



Ventana Winds

Retirement Community

12322 N 113th Ave • Youngtown, AZ 85363 • (623) 583-2460

ASSISTED LIVING NEWSLETTER

Staff Directory

Heather McBride	Executive Director
Bekah Tena	Compliance Manager
Dawn Valenti	Marketing Director
Mike Burgess	Wellness Director
Tristan Cannon	RCC
Joanna Saenz	Wellness Coordinator
Charlotte Saben	Activities Director
Sergio Monzalvo	Dining Services Director
Sherry Walker	Housekeeping Supervisor
Misty Davis	Resident Liaison
Jon Watson	Maintenance Director
Denise B.	Receptionist
Eric Arevalo	Transportation

A Festive Treat: Cherry Bombs

Celebrate the sweet land of liberty with a red, white and blue treat: Dip fresh cherries in melted white chocolate, then dip in blue sprinkles or sanding sugar. Switch up the flavor by using strawberries.

Remember When: Slip 'n Slide

For instant summertime fun, just add water! That was the premise of the Slip 'n Slide, which toy company Wham-O rolled out in 1961. The instant backyard water slide was invented by Robert Carrier, who got the idea after watching his 10-year-old son and his friends doing belly flops on a driveway made slick by the water from a running hose. Wham-O loved Carrier's creation and boxed up a bright yellow 30-foot-long sheet of plastic that attached to a garden hose, selling over 30 million since its debut.

July 2024



Wonderful Watermelon




Nothing says summer like a juicy slice of watermelon. Not only is this refreshing fruit a great way to stay hydrated on hot days, but it also contains a type of amino acid that can provide relief to sore muscles.

Avoid Delays at the Doctor

The average wait time to see a doctor is 18 minutes. To help avoid this delay, doctors advise asking for the first or second appointment of the day. These are prime slots because office schedules aren't yet backed up due to emergencies and late patients.

