

Winding Commons

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



Activities Corner by Zhanna

I hope you are all enjoying the monthly activities as our calendar keeps growing with new and exciting programs and events! Participation is key to a successful program, so thank you for attending and being so involved.

We'll start May off with a Cinco de Mayo celebration in the Media Room! Enjoy a delicious Nacho Bar and a salty rimmed margarita on Friday, May 5th at 2:00pm.

Mother's Day brunch is Sunday, May 14th at 10:30am. Enjoy a beautiful buffet spread put on by our wonderful Chef Jen. Michelle will be entertaining from 11:00am-12:30pm in the Dining Room, with a special song selection for our lovely ladies.

This month's Craft Class is Thursday, May 18th at 2:00pm in the Puzzle Room. We will be making mini fresh floral arrangements. Please sign up next to the mailboxes if you would like to attend.

We're almost through the spring months, with many seasonal fruits, berries, and vibrant vegetables in season, and we would like to invite you to our Spring Farmers Market in the lobby! Stop by to collect your favorite fresh produce on Friday, May 19th at 11:30am in the lobby.

Last month we gave the "Table Topics Chat" a trial run. This chat is for you to enjoy a casual conversation with your friends and neighbors, presenting the perfect opportunity to get to know one another. We have many residents with rich histories and backgrounds, and the stories shared are truly amazing!! Everyone is invited to participate on Sunday, May 21st at 3:00pm in the Media Room.

We have two new entertainers for Happy Hour this month! Robert Greene is a solo entertainer; he plays guitar and performs 50's – 80's covering artists like Kenny Rodgers, Dean Martin, and the Eagles.

Richard March entertains with a modern throwback to country music and artists like Mickey Newbury, Kris Kristofferson, and Glen Campbell.

I hope you enjoy what May has to offer! I'm always open to your feedback and suggestions.

May Birthdays

May birth astrology signs are Taurus and Gemini. The may flower is the Lily of the Valley. Very commonly used are bridal bouquets. May birthstone is the Emerald.

- Sadie Johnson – May 9th
- Dorothy Heimbichner - May 10th
- Gerrie Roux – May 12th
- Peter Lennarz – May 14th
- Don Johnson – May 16th
- Arninne Rautio – May 19th
- Jane Klinge – May 20th
- Gina Fulwiler – May 21st
- Scott Cravens - May 21st
- Don Sherrill – May 28th

May Anniversaries

- Nancy Henning, 4 years
- Carol Boeff, 1 year
- Ruthie Chalmers, 1 year
- B Cochran, 1 year
- Elaine Gates, 1 year
- Evelyn Goldsmith, 1 year
- Barbara Manning, 1 year
- Terri Wingo, 1 year

Welcome New Residents

- Scott C. #124
- Dorothy K. #121
- John N. #115
- Barbara C. #241
- Margaret C. #254
- Butch R. #112

Team Winding Commons

Christine Pesola
Community Administrator
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Hilary Hardin
Marketing Director
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Transportation

Director of Maintenance Senior
Division of Ray Stone, Inc.
Duraunte Colly, Jr.
dcolly@raystoneinc.com

Robert Rosker, Maintenance

Angie Carr, Aura Guerra, Diane
Pittman, Housekeeping

Clay McAmis
Sunday-Thursday Evening Porter

James Forehand & Juan Zamora
Friday-Saturday Evening Porter

Jennifer Padilla
Executive Chef – Morrison
jenniferpadilla@morrisonliving.com

Christine Comments

This month we celebrate two very special days, Mother's Day, and Memorial Day. Please read with much love and respect for both.

I had the pleasure of going on vacation last month with my 80-year-old mother, her husband, my husband (a Navy veteran), my brother, and sister-in-law to Maui where we went on a sunset dinner cruise, snorkeled, and swam with turtles, went to a magic and comedy show and relaxed on the beach and by the pool. We then took a short flight to Honolulu to spend a day at Pearl Harbor.

While walking arm in arm with my mother, I found myself mesmerized by this tragic event in American History. Once on the USS Arizona Memorial, we looked down and saw the ship that was bombed and sunk with 1,177 crewmen on it that day. This was very chilling and to learn the Arizona is still leaking oil you can see in the water after 82 years, is unbelievable. They call the oil "the sailor's tears." This was a very emotional moment and one I will never forget. We can all read about this historic moment from 1941, but to be there and hear the stories and see with my own eyes, made it incredibly meaningful. We walked on the battleship Missouri and saw the spot where the ship was struck by the Japanese kamikaze pilot. At one point, I felt it was just too much, but I am so grateful to have been able to go back and spend the day with my family to learn more about this fateful day.

Respecting Pearl Harbor and on this upcoming Memorial Day, I will Remember, Honor and Understand! I have the utmost respect for our military, veterans, service men and women and I honor you and thank you.

