

Winding Commons

Winding Commons Senior Living | 6017 Winding Way, Carmichael, CA 95608 | 916-485-0100

Laundry Rooms

If you haven't been in the laundry rooms lately, you'll see that we have new Speed Queen washers and dryers. You will also see that new magnet boards were installed on the wall for those of you that like to leave your laundry magnets in the laundry rooms. Let's keep them here instead of leaving them on the washers and dryers for storage when not using them. We replaced a lot of the magnets and if you don't have one, let the office know.

Transportation

Our transportation service is available Monday through Thursday and Doug, our driver, is getting busier and busier now that we are at 95% occupancy and growing. We are going to ask that you sign up for any appointments or errands 24-hours ahead of time. This ensures that all residents will be able to get to and from their appointments in a timely manner. If for some reason you have a last minute transportation need, we will do the best we can to accommodate your travel needs, but it is not guaranteed.

Dining Room

Morrison has new comment cards. They can be found on the tables in the Dining Room. Return your comment card to the black locked box outside of the office with your name and apartment number so the Chef can reply to you.

Dear Winding Commons Pets

We know how important it is for you to get outside and walk around, smell the smells, and take in that fresh air. Please let your pet owner know that you deserve a nice leisurely walk, but most of all, it's important that they clean up after you. As you know, we have two pet waste stations. One is located in the back of the community by the west side of the garages. The other one will be moved (if it hasn't been done already) to the woody area, just right of carport #7.

December Birthdays

Jim Walton, December 1st
Michael Begovich, December 1st
Catherine Hoehn, December 4th
Terri Wingo, December 21st
Alberta Redeagle, December 25th
Karen Walton, December 31st

Peppermint Bark

Peppermint bark. Peppermint lattes. Peppermint candy canes. There is no doubt about it—peppermint is the undisputed flavor of the winter season. Mint is full of the chemical menthol, which, when tasted, activates the same nerve sensors that allow us to feel cold. We love the refreshing, cooling sensation of mint in our mouths and are reminded of winter each time we take a taste. But there is more to the story of peppermint's hold on the winter season than its chemical composition.



Mint-flavored hard candies have been made for hundreds of years. Before the invention of air-conditioning, hard candy could be made only during the cool, dry months of winter, for heat and humidity would spoil the candy. Mint is a reliable flavoring because it does not cook off during the manufacturing process. Its flavor remains incredibly strong. For this reason, mint-flavored hard candy has always been a wintertime treat.

Legend has it that the first candy canes were invented in the 17th century by a German choirmaster who bribed his choirboys with peppermint candy sticks to keep them complacent during mass. Candy in church was not exactly solemn, so the choirmaster asked the candy maker to fashion the candy sticks into shepherds' crooks, honoring Jesus.



Team Winding Commons

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Christine's Comments

It's the most wonderful time of the year. With the kids jingle belling and everyone telling you be of good cheer, it's the most wonderful time of the year! And it truly is! I look forward to the holidays each and every year. Decorating, shopping, and spending important time with your family. And of course, that time of year when you can eat all the goodies and drink the special holiday cocktails and tell yourself you'll get back on track December 26th. But then there's New Year's Eve, so January 1st. Well, no, not January 1st because that's New Year's Day, so let's say the 2nd. Yeah, the 2nd sounds good to me!

Deck the halls with boughs of holly, Fa la la la la, la la la la. Soon the community will be decked out in holiday decorations for your eyes to enjoy! We hope to bring back fond memories of the days you decked your halls and homes with garland, lights and all the glitter the season brings. Remember, it takes a village to decorate our community so bear with us as we work towards creating a holiday wonderland for you. I will even have a special guest join us that I'd love for you to meet.

On Tuesday, December 13th, I'm looking forward to our hot cocoa and homemade cookies (from the girls in the office), and year-end photo slideshow. I'm trying out some new cookie recipes that I hope you will all enjoy.

Be sure and review your calendar because Zhanna has planned a lot of fun things this month from an elf hunt, holiday crafts, beaded and affordable jewelry vendors, to a fun craft class with her. I'm especially looking forward to spending the 21st with you at our Holiday Party.

I'd like to close by saying how much I've enjoyed being back at Winding Commons. It's only been four months, but it feels like I never left. Thank you for your kind words and welcoming me with open arms. I'm looking forward to 2023 as we create new memories together.

Happy Holidays!

Activities by Zhanna

Welcome to the bright and cheery, but very busy month of December!

We're kicking off the 1st of the month with a door decorating contest. Decorate your entryway door for all to enjoy! We will be voting for the best door on **December 19th**. The winner will be announced at the Holiday Party.

For your convenience, we have a couple of vendors coming this month. The holidays are coming and if you are shopping for friends or family, the lobby will be your first stop. Gina will be here **Friday, Dec. 2nd at 10:30am**. Christmas crafts and all kinds of homemade trinkets. Marie will be here on **Monday, Dec. 12th at 11am** with beautiful jewelry.

