

Out and About at Winding Commons

Mary Singewald
Activity Director

Fall is here with the Oktoberfest and Halloween just around the corner. October is the most beautiful time of year at Winding Commons. Our activities calendar is packed with fun, seasonal events and something to please everyone. These are a few things I would like to mention as our calendar will guide you through and to all of our events.

Starting in October we will have the Tech Team, Isaac and Carson coming in to volunteer their time in assisting our residents with any of their technical needs. If you are interested in their services there is a sign-up sheet in the mail-room on the dates and times they are available in October. They are computer wizards and can hook up anything. So please take advantage of their knowledge. Carson and Isaac will be here on Sundays and Mondays. Sunday from 10:00am to Noon and Mondays from 2:00 to 4:00pm.

A note from Kay Wolf: I want to let you in on "The Best Kept Secret at Winding Commons." It is called TRIVIA. We have fun, we learn facts about interesting topics that we didn't know, and we even sometimes answer the questions correctly. Come and try it out at least once and see how you like it. It is held every Thursday night at 7:00pm in the Media Room. You don't have to have a great knowledge about any one subject or even about a lot of them. You would be surprised what you have stored away in your brain that you didn't realize was there. See you Thursday in the Media Room for at least 45 minutes of fun and sharing knowledge plus bits of trivia you never heard of before but always wondered about. Regards, Kay

Please keep checking the calendar daily for all these fantastic activities and events. Happy Halloween!



October Birthdays

In astrology, those born between October 1st and 22nd balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and good will. Those born between October 23rd and 31st are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all, but betray a Scorpio and suffer the scorpion sting. Befriend a Scorpio and you will have not just a friend for life, but an advocate and confidant.

Kay Wolf – October 1st
Barbara Herberholz – October 3rd
Diana Pittman – October 5th
Alice Vanderberg – October 16th
Karin Gunner – October 22nd
Jody Atteberry – October 27th
Virginia Steele – October 28th
Marge Dipboye – October 30th
Betsy Baxter – October 31st
Happy Anniversary
Bonnie & Gene Decrona – October 10, 1970

Library

Ann Shaw – Librarian
Kay Wolf – Librarian

Lost Books From Our Library

Author	Title
Miller	Creed in St. Creek
Miller	The Bridegroom
Karon	Light From Heaven
Center	Happiness for Beginners
Steel	A Good Woman
Hillenbrand	Unspoken
Freeman	Immoral
Roberts	River's End
Patterson	Private Down Under
Patterson	High Crimes
Hart	McKaslin's Homecoming
Clayton	The Wednesday Sisters

Please look in your apartments and if you find them place them in the Library Return Books Basket.

1st Floor: Library
2nd Floor Library in Chapel Room

Thank you, Your Library Staff

WINDING COMMONS

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Celebrating October

Tech Team-Library
October 2nd, 3rd & 9th

Food Facts
October 6th

OKTOBERFEST
Open House
October 7th

Radio Broadcast at WC
BB Baseball vs CC
October 8th

HOWL-O-WEEN
Dog Social & Parade
October 14th

NFL Football
October 2nd, 9th, 16th, 23rd, 30th

Songbird Trio
October 21st

Fright Fest Halloween Party
October 28th

Letter From Luann Rivers

Community Administrator

While we are all sad to see Chef Richard move to another community, we are excited and looking forward to welcoming Chef David to the Winding Commons family. The goal is to match our Chefs' best talents to the greatest needs of the community. Chef David will bring fresh eyes, extensive management and leadership skills along with a wealth of experience to our community, as told in his bio below. I know Chef David is looking forward to learning and preparing our residents' favorite recipes.

General Manager and Chef David Worthley started his career with Campus Commons in August 2004.

David spent 12 years in the United States Navy and attended Olympic College in Bremerton, Washington. Prior to his assignment at Campus Commons David, has held many high profile positions in his field including Chef Manager at Children's Hospital in Oakland, California.

David is a "Foodie" and enjoys making people smile through his passion for food. You may even see him on the dance floor from time to time during our special events. David supports sustainable food practices, and uses suppliers from the Central Valley, and seeks out local businesses when possible in order to keep his purchases local. David is involved with every aspect of the dining department, and takes pride in having a staff that is well trained, and very much involved in the resident dining experience.

You will see another new face at Winding Commons. Our weekend part-time resident relations employee Beth Mayfield has been offered a full-time position at our sister property Roseville Commons. Teniqa Smith will be taking her place. Teniqa comes to us with a few years of excellent customer service experience; she is very polite and caring. Please help us welcome both Chef David and Teniqa Smith to our community!

Marketing Minutes

Roger Barrick
Marketing Director

I am sure we all agree that Winding Commons is a senior living Community of which we can be very proud. What makes our community so special? I believe most sincerely that it is not just our welcoming public areas, our bright and spacious apartments, the manicured, landscaped walkways and the serene courtyard that beckons to be visited and enjoyed. No it is much more!