Happy Mother's Day!
and
Happy Memorial Day!

Resident Spotlight by Judith Cadagan

Patty Robinett was born and raised in Tulare County in the Central Valley of California. She then moved to the Morro Bay area, where she lived for 17 years and raised her son. In 1991, she moved to the Gold Country town of Pine Grove, and in 1996 moved to Citrus Heights.



When Patty became disabled, she suggested to her sister Janelle (who was living in Tennessee) that this might be a good time for her to move back to California. Looking for a senior community in which to live, they did their research and found Winding Commons. As soon as they entered the lobby and experienced the warm and welcoming environment, they knew this was the place for them! They have now been living here for a year and a half. Patty especially loves the friendships she has made at Winding Commons. The outdoor landscaping with squirrels everywhere and birds singing bring her peace and happiness each and every day. Patty has one son and two adult grandchildren currently living in Alameda.

Patty's favorite activities here are the craft classes, Pokeno and Sequence. Although she worked most of her life in business administration, she is perhaps best known to us for her beautiful artistic creations. Her jewelry making began with her walking the beaches around Cambria collecting beautiful stones and learning how to incorporate them into jewelry.

Important Telephone Numbers

Office Hours

Monday-Friday 8:30am-5:30pm
Saturday & Sunday 9:00am-5:00pm

Office 916-485-0100 Fax 916-485-0611
Van/Transportation Cell 916-891-7827
After Hours Cell 916-827-7649
Kitchen/Dining Room 916-485-0361

Sheriff Non-Emergency 916-874-5115
Adult Protective Services 916-874-9377
Emergency & Fire 911
Comcast/Xfinity Cable 1-800-266-2278
AT&T 1-800-310-2355
Paratransit 916-321-2877
Yellow Cab 916-444-2222

Beauty Salon – Natasha Oberg 805-617-6367
Manicurist – Lisa 916-598-6466

Resident Spotlight continues...

She learned every aspect of her craft through research so she could produce her designs totally by herself. Three years ago, she took up Amigurumi doll making.

Patty has survived some major traumas in her life, but she never let them get her down. Instead, during those times she has drawn on her imagination and inner strength and used her creativity to save her sanity. She gets tremendous joy as she feeds her imagination by reading and learning more about how to expand her creative skills.

Patty also serves on the Hospitality Team. She is a joy to know, and we love having her here at Winding Commons.



Culinary Corner by Chef Jen

April was a fun month! We talked and enjoyed strawberries at my cooking demo. Easter was a beautiful day, and I was so glad to hear you and your families enjoyed the brunch. Later in the month, we made banana bread and enjoyed blueberry pie and oatmeal cookies. The team and I have really hit our stride here, making delicious food and serving you with style. We had a few bumps along the way, but we are back to being fully staffed and everyone seems happy; I know I am because when you're happy, I'm happy.



I took the team out for a bowling and pizza party to say thanks for how hard they work, and we had a blast! Sherri and Terri and Josh are really good at bowling. Sydney was a ringer and surprised us with her hidden bowling talents.

May is the last month of spring before we really start to heat up. We can still enjoy local asparagus, which is finally coming from the Delta and is at its peak of season here in Sacramento. On May 5th we will have Cinco de Mayo party with Mexican food favorites. My Chef demo, The Teaching Kitchen, will explore the world of eggs on May 11th. We are planning a beautiful Mother's Day Brunch on May 14th and will have two timeslots at 10:30am and noon. Sign up for your preferred time and remember to let us know how many guests you're bringing.

My favorite Irish Proverb (because I know so many) says: "Laughter is brightest where food is best!" So, I hope to hear a lot of laughter from our dining room for years to come.

Library Reader by Kay Wolf

On our new addition shelf this month you will find a new release by C.J. Box, called "Storm Watch." This is another in the Joe Pickett Series. While tracking the report of a wounded elk in the mountains, Pickett makes a startling and gruesome discovery when he comes across a mysterious, hi-tech building with fans and computers inside. Box weaves an authentic story about a well-researched topic in an area he knows well.

Also on the new additions, look for J.A. Jance's latest book "Collateral Damage." Readers of Jance will find another in the Ali Reynolds series who, with her husband, has founded a tech company named High Noon Enterprises. Things seem to be going smoothly for Ali for a change when her husband is involved in a serious and suspicious life-threatening wreck. Both he and the driver are fighting for their lives while it is left up to Ali to figure out who was targeted and why. Several of us have read it and agree it is one of the better novels.

I read a book this month by Pam Jenoff, called "The Orphan's Tale," that you might enjoy. Jenoff does so much research on her books and this one is about the circus in Germany during WW II. The characters are all fictitious, but the story line has been well researched and very interesting. I know many of you have read this, but those who haven't will certainly enjoy it. You will find it on the paperback shelf.

