

November 2019

Winding Commons

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Deanna's Download

October has flown by and the weather is finally cooling down. It's time to start thinking about the holidays.

First, we need to set back our clocks. Before you go to bed on Saturday, November 2nd, you should set your clock back one hour.



I had a couple of residents ask if I was going to hold another Fused Glass class, so I've scheduled one on November 11th at 10:00am. Each resident that signs up will make their very own fused glass pendant. We will design the pendants that day, and I'll take them home and fire them in my kiln. They would make a fabulous holiday gift for yourself, or a family member.

If you're looking for something to do outside of the community with your families, the Mountain Mandarin Festival is taking place at the Auburn Fairground November 22nd- November 24th. This is a fabulous festival with all kinds of craft booths, food, live music and Mandarin goodies.

On Thanksgiving Day, Richard and his team will have a beautiful Thanksgiving brunch for you and your guests. The guest charge is \$15, so please sign them up. Also, we will be taking pie orders if you would like to take a pie to your families. I will let you know what the price is and send out a separate memo for that.

From my entire staff, we are wishing you all a wonderful Thanksgiving full of blessings!

Activities Corner by Barbara Higley

As we start the thankful month of November at Winding Commons, I would like to give a standing ovation to all our wonderful resident volunteers who help complete our activity program. We have four unique outings coming up and would love to have a packed bus!

Our first outing will be **November 5th** to Folsom, for a tour of the Gekkeikan Sake factory.

Residents will get a chance to take a private tour of the state-of-the-art brewery, beautiful koi pond and Japanese garden. After the tour, there will be complimentary tasting of "Kobai," their latest plum wine, as well as a variety of locally produced sake. Don't forget to stop by the gift shop to check out their snack and gift items.

On **November 12th** we will be visiting the Crocker Art Museum and have lunch on site. The exhibit that will be on display is American Indian Art and Activism in California. The exhibit includes more than 65 works in various media from painting, sculpture, prints, and photography, to installation and video.

Make sure to attend the **November 19th** outing to the Douglas Van Howd Sculpture Studio. Join us as we explore handmade life size bronze sculptures. Douglas Van Howd has placed monumental sculptures in museums, resorts, corporate grounds, city sites and private estates. Many from around the world have been photographed with his bronze monuments which has been a center of attraction for all ages.

Our last outing will be a luncheon to the Pheasant Club in West Sacramento **November 26th**. This Italian restaurant has a rich history. We would love for the residents of Winding Commons to come and celebrate the last outing of November.

Finally, for November we have a talented group of individuals performing during our Happy Hours. We have Linda Herring, Songbird Trio, Rick Turnage and Mike Ely.

Happy Thanksgiving to all!

Barbara

Marketing Minutes – Hilary Hardin

Holidays are coming ready or not.... I am definitely not ready for all the shopping that needs to be done, but, I welcome this fun time of year. We are starting November off with Linda Herring on the 6th doing the first Happy Hour of the month. I enjoy hearing you all from my desk sing along with Linda.

On the 15th, we are going to have Adam Hultman here to discuss how the Election year will affect the stock market. I hope Adam will have good news for us. This is the first time ever, as far as I know, that we will have genetic testing being offered to you from MediTest Group on the 22nd. They will go over what they offer and let you know if it is covered by your insurance.

Finally, on the 27th, we will have Mike Ely here for Happy Hour. I know you ladies will be ready to dance! If you're looking for extra spending money, don't forget to refer your friends to move here. The resident referral is still \$750* (*Terms and conditions apply). We would like to welcome Estelle Maynard to Winding Commons!

I look forward to enjoying the holidays with you all!

-Hilary

Ready, Set, Hello... By Celina Haro

Only two months left in the year 2019, so let's make them count! Thank you to all the residents that are attending the activities at Winding Commons. I would love to see an even bigger increase in attendance as we finish out the year. If you are hesitant on joining a class or activity, please feel free to sit in and observe. I want to encourage our residents to visit me in the activity office on Thursdays after 9:30am, or we can arrange a separate meet up time and location.

My goal this month is spend more time getting to know the residents and increase communication between the activity department and our residents at Winding Commons. As the holidays are approaching, I encourage all our residents to attend our social hour performances.

I want to wish everyone a Happy Thanksgiving and I am grateful for being able to work with such an amazing group of residents!

Thankful for Friends!



A fun day of volleyball.

September Raffle Prize Winner!



Peggy Courtney!

FROM THE LIBRARY.....

By Kay Wolf

Our scariest month of the year is over, and we are now looking forward to Thanksgiving and the holiday season. Where has this year gone? The library is feeling the changes as each month has progressed. We still have lots of books waiting to come downstairs and we really appreciate everyone's generosity.

I do want to call attention to the section with New Additions. We feel some people are not realizing that they are changed every two weeks. Books are not being checked out as often as they were before we changed the location of them. Be sure and check on the metal shelves by the Fiction section. We often have new releases there that you might be interested in.

One other item I need to mention. In the last newsletter I had said to watch for Frank Little's most recent book. He has decided not to donate his books to the library anymore, so if you want to read it, you will need to contact him.



Residents enjoying a lunch outing at the spaghetti factory.



Dancing the Happy Hour away!

Getting to Know Your Neighbor! By Celina Haro



Nancy Padgett was born in Palo Alto and raised in San Jose, California. She is a fourth generation Californian and proud of it. Growing up, Nancy was an only child and was involved in outdoor activities and swimming. In high school she was involved in clubs because there was a lack of diversity for women to join in on activities.

Nancy went off to college at San Jose State University and joined a sorority called Kappa Kappa Gamma. During her time at college she met her husband through mutual friends during spring break. She went on to attain a degree in Education. On September 9th, 1951, she got married to her husband, Jim. She went on to teach for two years while her husband was in the Air Force.

Nancy is a proud mother of 3 boys. She has dedicated her life to raising a family and supporting her husband and sons throughout their athletic careers. Nancy's husband, Jim, coached the men's basketball for UC Berkeley and Reno. Her sons went on to play basketball throughout their college careers. Nancy was there every step of the way for support and encouragement. She is currently a Sacramento Kings and San Francisco Giants fan.

Nancy's philosophy is to be happy. She appreciates being around people that are happy.

November Birthdays

In astrology, those born November 1–22 are the scorpions of Scorpio. Scorpions are passionate and assertive, yet they are also known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends. Those born between November 23–30 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure.

Verona Devito- November 3

Julia Schaer- November 5th

Mildred Troop- November 8th

Jill Murrell- November 14th

Jewel Frizzel- November 17th

Darlyn McNew-Connerley- November 20th

Earl Renken- November 22nd

Robert Jiles- November 22nd

Donna Milovich- November 23rd

Aldine Hall- November 26th

Sylvia Roberts- November 26th

Judith Blauth- November 27th

Jerry McCracken- November 30th

A message from Kevin McLachlan

Kevin McLachlan is a California State Certified Massage Therapist. His office is in Roseville, and he has been a professional massage therapist for more than 12 years. He brings his massage chair to Winding Commons on the 2nd and 4th Thursday of each month. Massages are given in the conference room. Chair massages are performed over the clothing and do not require any oil.

He offers 15-minute massages for \$15.00. The sign-up sheets are available near the mailboxes. Some of the benefits of receiving a chair massage are reduced pain and stiffness, improved circulation, emotional support and the feeling of companionship.