In my view what makes Winding Commons so special is our residents, their families and friends.

October begins my 3rd month as your Marketing Director. While my primary responsibilities involve attracting new residents, I recognize how important it is for me to play my part in keeping our Community a happy and friendly place for our seniors to live and thrive. Because Winding Commons is a uniquely attractive Senior Living Community, and since we have incurred recent, unexpected vacancies, I would ask all of our residents who love living here to get the word out as much as they can, to your families and friends, that we have beautiful apartments to rent so that those who come to call Winding Commons their home will enjoy living here as much as each of you do. Just pass along their names and contact information to me and I will invite them for a tour and brunch on the house. And, if they join us you will earn a referral bonus as a reward for your efforts!

Our September 15 Open House and Apple Pie Social was a resounding success. Boy were those pies topped with ice cream good. Kudos to all who pitched in to help make it such a special event. And mark your calendars to attend the gala Octoberfest Open House on Friday, October 7 at 3 PM. Pretzels, beer, sausage & OOPAH with "Der Melody Makers" band!

In closing, I wish you all the best of happy times. It is my pleasure to be a part of the Winding Commons Team.

Holy Mole-y

What holiday is celebrated on October 23 from 6:02 AM until 6:02 PM? Mole Day! That's not the burrowing garden pest we're talking about but rather the chemistry term. A mole measures the number of atoms or molecules in any given chemical sample. One mole is equal to 6.02×10^{23} . (Note the 6.02 and the 10/23!) This number is known as Avogadro's number, thanks to chemist Amadeo Avogadro, who discovered this measure in the 1800s. Avogadro called his number a "mole" as a shortened version of *molecule*. So, how big is a mole? 602,214,130,000,000,000,000,000 to be exact. Just think, when you drink a glass of water, you've just taken in 13 moles of water molecules. Feel full yet? While chemists may celebrate the day measuring molecules, we can celebrate by eating avocados (in honor of Avogadro) and making a Mexican mole sauce.

Bob's Your Uncle

Sometimes we say the silliest things, but feel free on October 13 to use as many silly sayings as you want, for it's Silly Saying Day. "When pigs fly" is a saying used when you mention something that will never happen, just like a pig flying. Did you ever stop to "chew the fat" with a friend? This means to chat or gossip, but it's a nautical expression from early sailors who, when work was slow, would talk while chewing on a snack of salt-hardened fat. You've likely never used the expression "enough to cobble dogs with," which means that you have a lot of something, just as if a shoe cobbler had so much leather he could make many tiny shoes for all of our four-legged friends. And there you have it, "Bob's your uncle." Don't know that one? It means everything is all right, done, and successful, sort of like saying, "And that's that." No word, though, on who Bob was or why things always worked out so great for him.



Culinary Corner

Chef David Worthley
General Manager, SODEXO

I would like to thank everyone for the warm welcome that I have received.

With fall now in our sights we look forward to cooler temperatures and hot soup to take the chill away.

This is time of year for fall crops to be delivered to our doorsteps with anticipation, apples from the North West and Winter Squashes from the Yucca Valley. You will begin to see more of these items offered more often.

With the Holidays right around the corner it is time to be thankful for our family and friends with whom we share companionship with. There is no better way to celebrate than with homemade pie.

Your Winding Commons kitchen staff will be baking pies for Residents who would like to purchase for family gatherings, we will begin this service in November for Thanksgiving, be sure to keep an eye out for the sign-up sheets in mid-November.

Once again thank you all for your warm welcome; I am honored to be a part of the Winding Commons team and look forward to getting better every day.



Tonya Gutierrez Ridolfi

Resident Relations/Sales Consultant
Hospitality and Ambassador Leader

We are happy to introduce our new residents for October.

Virginia Halk Susan (Sudie) Moreland

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.

Feeling Squirrely

Some think of squirrels as small pests, adept at infiltrating your home or invading your bird feeders, but they are nature's most nimble and adaptable creatures.



They are extremely active in October, burying nuts and storing food for the long, cold winter. For this reason, October is Squirrel Awareness Month.

Squirrels inhabit every continent except Australia and Antarctica. There are 265 different species but three basic kinds: tree squirrels, ground squirrels, and flying squirrels. They come in all different sizes, from the mouse-sized African pygmy squirrel, which is only three inches long, to the Indian giant squirrel, which grows up to three feet. Squirrels are very cunning, often pretending to bury nuts in order to fool other spying squirrels. The problem is, they sometimes forget where they have buried the real nuts! As a result, you may spy new trees growing in your yard come springtime. Perhaps we should consider ourselves lucky to live in such close quarters with these amazing little beasts.