

Out and About at Winding Commons

Mary Singewald
Activity Director

Love is in the Air at Winding Commons during the month of February.

Join in with all of our fun events from our annual Newlywed Game on Friday, February 10th at 2:00pm which is hilarious and our Romantic Sweet Heart Ball on Tuesday, February 14th at 3:00pm, Valentine's Day. Who will be our Valentine's King and Queen? Please make sure and vote.

On Thursday, February 16th at 2:00pm please join us with the FCC certified provider of the Ensemble Caption Telephones which are free for seniors who are hearing impaired.

On Friday, February 17th at 2:00pm. The Winding Commons Horse Races are back by popular demand. We will be having the President's Day Horse Races. Bet on the Ponies or should I say the Presidents. The turf is dry and the favorites are running, Washington, Lincoln and Trump. Great prizes will be raffled off at the end of the fifth race. Come join the fun!

Our February Calendar is full of fun activities and events. Please make sure and check it daily there is something for everyone. Keep up all the great exercise, stay healthy and fit.

Enjoy the month of February and all the love Winding Commons has to offer!



February Birthdays

In astrology, those born between February 1st and 18th are Water Bearers of Aquarius. Aquarians may be shy and quiet, but they are energetic, unique, and independent visionaries. They are often unemotional and intellectual, and they will pursue wisdom to the ends of the earth. Those born between February 19th and 28th are Pisces. Fish are compassionate, gentle, intuitive, and artistic. Known for their wisdom, Pisces are not judgmental and are very forgiving. They never hesitate to put others' needs before their own.

Marcene Jorgensen Feb. 5th
Woody Hunton Feb. 8th
Reva Richard Feb. 12th
Edna Brown Feb. 14th
Bill Ashwell Feb. 21st
Barry Webster Feb. 22nd



Real-Life Robinson Crusoe



The golden age of piracy was anything but golden for the pirates who suffered to sail the seas. Scottish sailor Alexander Selkirk understood the hardship all too well. Stuck aboard a leaky pirate ship 400 miles off the coast of Chile, he demanded of his captain to be abandoned on a large island. Selkirk survived alone for four years and four months there. On February 2, 1709, two ships led by Captain Woodes Rogers appeared off the shore of Selkirk's island to find the castaway running barefoot up the hills, catching goats for food. So amazing was Selkirk's tale of survival that author Daniel Defoe was inspired to write *Robinson Crusoe*, the amazing story of a castaway who spent 30 years surviving on a deserted island.

Winding Commons

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Celebrating February

Super Bowl Potluck Party
February 5th

The Newlywed Game and Wine and Chocolate Social "Open House"
February 10th

Jane on the Piano
February 13th and 27th

Sweetheart Ball
February 14th

Clear Caption Telephones Presentation
February 16th

President's Day Horse Races and Raffle
February 17th

Office Holiday President's Day
February 20th

A Letter from Luann Rivers

Community Administrator

We have had several new residents move into Winding Commons over the last several months. Are you looking to get involved with our community at WC? Well here is your opportunity.

Ambassador Team

Our ambassador team is looking to add a couple of new members. When WC has a new resident, they are assigned an ambassador team member. The team member is to help this resident over the first three days after they have moved into Winding Commons. The team member will dine with the new resident; introduce them to other residents at WC. Explain our activity calendar to them, show them around and help them feel welcomed and at home here in their new community. Ambassador Team focuses on the new residents. If you are interested, please speak with Tonya in the office.

Hospitality Team

Our hospitality team is also looking for new members. They help Mary set-up different events. They help Mary with our activities. When residents are not feeling well and might need some help our hospitality team steps in. If a resident is ill or in the hospital they will select a card and get all the residents to sign it. If we have potential new resident looking to move into WC, a hospitality team member may be called upon to explain what it is like living here at WC or dine with that potential new resident. The focus of the hospitality team is on our current residents. If you are interested, please speak with Tonya in the office

Pictures for Our Wall

Winding Commons is very proud of our "Unforgettable Forever Young Wall", which displays our current residents but we need more pictures. If your picture is not displayed, please bring down your best picture of yourself. We will scan it in and return your original to you, we only display copies. If you are a veteran and not on our "Veterans Wall", please do the same. We are very proud of all of our residents and want to show them off.



Marketing Minutes

OPEN
Marketing Director

Our recipe for a wonderful Valentine's Day at Winding Commons, enjoy!

