to John Shaw who puts the inventory on the computer for us. He also hauls all the books that we already have, or are too old to keep, to the SPCA for us. Without the help of any of you, we would not have a functioning library.

We have some special donations we would like you to be aware of. One of them is a gift from Nancy Padgett who has donated the book that her son, Dr. Padgett, quoted from when he did the presentation for us. You will find it in the "Nonfiction" category. The title of it is "The Dreamt Land" by Mark Arax.

I also want to mention some other donors who have been big contributors to our library. Francis Petefish has donated most of the small hardcover series books in the library. She also has given me gift cards that she has received to buy new books when I go to Barnes and Noble. Mary Jo Nipper buys quite a few books and most always donates them to the library when she has finished reading them. Also, Jane Klinge has been a big contributor to our inventory. I read on my Nook quite a bit, but I try to buy hard cover editions of the most often read authors when they come in so that I can put them in the library. Frank Little has a new book coming out, so watch for that. We really appreciate all of these. All of you help to keep the library going!