

Activities Corner by Zhanna

Our activities program came full circle with the addition of our weekly outings that started last month. I know you have all been patiently waiting for the bus to be brought back. I hope you enjoyed the May outings and look forward to what we have planned for this month. I ask that you sign up only if you are planning to attend the outing, as space is limited. Please be ready to go before the leave time scheduled as we will leave at that time. Feel free to write down any outing ideas/suggestions you might have in the outing binder next to the mailboxes.

Join us in the Media Room for a presentation with Arnold Kunst on the Roman Empire. A new topic to Winding Commons! June 6<sup>th</sup> at 1:00pm.

Our first Ice Cream Social is Tuesday, June 13<sup>th</sup> at 3:00pm in the Media Room. Enjoy customizing your own sundae with a variety of toppings to choose from: bananas, caramel, chocolate syrup, nuts and brownies – I scream, you scream, we all scream for ice cream!

Father’s Day is a special time of year where we celebrate not only dads, but all men in our community. I invite you to our first “Gone Fishing” photoshoot by the pond. We’ll have fishing gear, camping chairs, beers and all the trinkets you will need to cast into the pond and pose for a one-of-a-kind shot. Meet us at the pond on Friday, June 16<sup>th</sup> at 10:00am. Later that day, we will be hosting a Father’s Day car wash for our gentlemen. Pull your car around to the (west side parking lot) car wash area and the Winding Commons Staff will wash and dry your car while you sit back and enjoy a root beer float! Please sign up with Zhanna if you would like to get your car washed on June 16<sup>th</sup> between 2:00pm and 4:00pm. This invitation only stands for the gentlemen in our community.



Finally, our big summer event of the year is a Luau party! Spend your evening enjoying a delicious variety of Hawaiian inspired foods, a signature Pina Colada cocktail while being entertained by Hula Dancers and traditional Hawaiian musician. The dining room opens at 5:00pm, the show starts at 5:30pm and goes on to 6:30pm. Friday, June 30<sup>th</sup> will be a warm summer night to remember.

June 30<sup>th</sup> will be my last day as I get ready for baby boy to join me and Michael. I am going to leave you in good hands though; Barbara Higley will be here Monday-Wednesday. I replaced Barbara two years ago and she will do an outstanding job in keeping the activities program going until I return early next year.

### 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

# Winding Commons

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



## Team Winding Commons

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Robert Rosker, Maintenance  
Monday-Friday 8:00am-4:30pm

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](mailto:jenniferpadilla@morrisonliving.com)

## Christine’s Comments

Each year, 10 billion doughnuts are made in the United States. That’s 30 doughnuts (and a few extra pounds) for every single person in America. With 13,000 doughnut shops lining America’s streets, it should be easy to find one of your favorites on June 2, National Donut Day, which happens to be the day we will have donuts in the lobby at 9:30am.

Summer is right around the corner this month and things will start heating up. Be sure you check your air conditioning systems to make sure they are working properly. Please **DO NOT** wait until the end of the day to notify us of your air conditioning. For your information, I’ve included workdays and hours of maintenance to the left.

Don’t forget, we get to celebrate Zhanna this month on Friday, June 9<sup>th</sup> as we shower her and baby boy Burlaka with gifts and refreshments at 2pm in the dining room.

Zhanna’s last day before her baby arrives is Friday, June 30<sup>th</sup>. What are we going to do when Zhanna is gone, you ask? Well, many of you remember Barbara Higley. She is the OG of Activities Directors and was here before Zhanna came on board. I had the privilege of working with Barbara at Campus Commons for six years before she retired, for five months. Then she was asked to help the team here at Winding until Zhanna was hired. Barbara is a kick and a lot of fun and you will enjoy her helping us out while Zhanna is gone on maternity until next year. Barbara plans to work with Zhanna starting June 19<sup>th</sup>.

Thank you to everyone, especially residents with vehicles, for your patience during the sealing and striping of the parking lot. I know it was an inconvenience, but it’s done, and we won’t have to worry about it again for another five years!

Have a great month and Happy Father’s Day!



Library Reader by Kay Wolf

We have been getting several books back that have not been checked out. We would really appreciate it if you would please check them out in the book provided for it. Since our library exists only on donations, we like to keep track of the books we have. Also, when you return a book, please do not put it in the donations box, but in the check-in box under the desk that is provided for it.

This month's books will all be paperbacks. There are quite a few new ones that have not been in our library before. There are two new ones by Kristin Hanna that I'm sure you will enjoy. Also, there is a hard cover non-fiction titled "First Dads" about all of our presidents and their roles as fathers that looks very interesting.

In the large print library upstairs, you will find a newer book by Jodi Piccoult that you might be interested in. The name of it is "Vanishing Acts" and as I have mentioned before, Piccoult puts a lot of research into the plots of her books. This one concerns a father who abducts his daughter from her mother. I am not going to tell you why or what the outcome is. You will have to find out for yourselves. I know some of you do not like the size of the print in the book, but this one has been done in larger print.

