

Winding Commons

Winding Commons Senior Living | 6017 Winding Way--Carmichael | 916-485-0100



Activities Corner by Zhanna

Spring is here, the weather is beautiful, and we have so much to be grateful for and look forward too. In the first week of April, I would like to invite you to meet someone very special and new to our community, our new Chef. Join us in the media room for a special "Meet the Chef" presentation, come meet the new chef, get to know him and ask questions! It will be on **Tuesday, April 5th @ 1:30pm in the Media Room.**

Our amazing Tai Chi instructor, Pat Staines, will be here **Monday, April 11th @ 4:00pm in the Media Room** to present on the Benefits of Exercise for Arthritis. If you have aches/pains and can relate to this topic, I encourage you to attend and learn some beneficial exercise moves.

Dan Murphy, a phenomenal bird photographer will be here **Wednesday, April 13th at 1:00pm in the Media Room** to present beautiful pictures he took and talk about birds that are native to Sacramento Valley, migration patterns and more.

Deanna is hosting a Fused Glass Class. This only happens twice a year, you can't miss it. Come create a beautiful one-of-a-kind piece of art, a unique magnet. **Wednesday, April 20th, at 10:00am and 1:30pm in Puzzle Room.** Both classes are magnet making and seats are limited, be sure to sign up next to the mailboxes.

I hope you have enjoyed the variety of Happy Hour Entertainment that we have had this month. We have two new bands, Jim & Linda Baughman as well as Bob Baker with the Country Club Aires. Your feedback after Happy Hour is appreciated and helps when booking future entertainment.

Check your calendars for mini outings on Friday's, be sure to sign up as seats are very limited. I look forward to a fun and eventful April with you all!

-Zhanna

April Birthdays

In astrology, those born April 1–21 are Aries' Rams. As the first sign of the zodiac, Rams love to lead the charge of change and progress. These Rams burn bright and enjoy leadership roles and daring artistic pursuits. Those born April 22–30 is Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts.

Gary Lewis –	April 1 st
Pat Chaney –	April 2 nd
Erna Seibold –	April 2 nd
Claire Massingill –	April 12 th
Helene Albritton –	April 18 th
Cliff Ming –	April 22 nd
Nancy Padgett –	April 25 th
Alberta Ballard –	April 27 th

Month of April



The April flower is the Daisy or Sweet Pea. The modern and official stone of April is the Diamond. Diamonds symbolize love and romance.

April is known for the beginning of beautiful spring warm weather. The zodiac signs for April are Taurus and Aries. Everyone knows about the 1st day in April, good ole April Fool's Day. Also, Earth Day, Autism Awareness, World Health Day, Siblings Day, Walk to Workday and Poetry Month.

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Evening Porters

Victor Garcia
Executive Chef – Morrison

Deanna's Download

It's springtime and the weather is yummy! Try to make a point to get outside and see the beautiful flowers that Joan Coulat has planted for all of us to enjoy.

Starting this month, we will have coffee in the lobby every morning for you. We're also getting ready to plan for our Easter brunch on Sunday, April 17th. For those of you that are new... we will have our Easter Brunch between 10:30-12:30 and we'll offer boxed dinners for the evening meal. Easter is one of the holidays we observe when the dining room staff is able to leave early in order to spend time with their families. We'll have sign-up sheets for your guests if you would like to invite your families for brunch that day. The cost for the guests are \$20. As soon as I get the menu from Chef Victor, I will share it with you.

On the Friday before Easter, Zhanna has an egg hunt adventure scheduled that should be a lot of fun!

I've also been getting questions about the fused glass classes that I'm offering on April 20th. I have decided to have 2 classes for fused glass magnets in the springtime, and I will have 2 classes for fused glass pendants in the fall. I mixed it up last time, and it was difficult to get everything fired since both projects fire at different temperatures.

On April 25th, we have a new Podiatrist coming to Winding Commons. His name is Dr. David Kahan and he will be here for appointments from 9:00am-11:30am. He charges \$55.00 a session, that includes a foot exam. Please sign up in the mail room if you would like to have an appointment with him. He doesn't have a way to bill insurance so, please bring cash or a check payable to David Kahan.

Last, but definitely not least...I have booked our big party of the year on September 23rd from 3:00pm-6:00pm. We're having a **CASINO PARTY!!!** This party is so much fun! We have lots of games to play for prizes, a DJ, and great food! Please mark your calendars...you won't want to miss it!

Party Time

April 3 is World Party Day, which provides humankind with an opportunity to coordinate our efforts to throw a worldwide simultaneous celebration. The idea of a global celebration originated in the book *Flight*, by Vanna Bonta, which ends with the entire world counting down to a worldwide party on April 3, 2000. Readers were so inspired by her vision that they could not wait until the year 2000. Instead, they organized the first World Party Day on April 3, 1996.

What is it about humans and their need to throw a good party? Anthropologist and evolutionary psychologist Robin Dunbar believes that partying is a primal human instinct that we have been compelled to satisfy for millennia. What sets the human species apart from other animals is its massive brain volume. Evolutionarily speaking, our large brains demand lots of attention. Brains require a massive amount of energy, and so we need to fuel them with food. Once they are fueled, our brains allow us to manage incredible social complexities and build massive social communities. Mr. Dunbar argues that as group size increases, it becomes harder and harder to establish and maintain social cohesion and relationships. Partying is our species' unique solution to this problem.

