



Please do not exit at the entrance gate on the east side of the community. Please inform your family that it's important that they, and you, drive around the building and exit on the west side. If you think about it, you're really not saving much time by exiting on the wrong side. You could be delayed a lot longer if you run into someone or something.

If you own a pet, please clean up after your fur baby. It's the responsible thing to do as a pet owner. Please dispose the dog poop in the outside dumpster. Some dog owners are putting the poop in the bags and in our inside garbage area and the smell is horrible. Please use the dumpster to dispose the poop. Its greatly appreciated.

For those of you using motorized scooters, please slow down. I've witnessed a few of you zipping around the corner and not heeding to the side of caution. In addition to slowing down, please watch the walls and especially your entry door while entering and exiting your apartment.

If you press your CST Emergency Pendant, CST will call you first! If you DO NOT answer after two attempts, CST will dispatch EMS – Emergency Medical Services. It's VERY important that you have CST listed in your phone, so you know who is calling you. Their number is 248-773-0235. If you **ONLY** use a cell phone, please be sure you carry your cell phone with you at all times in case you press your pendant, intentionally or unintentionally.

If you are feeling under the weather or think you have COVID, please let the office know as soon as possible. Meals can be delivered complimentary for any COVID-related illness, but we must know in advanced.

September Birthdays

In astrology, those born from September 1–22 are Virgo's virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail. Those born from September 23–30 balance the scales of Libra. Libras strive for equilibrium and symmetry and flourish in harmonious partnerships. Libras often surround themselves with tasteful art objects and designs that create balanced environments. Birthstone is the Sapphire, and the birth flower is the Aster and Morning Glory.

- Mary Jo Nipper, September 3rd
- Nancy Henning, September 5th
- Arlene Welsh, September 6th
- Frances Stark, September 7th
- Claire Stone, September 8th

Casino Night

Join us for our **ANNUAL** Casino Night. Play Blackjack, Roulette, Texas Hold'em and Craps for "fun money" that you can redeem for raffle tickets and prizes at the end of the evening. We provide the chips for free! Enjoy delicious hors d'oeuvres, drinks & desserts.



Winding Commons

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Evening Porters

Victor Garcia
Executive Chef – Morrison

Christine's Comments

It's so good to be back at Winding Commons. I have met so many of you – but please bear with me as I continue to learn everyone's name. You have all been so kind and it's made the transition a delightful one.

Here's a little bit about me. I grew up in a little town north of here called Biggs. My maternal grandparents owned and operated the Country Smorgy in Oroville for many years in the 60's through the mid 80's, and my paternal grandparents owned and operated the Gridley Ice Burgie (still in existence today). My parents took that over in 1976 and I started working there at the age of 14. I soon learned that I wanted something more besides smelling like a hamburger when I got off work.

I moved to Sacramento where I attended Heald Business College right out of high school. I got my first job at Aetna insurance as a safety and loss prevention engineering assistant to five field engineers. It was a fun job!

I've been married to Jack since 1991 and we have two grown children: a son in the USMC who is currently in San Diego but will be moving to North Carolina with his girlfriend at the end of this month. We also have a daughter who has been married for three years now. No grandbabies yet... but I keep asking for them.

My husband is from a large Italian family of 12 siblings! My father-in-law is 92 (93 in November) and lives in Arbuckle where he still manages his property with rentals and has the best vegetable garden I've ever seen. He is one fabulous cook!

My mother and her husband live in Grants Pass, Oregon. I visit them often and call their home my oasis. It's quiet, calm and all the luxuries of a fancy hotel, but my stay is free. I do have to cook a meal or two, but it's worth it.

Thank you again for allowing me to share a little bit about me. I look forward to getting to know all of you soon. Don't forget to join me the first Friday of the month for donuts!

Activity Corner by Zhanna

We've entered a beautiful time of year. Fall is around the corner bringing the cooler weather but so is flu season. For your convenience, Rite Aid Flu Clinic will be here **September 9th @ 10:00 in the Media Room** to administer flu shots. Please sign up next to the mailboxes if you plan on getting a flu shot here in the community.

Kevin, the hand massage therapist will be here **Wednesday, September 7th** for a presentation on his services and benefits of massage.

The monthly Book Chat has been moved to **Sunday, September 11th at 3:00pm in the upstairs Library**. The monthly book chat is for those that share the love of reading. Discover new authors books and share our recent finds with the group.

Our first Pie Social of the year is **Tuesday, September 13th @ 2:30pm in the Media Room**. Mark your calendars, come on down and enjoy a slice of pie!

Pati Staines, our wonderful Tai Chi instructor is having another presentation on pain management with movement and exercise. Her Tai Chi Class has served wonders to those who attend that have aches and pains. Join her in the **Media Room Monday, September 19th @ 4:00pm to learn more about the benefits of movement**.

This month's Craft Class is **Thursday, September 29th @ 1:30pm**. We will be making beautiful fall wreaths - all supplies will be provided. Space is limited so be sure to sign up next to the mailboxes.

Stitch in Time Crochet and Knitting Club meets every **Thursday @ 3:00pm in the Media Room**. Whether you are a beginner or advanced, we have a group of creative residents that will help you get started on a project and guide you along the way.

Please know you are welcome at every activity and event, and we look forward to seeing you participate. Feel free to stop by with any questions or suggestions. My door is always open. -Zhanna

Marketing Minutes by Hilary

Happy fall y'all! We have two new neighbors that joined us the end of August. John Cuttle in #120 and Dorothy Heimbichner in #104. If you have not met them yet, please introduce yourself and say hello when you see them.

If you have any friends looking to move, make sure you have them come in and take a tour. We have a few apartments coming available soon, so let them know. 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 guest and new residents moving in. It truly makes a difference to people trying to decide where to move to. Enjoy the beginning of fall and I'll see you around the community.

Fun Facts-Guess Who from Winding Commons?

Last Month's resident was Barbara Renken. Here are the 3 fun facts on one of the residents here at Winding Commons. See if you can guess who it is?

- Took flying lessons some time ago
- Lived in Germany for college years
- Born in Mississippi and lived there some of childhood

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



Monday, September 5th

On holidays like Labor Day, the dining staff is able to take the afternoon off to be with their families, so we offer a "boxed dinner" for that evening's meal. The sign up sheets for your choice of boxed dinner is available now. Please be sure you sign up as soon as possible to be sure and get your dinner on Monday, September 5th. I know in the past, Deborah has called each and every one of you to get your order, but that's just too much to ask since we are nearly full with over 100 residents now.

It's your responsibility to sign up. You can get your boxed dinner after brunch. Be sure and place it in your refrigerator to keep it fresh for when you want to eat it later that evening.

If you will not be here for brunch and need to get your boxed dinner later in the day, please come to the office and Lyndy or the person on duty will be able to get it for you.

Your Holiday Housekeeping schedule will be out as soon as possible. Remember to note what day your housekeeping services will be skipped or altered.



Winding Commons Wants

One resident has asked about having a manicurist back at the community. Do you feel we need to see about getting someone in to do nails again? Please let me know by stopping the office.

Some of you have asked about activities and things to do on Sundays. If you've got some ideas, let Zhanna know, and we will see if we can make it work.

Sweet Grandparents Day

On the first Sunday after Labor Day, we celebrate Grandparents Day. This date falls on September 11th. Like Mother's Day and Father's Day we also have a whole day dedicated to our grandparents. Grandparents and grandchildren have a special connection that is proven to both make grandparents live longer, and also make children more emotionally resilient. Grandparents Day is an opportunity to treasure that connection and spend some quality family time together. The special flower is the Forget-me-not flower.

