

Getting to Know You! By Celina

Joan Swenson was born June 20, 1934 in New Jersey. She was the youngest of 3 daughters. She hit the ground running marrying her high school sweetheart, Ron, in 1955, followed by a lovely honeymoon in Cape Cod. The couple later moved to Connecticut, then the Bay Area in 1959. The couple had two daughters and one son. Their family continues to grow with six grandchildren and 12 great grandchildren, with more on the way. In 1970, the couple decided to purchase a small business in California and later went on to own 6 dry cleaning stores. At that time, they added monogram machinery and began a contract with Macy's that lasted 20 years. The couple traveled to many places throughout Europe. Joan and Ron had 49 great years of marriage. Unfortunately, Ron fell ill and passed away in 2004.

Joan immersed herself in the community gaining three jobs in one day. At 68 years old, she began volunteering at the police department for 8 years, the local church, and at Dameron's Hospital. She just recently retired from Dameron's Hospital after 15 years and still remains active in her local church. Her hobbies include spending time with her family and volunteering. Since moving to Winding Commons, Joan says she has met a lot of nice people and enjoys attending Happy Hour on Wednesdays and hearing songs from the past. Joan says she is grateful for everything and for living such a blessed life. She is grateful to be surrounded by a diverse group of personalities and the respect everyone has for each other.



February Birthdays

In astrology, those born between February 1–18 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving "power to the people." Those born between February 19 and 29 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also the love to help others.

Maria Sutherland - February 1st
 Fred Dutra - February 1st
 Marcene Jorgensen – February 5th
 Margaret Ann Dukleth - February 7th
 Iris Hunton – February 8th
 Marlee Simms - February 8th
 Edna Brown - February 14th
 Mario Decio - February 17th
 Dorothy Gifford - February 18th

Marketing Minutes by Hilary

What a lovely month February is going to be. Make sure you invite your friends who might be on the fence about moving to a senior community to these four special events! We are still offering a \$1,000 resident referral to anyone new to the community that moves in. We have Capital City Reflections coming in for our first Happy Hour on the 5th. On the 6th, we will be having Shellie Young, an LVN from RX Health Care, come to present heart healthy habits. On the 19th, Lincoln Highway will be here for Happy Hour. They are a very entertaining group! Jocelyn will be here on the 20th to help explain how Facebook works. If you are interested, she can show you how to set up a Facebook account. Facebook is a free, fun way to see what is going on with friends and family that are on Facebook, as well as all over the world! If you have a smartphone, laptop, or tablet that you would like to set up your account on, please bring it with you on Thursday.

Thank you all for your love and support over the years. I truly appreciate all of you!

Winding Commons

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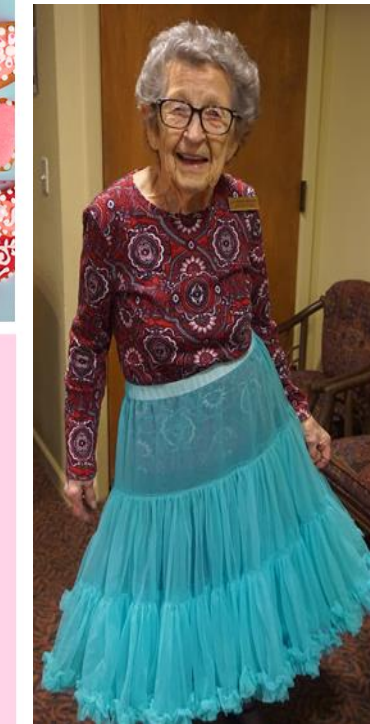
Rudy Carmona
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Bill Ashwell & Robert Rosker
 Maintenance

Diane Pittman, Angie Carr, Aura Guerra,
 Gail Emery - Housekeeping

Clay McAmis, James Forehand Evening
 Porters

Yamil Abed
 Chef Manager - Sodexo



Deanna's Download

Hello, everyone! I'm so happy that the days are getting longer. I know we need rain, but I sure love sunshine!!!

We had a great event on Saturday the 25th. The Winding Commons Community Yard sale was a huge success! We had a wonderful team of residents that spent a week taking donations, pricing items and working the sale. It was a fabulous day and we had so much fun!!! We raised \$705 dollars that has been donated to the Sacramento Children's Receiving Home. That included a \$100 donation from a **very** generous resident! We

gathered the nicer clothing and donated those items to WEAVE and took the remainder of the items to The Placer County SPCA thrift store.

I couldn't have asked for a better team to work with. Thank you to: Kay, Charlotte, Darrell, Ken, Barbara Renken, Laura, Gina, Donna and all the residents that made purchases to support our fundraiser.

Our team has started to plan some great events for you this year! We have scheduled a Vintage Fashion Show and our Annual Casino Party. We are also planning another Horse Racing event. I would love to see "Wild Things" back at Winding Commons. Here are some future event dates to mark your calendars.

Horse Racing – March 31st, 2:00pm

Vintage Fashion Show – April 18th, 2:00pm

Casino Party – June 26th, 3:00-6:00pm

Activity Corner by Barbara

Are you ready for some football!? Join us in the **Media Room Sunday, February 2nd**, for a Super Bowl celebration. Cheer your favorite team to victory while enjoying the game with others. Kickoff is at 3:30pm and refreshments will be served. Take it all the way 49ers!!!

An early spring shopping to the Folsom Outlets will be available **Tuesday, February 4th**, for those choosing to shop the latest fashions and see new spring colors. I understand red is the color this year. Just in time for Valentine's Day!

February is also known as healthy heart month and Hilary has arranged for an informative presentation on Healthy Heart Habits, **Thursday, February 6th, at 10:30 a.m. in the Media Room.** This presentation will serve as a guide and a reminder of ways to protect us from future heart disease.

Tuesday, February 11th, we will visit Rudy's Hide Away (known for wonderful seafood) located in Rancho Cordova for a "special" Valentine's luncheon suggested by some of you. Don't forget to wear red for the occasion!

Happy Valentine's Day to All! We the staff are looking forward to sharing the occasion with you. An elegant dinner will be served and will surely delight you all. Entertainment will be a part of your dining experience. The amazing Christopher Oats with his well-rehearsed dancing puppets will entertain you and you may like to dress for the special occasion.

The stage has been set for **Friday, February 14th**, and entertainment will begin promptly at **5:00 pm** in the dining room.



Be sure and mark your calendar for **Tuesday, February 18th**, for a visit to the Folsom Prison Museum. You will have the opportunity to see the many prison artifacts created by inmates (very interesting) along with viewing Johnny Cash memorabilia through the exhibits and a video tour of the prison. More than 100 years of history within! A must see!

Tuesday, February 25th, will be an outing to the California Hall of Fame Museum. The museum honors individuals who have made their mark on history through their accomplishments. Join us for a very special and informative museum visit.

Wishing you all a healthy February!

Barbara



Ready, Set, Hello by Celina

February has arrived! Winding Commons has hit the ground running. Be on the lookout for upcoming events that are taking place this month. Don't forget to sign up for the wonderful outings that are planned for the month. Be sure to take care of yourselves, a lot of residents and staff have been under the weather. Please note that this month, regular exercise classes will be offered Monday-Thursday. Yoga will only take place Friday mornings. Be sure to take advantage of the sunny days out.

Thank you for being such caring, compassionate and considerate residents to one another and to the office staff. Happy February!

January Birthday Celebration



Kicking off the New Year!



Raffle Prize Winners!



Congratulations Keith!



Congratulations Laverne!

Congratulations Joy!

