

Winding Commons

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



Office/Building News

Our office is getting new flooring! Please see below regarding what is involved and what to expect this month. We will not have access to the office for at least a week, possibly up to ten days. We will have a reception desk in the lobby during this time, so you will still have access to Deborah. Thank goodness!

The last week of February, everything will be removed from the office and placed elsewhere on the property – most likely in the media room. This may cause SOME activities to be cancelled, so stay tuned.

The project is to start on Monday, March 4th. A small section of the tiles near the front office and the old worn-out carpet will be removed. The floor will be prepped, and new tiles installed. Please pay attention to the area that will be cordoned off and avoid as much as possible.

Once the front of the office is complete with new tiles, the office flooring will be removed, and new flooring will be installed.

As with any construction, we will do our best to communicate to you with any changes when we become aware of them. It just so happens this project will be going on while I'm on vacation, but Deborah and Kay have got it covered. Please be patient and understanding.

We are also going to get the carpet in the dining room replaced this year as well. We are shooting for April or May, but we will keep you updated.

The east door to the parking lot: we know this is taking longer than anticipated, but we are at the mercy of the vendor and parts are on back order.



Important Telephone Numbers

Office Hours

Sunday-Saturday 8:30am-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

Brunch: 10:30am-12:30pm

Dinner: 4:00-6:00pm

Sheriff non-emergency 916-874-5115

Adult Protective Services 916-874-9377

Emergency & Fire 911

Comcast/Xfinity 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

Office & Lobby Hours

Our office and lobby hours are 8:30am-5:00pm. The front doors are locked until a staff member arrives to unlock the office. Please do not open the front lobby doors unless you know who they are. If it's delivery personnel, be sure they're driving a noted vehicle. Nowadays, delivery personnel drive their own personal vehicles, and we have no idea who these people are. Be conscientious!!

Marketing Minutes by Kay O'Keefe

Please welcome six new ladies to Winding Commons. Four moved in last month and three more are on their way this month. We are looking forward to filling the community this year, so don't forget to remind your friends of how good it is to live here at Winding Commons. We have some great resident referral incentives too!

Team Winding Commons

Christine Pesola

Community Administrator

winding-mgr@raystoneinc.com

Kay O'Keefe

Marketing Director

winding-md@raystoneinc.com

Deborah Murphy

Resident Relations

winding-rr@raystoneinc.com

Zhanna Burlaka

Activities Director

winding-ad@raystoneinc.com

Lyndy May

Resident Relations

winding-rec@raystoneinc.com

Doug Stevens

Transportation

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's Comments

Spring and fall are my two favorite seasons and I'm looking forward to seeing the sun a little more this month. I have been anxiously waiting for March 6th to arrive. I will be going on vacation with my best friend to celebrate her 60th birthday! We cannot wait!

Barbara Higley will return to Winding Commons on Saturdays, starting March 2nd. Barbara will help support Kay in the office, but we are also adding a Saturday exercise class at 9:30am and an additional activity in the afternoon that Barbara will lead. We are so looking forward to her return.

Lynda May will be transferring to Campus Commons and her last day with us is Sunday, March 3rd. Lyndy lives closer to Campus, and they have been without a second person on Saturdays for months, so it makes sense for her to want to be closer to home. We wish Lyndy the very best and we will miss her.

I would like to remind all of you, and if you could please remind your family members, when using our exit doors - please be kind to them. Just recently, one exit door had the panic bar hanging from the door as if someone tried to pull it closed, but instead, pulled it off its mechanism. The exit door by the carports gets used the most. If you will note that there is a striker plate that is hip/waste level. Too many objects going in and out, scooters, walkers, moving personnel, trash containers, etc. are hitting this striker plate and damaging it. Please be careful!

We have a delicious Spring Brunch planned on March 31st. Chef Jen and the team will undoubtedly wow us with another incredible brunch. Guests are \$20 and the menu and sign- up sheets will be out later this month. Don't forget, this is one of our "holidays" where we provide a boxed dinner.

Here's to Daylight Savings Time, A Happy St. Patrick's Day, and a Happy Spring!

