

# WINDING COMMONS

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



## The Irresistible Iris

What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, Florence, and even the Cub Scouts, Boy Scouts, and Girl Scouts. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8.



The word *iris* comes from a Greek word meaning "rainbow," which is fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother's Day fast approaching on May 12, perhaps May 8 is the perfect occasion to run to the flower shop and buy a beautiful bouquet of irises.

## Reminder – Pet Owners

Please remember to pick up after your pooch. I was talking to another pet owner who offered to help pick up trash around the community while they're out walking their dog. They mentioned they pick up after other pet owners. Owning a pet is your responsibility and it's very important that you pick up after your own pooch.

And remember, your pet needs to be on a leash at all times.

If you are unsure of our pet policy, please refer to yours that you signed in your move in paperwork. If you need a copy, please stop by the office.



## 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

## Transportation Reminders



Please remember all transportation must be scheduled through the office at 916-485-0100 and at least 24 hours in advance. Do not call Doug's phone OR the transportation line to make appointments.

This is for any errands, bank or grocery runs as well. If you have a last-minute appointment or an errand, we will do our best to accommodate your needs, but it is not guaranteed.

## Team Winding Commons

Christine Pesola

Community Administrator

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Kay O'Keefe

Marketing Director

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Deborah Murphy

Resident Relations

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Zhanna Burlaka

Activities Director

[winding-ad@raystoneinc.com](mailto:winding-ad@raystoneinc.com)

Barbara Higley & Pam Keil

Sat/Sun- Office Reception

Doug Stevens, Transportation

Robert Rosker, Maintenance

Angie Carr, Aura Guerra & Diane

Pittman, Housekeeping

Clay McAmis, Sunday-Thursday

Evening Porter

James Forehand & Juan Zamora

Fri/Sat Evening Porters

## Team Morrison

Jennifer Padilla

Executive Chef – Morrison

[jenniferpadilla@morrisonliving.com](mailto:jenniferpadilla@morrisonliving.com)

Caroline, Danny, Gerald, James,

Jimmy, Josh, Jyllian, Kathy,

Lawrence, Mila, Nathan, Payton,

Rebekah, Sherri & Terry

## Christine's Comments

As the vibrant blooms of May usher in warmer days, it's the perfect time to embrace the great outdoors, starting right here in your own community. We have some wonderful outdoor space waiting for you to enjoy. The uncovered patio with umbrellas is a perfect place to grab a friend and have coffee or some iced tea before the weather gets too hot. Or go out and read a good book while listening to the water bubble in the pond.

May is such a busy month with Cinco de Mayo, Mother's Day, Armed Forces Day, and Memorial Day. Zhanna has a calendar full of fun events planned out for you to participate in so be sure and read your calendar carefully and sign up where needed.

Memorial Day is our holiday this month and that means housekeeping services will be interrupted. Notices will go out a week before the holiday so you can see if you'll be skipped, or your housekeeping altered to another day.

The dining room floors look wonderful, and we are so happy it was a smooth transition. We hope you enjoyed the time off from the dining room and had fun with your friends and neighbors doing other things that we offered during the week.

The next project for the community will be getting the outside windows washed. Our plan is to have that done this month, but I don't have an exact date. Rest assured, I'll let you know well in advance.

Mother's Day brunch is Sunday, May 12<sup>th</sup>. Chef Jen and team will wow us with another fabulous buffet. The menu and sign-up sheets are coming, and guests are \$20. The evening meal will consist of a boxed dinner so be sure you sign up for that as well.

**From all of us at Winding Commons & Morrison, we hope you all have a blessed Mother's Day!**

## Activities Corner by Zhanna

Welcome to the beautiful month of May. You may have noticed I had a little office relocation. If you are wondering where to find me, my new address is: Front Office Ave. My goal this month is for you to enjoy outdoor outings while the weather is still perfect.

Our first outing of the month takes us to High Hand Nursery, a beautiful botanical paradise; the perfect spot for lunch. This is a combined outing with Campus Commons, so space is limited. The week after that we will head over to Folsom Zoo, admission is \$7.00. The zoo is a small but walkable area complete with animals, from hawks, monkeys, mountain lions to bears and much more. The zoo also offered a train ride for \$3.00. Afterwards we will enjoy lunch at Lazy Dog restaurant.

