

Activities Corner with Zhanna

Let's kick off July with fun in the sun. Enjoy the **4th of July celebration** with a delicious BBQ brunch!! At 7:00pm, head outside and enjoy the fireworks show in the front entrance with refreshing popsicles.

Avalon Hearing Aid Clinic is visiting this month on **Tuesday, July 5th at 4:00pm**. Meet Emily in the Media Room, get your hearing aids cleaned, and receive a free hearing consultation.

Our second Ice Cream Social of the year is on **Monday, July 18th at 2:30pm in the Media Room**. There will be ice cream sundaes with all your favorite toppings. Enjoy a sweet treat, with a sweet friend.

This month's Craft Class is **Thursday, July 21st at 1:30pm in the Puzzle Room**. Everyone is welcome and all the supplies are provided. Please be sure to sign up next to the mailboxes if you plan to attend.

Our entertainment for Happy Hour for the month of July is Mike Ely 7/6, the Elvis impersonator. Alincia Vela is here 7/13, father/daughter duo that are new to the community. Jerry Lope's is here 7/20. He performs music from the 50-70s. Evening Star Band on 7/27, coming back with another great performance. This band does a variety of rock-n-roll, country, and band music.

I hope you all enjoy what July has to offer. I would love to hear your ideas about new activities and events you have in mind, so feel free to stop by!

--Zhanna



July Birthdays

In astrology, those born from July 1–22 are Crabs of Cancer. Crabs are very intuitive and sensitive to their environment. Their home is their sanctuary, and they are emotionally committed to family and loved ones. Those born from July 23–31 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings.

Joe Van Denburg –	July 2 nd
Joanne Stanton –	July 5 th
Rodger McGough –	July 7 th
Rory Hudson –	July 11 th
Charlotte Murphy –	July 15 th
Ruthie Chalmers –	July 16 th
Leigh Sax –	July 17 th
George Hodsdon –	July 17 th
Karen Patrick –	July 21 st
Jim Warren –	July 22 nd
Mary Brookshire –	July 23 rd
Hazel Johnson –	July 31 st

Laughing is Good Medicine

A giggle a day keeps the doctor away. Laughing not only feels good, but it is also good for you. Have you ever wondered why laughing literally feel great? When you laugh, your body releases feel-good chemicals called endorphins. Releasing endorphins can help increase the body's natural pain-killing response. This helps with chronic pain and can improve your mood.

Each time you laugh, you breathe more deeply. This sends more oxygen into your lungs and helps your heart pump oxygen-rich blood throughout your body. Increased oxygen promotes healthy cell growth and allows your organs to work more efficiently, helping you feel your best.

It can also activate infection-fighting cells. By managing stress with laughter, you'll help fight off stress reactions in the body. A heart belly laugh can help start the day on a positive note and finish it on a relaxing note.

July 2022

Winding Commons

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



Bombs Bursting in Air

It is common on July summer nights to hear the far-off crackle and boom of fireworks, but no holiday boasts a more grandiose display of fireworks than America's Independence Day celebrations on July 4.

Setting off fireworks to celebrate Independence Day is a tradition that dates all the way back to America's Declaration of Independence in 1776. On July 1 of that year, the Continental Congress convened in Philadelphia to debate whether the colonies should declare independence from Britain. In the midst of their debate, news suddenly arrived that British ships had entered New York Harbor. The delegates' sense of urgency increased, and on July 2 they voted in favor of independence.

John Adams, representative of Massachusetts, sensed the significance of the decision. He wrote to his wife, Abigail: "The Second Day of July 1776, will be the most memorable Epocha, in the History of America... It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other." Adams may have been off by two days, but his vision of future Independence Day celebrations was spot on. Cities would commemorate the day just as Adams had predicted. In Philadelphia on July 4, 1777, a cannon was fired 13 times to honor the 13 original colonies, and 13 fireworks were shot into the air.

Those early fireworks looked very different from those we enjoy today. Many offered nothing more than a fountain of monochromatic sparks or a loud explosion. It wasn't until the 1830s that Italian inventors added metal salts like strontium and barium to the incendiary mixtures, finally giving fireworks a palette of color. At last, crowds could "Ooh!" and "Ahh!" as the night sky was lit up in glittering shades of red, white, and blue. Other innovations in fireworks are on the way. Quiet fireworks, those without the loud explosions, have been tested in Europe. There are even daytime fireworks with vivid colors that stand out against a sunlit sky.