Activities Corner by Zhanna

Welcome to the first month of Spring! Take the time to look through your calendar as there's been a few changes. Many of you signed up to play Bunco; Sandi is thrilled to host the game every other Sunday at 1:00. Thank you, Sandi! We've also added a weekend exercise class with Barbara on Saturday's from 9:30-10:00am. We thought it would be fun to add an activity in the afternoon giving your slow Saturday a little boost. We will alternate Chair Volleyball and Cornhole. I hope this new change will make your weekend a little more exciting!

Our first outing of the month is a Beanbag Baseball competition at Roseville Commons. Our team has been practicing, and we're ready to bring home a win! You're welcome to join us even if you don't play. We can always use a cheerleader on our side.

My goal is to bring you outings you look forward to going on. Thank you for taking your time to fill out and turn in the surveys. I read every single one of them and I hear you! We need to work on our sign-up sheets. If you sign-up to go, please understand that jeopardizes the rest of the group if you cancel at the last minute. For those of you that will attend the outing and make your way onto the bus, we will raffle off \$10 cash before each trip as a way to say, "thanks for coming".

The rest of the outings will take us to *Thunder Valley Casino on Tuesday, March 12th*, a fan favorite. We will have a combined outing with Campus Commons to *Nimbus Fish Hatchery + lunch at Land Ocean Grill on Thursday, March 21st*, this is a great way to meet friends from our sister community. Finally, a shopping trip to *Target on Tuesday, March 26th*.

St. Patrick's Day happens to fall on a Sunday and Chef Jen will put on a delicious, themed dinner for you. Don't forget to wear your green! Our annual Easter Egg Hunt will take place on Friday, March 29th at 9:00am. Get up, get going, check outside, indoors, between the couch cushions and plants!

March Birthdays

March flower is the daffodil. Birthstone is the Aquamarine. Signs for March are Pisces and Aries.

Joy Jones, March 14th
 Lindy Hawkins-Williams, March 14th
 Dana Gerke, March 18th
 Joan Coulat, March 19th
 Glen Courtney, March 30th

Welcome New Residents

Linda G. #207
 Violet P. #206
 Carolyn B. #225
 Katie W. #108
 Alvina R. #202
 Ruth B. #151

Finally, our craft class of the month is brought to you by Patti. Be sure to sign up by the mailboxes to learn how to watercolor Lavendar and Echinacea flowers!

Enjoy the beautiful weather and blooming trees.



Culinary Corner by Chef Jen

"Bless us with good food, the gift of gab and hearty laughter. May the love and joy we share, be with us ever after!" - Irish Kitchen Prayer

I would like to say, I had the luck of the Irish to land here at Winding Commons, but I am not Irish as far as I know, so it was just plain luck, I guess. Now here we are in March, and we plan to celebrate that fun Irish holiday, St. Patty's Day, with good food, music, and a bit of something green!

In February, we were wall to wall with events...we had the taco bar buffet, the Chef Chat, Lunar New Year, Valentine's Day, Mardi Gras, and the Journey to Italy with my Chef Demo. Phew! I hope you enjoyed all the festivities!

In February, my Chef Demo transformed into a road trip and food tour to the region of Emilia-Romagna to enjoy the king of cheese in that region, Parmigiano-Reggiano, aka parmesan cheese. I hope you will join me in March as we discover more about Prosciutto di Parma (fancy ham).

On another day trip from Florence.... Paul and I left our Air BNB at 6am and walked across Florence before dusk. It was a magical time of day. No one was out and about as we crossed the Arno River and ventured down cobble stone streets to meet our driver. The lights of the city were dazzling, and it was, dare I say, romantic.

We arrived at the meeting spot and jumped into a nice van with another couple, a mom, and her two kids and we were off. About an hour and a half later we arrived in a port town called La Spezia. It is an industrial city with a large port. We started to wind our way up into the hills and I managed to glance back at the beautiful port and bay before they were out of view. Once we were on the other side of the mountain, we are high up on a curvy highway above the Mediterranean Sea, breathtaking. We arrive in Cinque Terre, the 5 coastal villages on the Italian coast and I am in awe. We park at the top of the first village, Riomaggiore, and walked down to the sea past the charming houses, shops, and restaurants.

Cars have been banned for more than a decade, so I am glad I packed my good walking shoes. We explored 3 different villages on the coast here, first by train and then by boat. It was a magical day with some of the best views I have ever enjoyed.