Our end of the year photo slideshow is **Tuesday, Dec. 13th at 2:30pm**. All the pictures we have taken throughout the year will be playing in the Media Room on the large TV. Enjoy the presentation with a warm cup of hot cocoa and cookies made with love by the office staff here at Winding Commons!

Let's make holiday cards. This month's craft class is **Tuesday, December 15th at 2:00pm**. Please sign up next to the mailboxes as seats are limited.

Carolyn Martin will be here on **Tuesday, December 20th at 1pm** for another very informative historical presentation; this time on "Women & Parks." Very, very persistent women led campaigns to create parks such as Redwoods, Mesa Verde, Great Sand Dunes, and many others. Discover how the "Bulldozer Brigade" and similar dramatic tactics helped lead to the creation of some parks and enjoy "visiting" these beautiful or historically significant national treasures.

The Holiday party is **Wednesday, December 21st at 2pm** in the Dining Room. Come dressed up in your favorite (or not so favorite) ugly holiday sweater and enter the contest. Top three winners will be announced after the party.

(Zhanna continued)

If you don't plan on wearing an ugly sweater, this year's holiday party theme is "Winter Wonderland." Join your friends in celebrating with delicious appetizers and bubbly cider as Alincia Vela and her dad put on a special holiday show.

Champagne anyone? You're invited to the New Year's Eve party on **Saturday, December 31st from 5pm to 7pm** in the Dining Room. This is our biggest celebration as we say goodbye to 2022 and welcome all the good that the New Year (2023) will bring. Get fizzy & dizzy ringing in the New Year with all your friends and celebrate in style with a "Glittering Gold" theme.

Much happiness and cheers to the New Year!
-Zhanna

Marketing Minutes by Hilary

What a year! We have welcomed 43 new residents this year and our resident turnover rate was only 24%. That's incredible and something that we are all very proud of.

We have three more residents joining us this month, Patricia A., Darrell B., and Irene C. Be sure and say hello and introduce yourself when you see a new face.

Thank you for all of the resident referrals this year. Keep them coming for next year as our resident referral fee remains at \$1,000.

I'm wishing you all a wonderful holiday season.



Sweater Weather

Sweater weather is finally here, and there are plenty of holidays to prove it. The International Sweater Festival, a day that encourages you to rock a sweater vest, falls on December 3, and Ugly Sweater Day follows on December 16. So, dig deep into the moth-ball-ridden corners of your closet and sport that sweater you promised yourself you'd never wear again.

Sweater weather describes that slightly chilly time of year when the weather is perfect for a sweater but not yet cold enough to require a coat. But a sleeveless sweater vest? You can wear one of those anytime! Or does keeping the torso warm and the arms cold mean that such a garment is useless no matter the season? Utilitarian questions aside, the sweater vest has been shunned for decades as an uncool garment. They were originally donned by rowers in 1882, who wore them to promote sweating and weight loss. Sweater vests hit the mainstream in 1907 when the University of Michigan football team wore them in lieu of sleeved sweaters as the team uniform. Even Presidents Woodrow Wilson and Herbert Hoover sported them, perhaps solidifying their status as uncool. But like so many trends, uncool is becoming cool again. And besides, the founders of the International Sweater Vestival don't care whether you wear your sweater vest in earnest or ironically.



When it comes to ugly sweaters, many will point the blame to *The Cosby Show's* Cliff Huxtable, the undisputed king of ugly '80s sweaters. But the first ugly sweater party was held at the Commodore Ballroom in Vancouver, British Columbia, in 2002, hosted by Chris Boyd and Jordan Birch. Since then, ugly sweaters worn for both Christmas and Hanukkah have become a holiday tradition all their own. High fashion has caught on, with designers selling high-end ugly sweaters for hundreds, even thousands of dollars. Sleeved or sleeveless, ironic, or earnest, ugly or tasteful—no matter what style you choose, sweater weather is here.

Culinary Corner by Jennifer

Let me start by saying thank you for the warm reception I have received from all - THANK YOU!!! I am enjoying getting to know you and I am honored to be your new Chef and Director of Dining Services here.

With fall and winter upon us and the weather turning cold and brisk, you have seen some changes to our menu and offerings over the last few weeks. I also took our conversation at the "Meet the Chef" event to heart and have worked your feedback into the new menus as well.

Fall brought us apples and pears, and winter brings us root vegetables, squash, and citrus which I love to add to our menus into soups, stews, and side dishes and will continue in the coming months.

Veterans Day was so much fun, and the team and I were so happy to be a part of the celebration for our Veterans.

As I write this, we are planning a beautiful Thanksgiving Day for you all and the team and I are looking forward to creating a memorable day for you to enjoy.

December, we will have a wonderful Holiday and New Year's party with some surprises along the way!!!!