Star Swimmer

The first swimming school in America opened in Boston on July 23, 1827. One pupil who reportedly took advantage of its lessons was the country's president, John Quincy Adams, who was 60 years old at the time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>All Events Are Subject to Change</p>	1	2	3	4	5	6	
		<p>9:00 ■ Trip to Walmart: Sign Up with Denise</p> <p>10:00 ■ Games of Choice (AR)</p> <p>1:00 ■ Crafts (AR)</p> <p>2:30 ■ Pamper Me! (Nails & Lotions) (AR)✋</p> <p>6:00 ■ Games Available (AR/L)</p>	<p>9:30 ■ Wii Bowling (AR)⇄</p> <p>11:00 News Stories (AR)</p> <p>1:00 ■ Bingo (AR)</p> <p>2:30 ■ Choir Meeting (AR)</p> <p>6:00 ■ Poker (L)</p>	<p>9:00 Balloon Volleyball (AR)</p> <p>9:00 ■ Fry's Senior Discount Day: Sign Up with Denise</p> <p>1:00 Double Bingo</p> <p>2:30 ■ Bean Bag Baseball (AR)</p> <p>6:00 Bible Study (AR)</p>	<p>Independence Day</p> <p>9:00 ■ Game Marathon (AR)</p> <p>10:00 ■ Games of choice (AR)</p> <p>1:00 Puzzle Packet (AR)</p> <p>2:30 Name That Tune with Tom (AR)</p> <p>6:00 Patriotic Movie -(AR)</p>	<p>9:00 ■ Dollar Tree Trip: Sign Up with Denise</p> <p>10:00 ■ Exercise (YouTube)⇄</p> <p>1:00 ■ Bingo (AR)</p> <p>2:30 BIRTHDAY PARTY with Tom (DR)</p> <p>6:00 ■ Resident Choice</p>	<p>10:00 ■ Games of Choice: Self Directed</p> <p>1:00 ■ Who I Am (L)</p> <p>3:00 Games Available (AR/L)</p> <p>6:00 ■ Poker Night (L)</p>
	7	8	9	10	11	12	13
	<p>8:45 Shepherd of the Desert Church Bus Pickup at Front Office†</p> <p>10:00 Virtual Service †</p> <p>1:00 ART CLASS (AR)</p> <p>2:30 Art Class (AR)</p> <p>6:00 Resident Choice</p>	<p>9:00 ■ Trip to Fry's: Sign Up with Denise</p> <p>10:00 ■ Games of Choice (AR)</p> <p>1:00 ■ Crafts (AR)</p> <p>2:30 ■ Pamper Me! (Nails & Lotions) (AR)✋</p> <p>6:00 ■ Games Available (AR/L)</p>	<p>9:30 ■ Wii Bowling (AR)⇄</p> <p>11:00 News Stories (AR)</p> <p>1:00 ■ Bingo (AR)</p> <p>2:30 ■ Choir Meeting (AR)</p> <p>6:00 ■ Poker (L)</p>	<p>9:00 Farkle or Uno Game (AR)</p> <p>10:00 Games of choice (AR)</p> <p>1:00 Double Bingo</p> <p>2:30 ■ Bean Bag Baseball (AR)</p> <p>6:00 Bible Study (AR)</p>	<p>9:00 ■ Coffee & Chronicles (AR)</p> <p>10:00 ■ Games (Farkle or Blank Slate) (AR)</p> <p>1:00 ■ Seated Tai Chi w/Jack (AR)</p> <p>2:30 ■ Lemonade & Laughter (AR)</p> <p>6:00 ■ Games Available (AR/L)</p>	<p>9:00 ■ Shopping at Goodwill: Sign Up with Denise</p> <p>10:00 ■ Exercise (YouTube)⇄</p> <p>1:00 ■ Bingo (AR)</p> <p>2:30 Name That Tune with Tom (AR)</p> <p>6:00 ■ Resident Choice</p>	<p>10:00 ■ Games of Choice: Self Directed</p> <p>1:00 ■ Art Class (AR)</p> <p>3:00 Games Available (AR/L)</p> <p>6:00 ■ Poker Night (L)</p>
	14	15	16	17	18	19	20
	<p>8:45 Shepherd of the Desert Church Bus Pickup at Front Office†</p> <p>10:00 Virtual Service †</p> <p>1:00 ART CLASS (AR)</p> <p>2:30 Art Class (AR)</p> <p>2:30 Church service (DR)</p> <p>6:00 Resident Choice</p>	<p>9:00 ■ Shopping at Walmart sign up with Denise!</p> <p>10:00 ■ Games of Choice (AR)</p> <p>1:00 ■ Community Give Back Crafts with Meg(AR)</p> <p>2:30 ■ Ice Cream Social (AR)</p> <p>6:00 ■ Games Available (AR/L)</p>	<p>9:30 ■ Wii Bowling (AR)⇄</p> <p>11:00 News Stories (AR)</p> <p>1:00 ■ Bingo (AR)</p> <p>2:30 ■ Choir Meeting (AR)</p> <p>6:00 ■ Poker (L)</p>	<p>9:00 Balloon Volleyball (AR)</p> <p>10:00 Games of choice (AR)</p> <p>1:00 Double Bingo</p> <p>2:30 ■ Bean Bag Baseball (AR)</p> <p>6:00 Bible Study (AR)</p>	<p>9:00 ■ Coffee & Chronicles (AR)</p> <p>10:00 ■ Games (Farkle or Blank Slate) (AR)</p> <p>1:00 ■ Seated Tai Chi w/Jack (AR)</p> <p>2:30 ■ Music with Ronny Lee (DR)</p> <p>6:00 ■ Games Available (AR/L)</p>	<p>9:00 ■ Dollar Tree: Sign Up with Denise</p> <p>10:00 ■ Exercise (YouTube)⇄</p> <p>1:00 ■ Bingo (AR)</p> <p>2:30 Kara-Long with Tom (DR)</p> <p>6:00 ■ Resident Choice</p>	<p>10:00 ■ Games of Choice: Self Directed</p> <p>1:00 ■ Movie (AR)</p> <p>3:00 Games Available (AR/L)</p> <p>6:00 ■ Poker Night (L)</p>
	21	22	23	24	25	26	27
	<p>National Ice Cream Day!</p> <p>8:45 Shepherd of the Desert Church Bus Pickup at Front Office†</p> <p>10:00 Virtual Service †</p> <p>1:00 ART CLASS (AR)</p> <p>2:30 ART CLASS (AR)</p> <p>2:30 Church service (DR)</p> <p>6:00 Resident Choice</p>	<p>9:00 ■ Shopping at Fry's - Sign up with Denise</p> <p>10:00 ■ Games of Choice (AR)</p> <p>1:00 ■ Crafts (AR)</p> <p>2:30 ■ Pamper Me! (Nails & Lotions) (AR)✋</p> <p>6:00 ■ Games Available (AR/L)</p>	<p>9:30 ■ Wii Bowling (AR)⇄</p> <p>11:00 News Stories (AR)</p> <p>1:00 ■ Bingo (AR)</p> <p>2:30 ■ Choir Meeting (AR)</p> <p>6:00 ■ Poker (L)</p>	<p>Olympics Begin!</p> <p>9:00 Table Games of Choice (AR)</p> <p>10:00 Games of choice (AR)</p> <p>1:00 Double Bingo</p> <p>2:30 ■ Bean Bag Baseball (AR)</p> <p>3:30 Olympic Trivia (AR)</p> <p>6:00 Bible Study (AR)</p>	<p>9:00 ■ Coffee & Chronicles (AR)</p> <p>10:00 ■ Games (Farkle or Blank Slate) (AR)</p> <p>1:00 ■ Seated Tai Chi w/Jack (AR)</p> <p>2:30 ■ Music Trivia (AR)</p> <p>6:00 ■ Games Available (AR/L)</p>	<p>9:00 ■ Shopping Goodwill Sign Up with Denise</p> <p>10:00 ■ Exercise (YouTube)⇄</p> <p>1:00 ■ Bingo (AR)</p> <p>2:30 ■ Water Shot Put! (AR)</p> <p>6:00 ■ Resident Choice</p>	<p>10:00 ■ Games of Choice: Self Directed</p> <p>1:00 ■ Art Class (AR)</p> <p>3:00 Games Available (AR/L)</p> <p>6:00 ■ Poker Night (L)</p>
28	29	30	31				
<p>8:45 Shepherd of the Desert Church Bus Pickup at Front Office†</p> <p>10:00 Virtual Service †</p> <p>1:00 ART CLASS (AR)</p> <p>2:30 Art Class (AR)</p> <p>2:30 Church service (DR)</p> <p>6:00 Resident Choice</p>	<p>9:00 ■ Shopping at Safeway-sign up with Denise</p> <p>10:00 ■ Games of Choice (AR)</p> <p>1:00 ■ Crafts (AR)</p> <p>2:30 ■ Pamper Me! (Nails & Lotions) (AR)✋</p> <p>6:00 ■ Games Available (AR/L)</p>	<p>9:30 ■ Wii Bowling (AR)⇄</p> <p>11:00 News Stories (AR)</p> <p>1:00 ■ Bingo (AR)</p> <p>2:30 ■ Choir Meeting (AR)</p> <p>3:00 ■ Water Roll! (AR)</p> <p>6:00 ■ Poker (L)</p>	<p>9:00 Balloon Volleyball (AR)</p> <p>10:00 Games of choice (AR)</p> <p>1:00 Double Bingo</p> <p>2:30 ■ Bean Bag Baseball (AR)</p> <p>6:00 Bible Study (AR)</p>				