½ cup Hugs

4 tsp Kisses

4 cups Love

1 cup Special Holiday Cheer

½ cup Sweetheart Hugs

3 tsp Cinnamon Hearts

2 cups Love and Kindness

1 bag of Valentines

1 medium-size bag of Great

Big Red Hearts

(the regular kind won't do)

Blend all and sprinkle with lots of love!

Please join us at our Newlywed Game and Wine & Chocolate "Open House" on February 10th at 2:00pm. And don't miss our Sweetheart Ball with the Good Time Jazz Band on February 14th Valentine's Day, make sure you bring your sweetheart.



Winding Commons

Library Corner
Ann Shaw – Librarian
Kay Wolf – Librarian
Jill Murrell - Librarian

A Reminder! Especially new residents and those "not-so new".
Are you aware of The Ruth Tuttle Memorial Library? It consists of two sections located on:

1/ Main Floor, across from Mary Singewald's office (Activities Director) and near the Recreation Room, housing general reading materials; fiction, mystery, non-fiction, biography and coffee table books

2/ 2nd Floor in the Chapel Room, the Large Print books can be found.

The Library is staffed by volunteers; Jill Murrell, Ann Shaw, and Kay Wolf. Open hours are 8AM – 8PM. We invite you to stop by, browse, and check out a book or two using the voluntary check-out/check-in sheet.

All books are donated, and of course, we welcome donations in good condition. A Donations Box is available by the door.
Come in, comfy chairs are available for reading, including a warm shawl if you desire, and enjoy The Ruth Tuttle Memorial Library.

Tale of the Tooth

Rosemary Wells is a professor of dentistry and perhaps the foremost expert on the tooth fairy, so any questions regarding Tooth Fairy Day, February 28, should be forwarded to her. In her 10 years of studying the tooth fairy, Wells discovered that the mythological sprite is quite an American invention. Throughout history, different cultures have had different rituals for disposing of baby teeth, such as throwing them to the sun or in the fire, or even placing them in a mouse hole near the hearth. In many countries, children still leave their teeth out for mice to collect. The mice then leave a gift behind. America's tooth fairy seems a cross between the gifting mouse and the fairies that figure in so many European folktales. The concept of the fairy comforts children, and the gift of money symbolizes their transition to adulthood. The current average rate for one tooth is a whopping \$3.19.



Culinary Corner

Chef David Worthley
SODEXO, General Manager

Happy Birthday to all the February birthdays at Winding Commons.

Birthday Dinner

Wednesday, February 1st

Join us from 4:30pm to 7:00pm

Featuring:

Spring Salad w/Almonds and Feta Cheese – Cream of Tomato Basil Soup – Herb Roasted Chicken w/Rosemary Roasted Fingerling Potatoes **or** Tuscan Shrimp Scampi Italian Cut Green Beans w/Red Bell Peppers
Birthday Cake

Chef Dinner

Thursday, February 16th

Join us from 4:30pm to 7:00pm

Featuring:

Caesar Side Salad – French Onion Soup – Braised Stuffed Pork Loin w/Brown Sauce **or** Chicken Cordon Bleu – Mushroom Risotto – Orange Glazed Baby Carrots
Pound Cake w/Berries

Food Facts will be held Thursday, February 2nd at 2:00pm in the Media Room the topic is:
Artificial Sweeteners

Please join us for Valentine's Day special dinner
Tuesday, February 14th.

Tonya Gutierrez Ridolfi

Resident Relations/Sales Consultant
Hospitality and Ambassador Leader

We are happy to introduce our new residents for February.

Betty Dudley
Eula Shelley
Claire Stone

Please make the extra effort to say hello to them and as always give them our special WC welcome. If you see new faces dining at our marketing table in the dining room, stop by and introduce yourself, it just might be your new neighbors.



Eternal Peace



The peace symbol is universally recognized today, but it was a shocking new design when Gerald Herbert Holtom first presented it on February 21, 1958. Holtom was a member of the Direct Action

Committee Against Nuclear War and wished to use his symbol in his crusade for peace. Holtom's design, he explained, was modeled on himself. He drew himself as a long thin line within a circle, with his arms stretched outward and downward, with palms up, in despair. Later in life, Holtom expressed regret that his symbol came from despair. He wanted the symbol to be turned upside down, with the arms lifted to the sky in joy. Holtom continued to draw his peace sign this way up until he finally found eternal peace.