There is a book in the downstairs library called "Lessons in Chemistry" and no, I don't mean how to put things in test tube and hold it over a Bunsen burner. This chemistry is all about relationships. I have not read the book, but it has been highly recommended by one of our avid readers. It was also the "Book of the Year for 2022" from Barnes & Noble. The author, Bonnie Garmus, has found a way to put comedy and seriousness in a single chapter and make it work. I intend to put it on my reading list and suggest you consider it as well.



June Birthdays

June is the month of Gemini and Cancer. The birthstone is three stones. Pearl, Moonstone, and Alexandrite. June also has two flowers of the month, Rose, and Honeysuckle.

Joanne Shirrell, June 1<sup>st</sup>  
Beth Horlocker, June 7<sup>th</sup>  
Bob Mayes, June 15<sup>th</sup>  
Patty Robinett, June 15<sup>th</sup>  
Irene Coffey, June 19<sup>th</sup>  
Lois Johnson, June 23<sup>rd</sup>  
John Nishimura, June 23<sup>rd</sup>  
Naida Jensen, June 24<sup>th</sup>  
Beverley Radford, June 25<sup>th</sup>  
Robin Stanton, June 28<sup>th</sup>  
Joanne Donatelli, June 29<sup>th</sup>  
Jim Donahue, June 29<sup>th</sup>

June Anniversaries

Marge Dipboye – 10 years  
Willard Weekly – 10 years  
**CONGRATULATIONS Marge & Willard, CELEBRATING TEN YEARS!**

Lindy Hawkins-Williams – 8 years  
Gerald Marenich – 6 years  
Charlotte Murphy – 6 years  
Mary Jo Nipper – 6 years  
Joan Coulat – 5 years  
Penny Hill – 4 years  
Jerry Lee McCracken – 4 years  
Dixie Boyanich – 2 years  
Gussie Wagner – 2 years  
Joanne & Robin Stanton – 2 years  
Donna Hess – 1 year  
Catherine Hoehn – 1 year  
Karen & Jim Walton – 1 year

Welcome New Residents

Jim & Deanna J. #217  
Rayma F. #108  
Victoria J. #142  
Penny W. #225  
Marybeth M. #116  
Kathryn P. #125

Veteran Spotlight: Gerald Marenich  
by Dwight Davis & Charlotte Murphy

While attending the University of Detroit, Gerry was enrolled in the Air Force Reserve Officer Training Corps (ROTC), and upon graduating, he received a commission as a Second Lieutenant in the US Air Force. In April 1955, he received initial indoctrination at Lackland Air Force Base, San Antonio, Texas. From Lackland he was sent to Tyndall AFB at Panama City, Florida to train as an Interceptor Controller, who sits at a radar console and directs fighter interceptors to intercept and identify/destroy unknown aircraft. His first permanent assignment was at a remote radar site near Fairbanks, Alaska before Alaska was even a state. Other assignments that followed included North Carolina, Virginia, Ramstein Air Base in West Germany, and short duty in Norway. Ramstein was especially memorable, as that is where Jerry met his wife-to-be who was from Rhode Island and serving as a secretary within the Department of Defense headquarters in Ramstein.

Upon completing his tour in Germany, he was assigned to Bergstrom Air Force Base in Austin, Texas, during which he served six months in South Korea. Further assignments included a year in Japan and two years at Luke Air Force Base located in Phoenix, Arizona. In 1972, he was reassigned to the 552<sup>nd</sup> Airborne Early Warning and Control Wing at McClellan Air Force Base here in Sacramento. While at McClellan, he served several TDY's in Iceland and Thailand. After twenty years of service, Gerry retired as a Major, on May 1, 1975.

Thank you for your service, Gerald!



Culinary Corner by Chef Jen

Summer is here and I am so excited for tomatoes (and peaches, plums, corn, peppers, melons, and everything else that the summer harvest brings our way)! The June Chef's Demo, "The Teaching Kitchen," will be highlighting melons and it will be fun and delicious and showcase these refreshing summer delights. Mark your calendars for the demo on June 8<sup>th</sup> at 1:30pm in the dining room.

The patio opened on Memorial Day and will be open for you to enjoy moving forward. Please be patient while we adjust to the change in service and be mindful of others that may wish to enjoy the patio after you.

It was lovely to see all the moms on Mother's Day and I hope you thoroughly enjoyed the brunch we served and had a beautiful day in your honor. In June, we will celebrate our dads here at Winding with a festive BBQ on the 18<sup>th</sup>.

The Chef's Chat in May was insightful; I want to thank Janelle for the salad spinner and the laughs. If you missed it, you can be sure that the salad spinner will be put to good use and your lettuce set ups will be dryer moving forward. With all the laughs I forgot to mention that starting June 1<sup>st</sup> we will be offering iced coffee on request. I will host the next Chef Chat on the 20<sup>th</sup> of June; feel free to join me in the media room to chat about your dining experiences here.

On June 30<sup>th</sup>, Winding Commons will transport you to the Aloha State of Hawaii, with a Luau themed dinner complete with exciting entertainment.

On that note let me say Aloha to all of you and "Noho me ka hau'oli" be happy!