Exploring Space

Since the space program began, the U.S. has launched hundreds of spacecraft, ranging from satellites circling the Earth to probes surveying the other planets. Your mission: Explore some of these machines and their journeys into space.

<u>Year</u>	<u>Spacecraft</u>	<u>Mission</u>
1962	Mariner 2	Gather data about Venus.
1972	Pioneer 10	Observe Jupiter and deep space.
1977	Voyager 1 & 2	Explore Jupiter, Saturn, Uranus and Neptune.
1989	Galileo	Study Jupiter and its moons.
1990	Hubble Telescope	Orbit Earth and provide images of space.
2003	Spirit & Opportunity Rovers	Land on Mars and explore its terrain.
2006	New Horizons	Learn about Pluto and the outer solar system.
2020	Perseverance Rover	Search for signs of ancient life on Mars.

"This Month In History"

JULY

1903: Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.

1914: A dance craze begins after the fox trot is performed at a club in New York City.

1926: Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.

1937: Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.

1946: The bikini swimsuit debuts at a fashion show in Paris.

1958: President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.

1960: Harper Lee's "To Kill a Mockingbird" is published and quickly becomes a bestseller. The novel was awarded the Pulitzer Prize a year later.

1988: Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women's 100-meter. Her record of 10.49 seconds still stands today.

2002: Major League Baseball's All-Star Game ends in a 7–7 tie after 11 innings because both teams run out of pitchers.

2018: In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.