Social practices associated with parties—eating, laughter, singing, and dancing—stimulate the release of endorphins in our brains, reinforcing good feelings and promoting community. Dunbar even goes as far as suggesting that music and dancing in particular are still more likely to take place in the evening, corresponding to another instinctual drive to gather, sing, and dance around fires.



As a species primed and ready to party, World Party Day on April 3 seems like a no-brainer. With a variety of social media applications ready to spread communication across the globe in mere seconds, all it takes is the click of a button to send out an invite to the world.

Supersized Circus Act

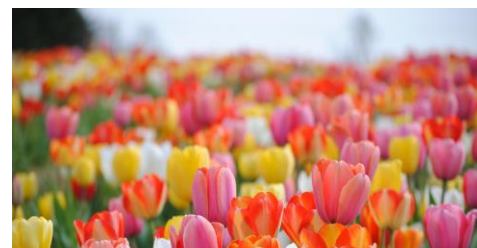
April 9 is Jumbo Day, commemorating the arrival of Jumbo the Elephant in the United States in 1882. Jumbo the Elephant had thrilled audiences for years in London's Zoo. When circus promoters P.T. Barnum and James Bailey saw the elephant act, they knew that Jumbo would make their circus an even greater show on Earth. Jumbo's arrival by boat in New York City on April 9 drew massive crowds. The *New York Times* even put Jumbo on the front page.

Barnum and Bailey's gamble paid off. Buying and transporting Jumbo had cost \$30,000 (\$800,000 in today's dollars). With Jumbo now headlining their circus, they more than recouped that cost in the first two weeks of ticket sales. Jumbo became a national phenomenon, and his popularity spawned a new word. The word *jumbo* came to mean something "extremely large in size." Today, we commonly use it when we say *jumbo jet*, *jumbotron*, or anything else super-sized.

Marketing Minutes by Hilary

Happy April Everyone!! We had another amazing month full of new move-ins. At the end of March, we had Bobbie in #242 and Leigh in #249. Coming soon in this month we have Connie in #120, Joanne in #257, Jim in #222, and Alberta in #109.

Don't forget if you have any friends looking to move, make sure you have them come in and take a tour. If we aren't already working with them, you can get a \$1,000 resident referral off your rent sixty days after they move in.



Facts of Interest That will have you thinking!!

- Cell phones are full of bacteria.
- Chewing gum after a meal reduces heartburn.
- The moon has moonquakes.
- Pineapple works as a meat tenderizer.
- Hottest spot on the planet is in Libya.
- Chef's toque contains 100 folds.
- Your nostrils work one at a time.
- Copper doorknobs are self-disinfecting.
- Cotton Candy was invented by a dentist.
- All Clown Fish are born male.
- Goats have accents.
- Group of owls is called a parliament.
- There are 32 muscles in a cat's ear.
- Women couldn't apply for credit at a bank until 1974.
- Some sea snakes can breathe through skin.
- Some lipsticks contain fish scales.
- Rubber bands last longer when refrigerated.
- Almonds are a member of the peach family.
- A dime has 118 ridges around the edges.
- Most people fall asleep in seven minutes.
- Australia is wider than the moon.
- Avocados are a fruit, not a vegetable.
- Apples float on water.
- An average yawn lasts six seconds.
- A jar of Nutella sells every 2.5 seconds.
- No word in the dictionary rhymes with word orange.
- Your fingernails grow faster when your cold.
- Playdoh started out as wallpaper cleaner.
- France is the most visited country.
- Hottest temperature recorded is in Death Valley at 138 degrees.
- Coldest temperature recorded is in Antarctica at -144.
- Best place in the world to see rainbows is in Hawaii.
- California is home to the "Artichoke Capital of the World."

The Ballad of Casey Jones

The name Casey Jones echoes in the American imagination alongside the names of Johnny Appleseed and John Henry. In 1891, Jones achieved his lifelong goal of becoming an expert locomotive engineer. He was known to be so punctual with his arrival times that you could set your watch by him. Jones was also an expert with the train whistle. His signature calls let everyone within hearing distance know that it was Casey Jones riding by. He was even known as a hero, once saving a girl stuck on the tracks from an oncoming train. But Jones is most famous for his fatal run-on April 30, 1900.

Casey took the controls of a train already 75 minutes behind schedule. Ideal weather and rail conditions, as well as a top-notch crew, pushed Jones to make a record-setting pace from Memphis, Tennessee, to Canton, Mississippi. Records show that Jones was on track to erase the 75-minute deficit, but in Vaughn, Mississippi, a massive freight train had stopped with cars on the main track. When Casey came bearing down on the cars, he let loose the whistle, shouted to his fireman to leap to safety, and slammed the brakes. It was too late. The collision demolished the freight cars and Jones, but his actions saved everyone else on board. Casey Jones has been remembered as a hero ever since.

Cracking the Market



Indulge in some childhood nostalgia on April 18 by dipping into a box of animal crackers, for it's Animal Crackers Day! The first

animal crackers were produced in England, but they were so popular that American bakers at Stauffer's Biscuit Company took notice and began to make their own in 1871. But in 1902, using marketing savvy that P.T. Barnum would be proud of, the National Biscuit Company, Nabisco, sold its crackers in a box designed to look like a circus train car. The Christmas-issue boxes even came with a thin string so they could be hung on a Christmas tree.