Tuesday, May 14<sup>th</sup> is our big Beanbag Baseball Competition rematch with Roseville Commons. We need all the support we can get. Our friends are our biggest supporters, so please sign up to come along and cheer us on!

Our last outing of the month will take us to Placerville where the Lotus Bonsai Nursery and Garden are found. This is a 5-acre garden filled with hundred-year-old trees, exquisite plants, and blooming flowers. We will spend some time exploring the gardens and enjoying the scenery. On our way back we will stop by Chipotle for lunch.

I want to thank you for being considerate and committed when signing up for the outings. Our attendance has improved, and we hardly have cancellations.

Next, my craft class this month is on Thursday, May 23<sup>rd</sup>. We will be making summer inspired door décor. Please sign up in advance as space is limited.

We are planning an Art Exhibition for all our talented residents. If you paint, draw, sculpt, work with wood or ceramics, we would love to

showcase your work and show off your talent. Please come see me to sign up to be a part of the show. The exhibit date is TBD for June.

Finally, “float” on over to the lobby for our first Ice Cream Social of the summer, enjoy a refreshing “root beer float” treat.



## May Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

Carolyn Brown, May 2<sup>nd</sup>  
 Sadie Johnson, May 9<sup>th</sup>  
 Jeff Salmon, May 9<sup>th</sup>  
 Peter Lennarz, May 14<sup>th</sup>  
 Arninne Rautio, May 19<sup>th</sup>  
 Jane Klinge, May 20<sup>th</sup>  
 Scott Cravens, May 21<sup>st</sup>  
 Gina Fulwiler, May 21<sup>st</sup>  
 Don Sherrill, May 28<sup>th</sup>



## Culinary Corner by Chef Jen

On May 1<sup>st</sup> we will open the patio for the summer. When we get to the heart of the summer and we start reaching 100+ degree weather, we will occasionally close the patio. Let’s hope for a mild one!

We kick off May with a Cinco de Mayo dinner complete with decorations. Mother’s Day brunch is on May 12<sup>th</sup>, and I look forward to a beautiful buffet for our moms to enjoy with your families.

I am hosting a Chef Chat on May 14<sup>th</sup> at 3pm in the Media Room, please come by with your feedback and suggestions for me. May 18<sup>th</sup> is National Armed Forces Day, and we will have a nice comfort food dinner complete with red, white, and blue décor to honor our Veterans. May 23<sup>rd</sup> is my Teaching Kitchen; we will be back in the dining room for this month and as I write this, I am undecided what I want to cook for you, so more to come, don’t you love surprises!? At the end of May is Memorial Day and we will celebrate with a big lunch and BBQ. Dinner that evening will be in the dining room, but it will be a light dinner with soup, salad and dessert without alternatives, I am betting you will be pretty full from the BBQ!

I have had several requests for the salad bar to return. As I appreciate the request, we will not be bringing it back for several reasons: sanitation and labor being the most significant. It was a mutual decision between Christine and myself and I am sorry if this disappoints you. Most facilities and restaurants have gone away with self-serve buffets in the post Covid era. As I am not keen on saying no to you, I will offer a compromise. I think it would be fun to occasionally have a salad bar buffet. It serves two purposes, the first that you asked for the salad bar and second because you asked for more buffets. Please let me know if you have any suggestions on what you would like to see on the salad bar buffet and I will find a day or two in our 6-week rotation to make it happen!

I would also like to know if you would like me to continue with the traditional Teaching Kitchens only or if you want me to sprinkle in the Day Trip presentations I have been doing. It is up to you and fun for me either way, but as this is your community, I would like to put you in the driver’s seat! So let me know.

A sincerely Happy Mother’s Day to all our moms and maternal figures here. My mother was a special lady, her name was Sheila, and she was my best friend. I miss her every day. So, for me Mother’s Day has a special place in my heart.



## A/C Reminders!!



It’s a good time to check your air conditioning units and make sure they’re working, and you have cool air. The last thing you want is to turn on your air conditioner at 4pm on a Friday and it’s blowing hot air.

Robert works Monday-Friday 8am-4:30pm, so please be respectful and do not wait until it’s 90 or 100 degrees outside and realize you have no cool air.

We all appreciate your due diligence in checking your systems now, rather than later.

Thank you~