Winding Staff

Deanna Brewer
Community Administrator
winding-mgr@raystoneinc.com

Hilary Hardin
Marketing Director
winding-md@raystoneinc.com

Deborah Murphy
Resident Relations
winding-rr@raystoneinc.com

Lindy May
Resident Relations
winding-rec@raystoneinc.com

Zhanna Burlaka
Activities Director
winding-ad@raystoneinc.com

Doug Stevens
Transportation

Bill Ashwell & Robert Rosker
Maintenance

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

Clay Mc Amis, James Forehand
Evening Porters

Victor Garcia
Executive Chef – Morrison

July Fun

As we are at the beginning of the second half of the year, it's a great time to start on a new foot. It's also a great point to start working on any of those New Year's resolutions that you have put off attempting for the first half of the year!!

July isn't just the month for Independence Day, there are plenty of other great celebrations observed all over the world. July 2nd is World UFO Day, while July 3rd is stay out of the sun day. Also, National Fried Chicken Day, International Tiger Day, National Watermelon Month, National Hot Dog Month, Chocolate Month, National French Fries and National Ice Cream Month!

July has two birth flowers-the water lily and the larkspur. The water lily is a symbol of a pure heart, while the larkspur (especially the white form) represents the lightness of the heart.

The July birthstone is the Ruby, considered by many to be the king of gems. At one point in time, it was considered to protect warriors on the field of battle if it was embedded in their armor. Now adays, as a birthstone, its said to protect against evil.

July is known for the middle of summer months eating hot-dogs, watermelon, popsicles, enjoying friends and staying cool from the heat. Enjoy the July month and stay hydrated!!



Marketing Minutes by Hilary

Summer is here and so is the heat! Please make sure you are drinking lots of water and staying hydrated.

For July move-ins we have Jim & Karen Walton in #110, and Sharon Donat in #215. We still have a few apartments available, so let your friends know.

If you have any friends or family 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.

Once again, thank you for being so kind to guests and new residents moving in. It truly makes a difference to people trying to decide where to move to.

Have a wonderful July.

-Hilary

Fun Fact—Guess Who from Winding Commons?

Here are the 3 fun facts on one of the residents here at Winding Commons. See if you can guess who it is??

- Avid golfer- had 3 hole-in-ones!
- Jeopardy Contestant- won \$650.00 on the show.
- Appeared on stage dancing with the famous "Gene Kelly."

If you know who this person is here, please come to the office and claim your prize!! First person to guess wins. Good Luck! 😊

Lemons the Summer Fruit

For us, lemons are life. You might not be able to peel and eat them like an orange, but they are one of the most versatile fruits around. Whether making a yummy lemon drizzle cake or a spicy lemon curry, you can use this fruit in both sweet and savory cooking. Also, it's not just cooking! Lemons can be used in medicine, to clean your kitchen or even to dye your hair. How many fruits can you do that with?!

Lemons are best source of Vitamin C. One single lemon offers 53mg vitamin C per 100 grams. The two states of California and Arizona produce 95% on the entire lemon crop in the world. That's a lot of lemons from just two places.

Did you know that before becoming a lemon, these citrus fruits are flowers? They have a mild fragrance and reddish buds. The open flowers have 4-5 petals each 3 centimeters long. These petals are white, purplish, and yellow.

If you love lemons in everything, there is good news for you. Lemon trees produce lemons throughout the year, allowing you to enjoy their flavorsome taste in every season. Did you know you can use the leaves from a lemon tree to make a surprisingly delicious tea? It has a citrus note from the lemons and is packed full of antioxidants that are good for you.

Lemons have anti-bacterial properties. They can improve a sore throat. So the next time you have a sore throat, drink hot water with lemon juice. They also can give your hair highlights when out in the sun. By sprinkling a few drops of lemon juice on different fruits, you can prevent them from turning brown and going moldy. You can also cut up lemons and freeze them for the future use. Lemons are a useful fruit and healthy too.



4th of July Word Search



B W V E G E T A B L E S V F S
R I T H H M H C H I P S R I C
S N A C E P A E K A C E O A R
E G C U F D S E I G N L N I V
I S O P R B A B R C B E B B T
N A B C U C U N H C K S I E P
W E B A I M O F O C E C F A O
O T L K T B R O I M O C S N P
R E E E O I K H K R E T I S S
B C R S E V C R N I A L C J I
C I X S L J W A L S E L O C C
P W A T E R M E L O N S O E L
I M H A M B U R G E R S T N E
E J S T E A K V S A L A D O S
H O T D O G S U I C H C N U P

BEANS	COOKIES	ICE CREAM	RIBS
BROWNIES	CORN	ICE TEA	SALAD
CAKE	CUPCAKES	LEMONADE	STEAK
CHICKEN	FRENCH FRIES	PASTA	VEGETABLES
CHIPS	FRUIT	PIE	WATERMELON
COBBLER	HAMBURGERS	POPSICLES	WINGS
COLESLAW	HOT DOGS	PUNCH	