



Ventana Winds

Retirement Community

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ASSISTED LIVING NEWSLETTER

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Joanna Saenz	Wellness Coordinator
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Misty Davis	Transportation
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Self-Care Corner: It's OK To Say 'No'

It's impossible to do everything or be everywhere—and even if we could, we shouldn't! Rest is important for both mental and physical health. Remember that it's OK to say "no" to things that you don't have the time or energy to handle. Furthermore, "no" is a complete sentence. You do not need to give a reason for declining an invitation or request; just be polite.

Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest "thank you" can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.

January 2024



Warm Up With Ginger Tea

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.

Celebrating MLK Jr. Day

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.

Walk and Talk

Walking is a convenient, low-intensity workout that can improve or maintain your overall health. Follow the talk test to gauge how hard you're working. If you can comfortably talk while walking, then you are successfully completing a moderate workout. But if you're able to sing, then you should up your pace.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>All Events Are Subject to Change</div>	<div>New Year's Day 1</div> <div>10:00 Game Marathon (AR)</div> <div>1:00 Movie (AR)</div>	<div>2</div> <div>10:00 Wii Bowling (AR)</div> <div>1:00 Bingo (AR)</div> <div>2:30 Bingo Bucks Store</div> <div>6:00 Poker (AR)</div>	<div>3</div> <div>9:00 Fry's Senior Discount Day: Sign Up with Denise</div> <div>10:30 Uno OR Farkle</div> <div>1:00 Double Bingo (AR)</div> <div>2:30 Science Class</div> <div>6:00 Bible Study (AR)</div>	<div>4</div> <div>10:00 Blank Slate Game (AR)</div> <div>1:00 Seated Tai Chi w/Jack (PD)</div> <div>2:30 Active Games (DR)</div>	<div>5</div> <div>9:00 Dollar Tree Trip: Sign Up with Denise</div> <div>10:00 Exercise (YouTube)</div> <div>1:00 Bingo (AR)</div> <div>2:30 Birthday Party (DR)</div>	<div>6</div> <div>10:00 Games of Choice: Self Directed</div> <div>1:00 Movie (AR)</div> <div>3:00 Art Class (AR)</div> <div>6:00 Poker Night (L)</div>
<div>7</div> <div>8:45 Shepherd of the Desert Church Bus Pickup at Front Office</div> <div>10:00 Virtual Service</div> <div>1:00 ART CLASS (AR)</div> <div>2:30 ART CLASS (AR)</div>	<div>8</div> <div>9:00 Trip to Walmart: Sign Up with Denise</div> <div>1:00 Crafts (AR)</div> <div>2:30 Manicure Monday (AR)</div>	<div>9</div> <div>10:00 Wii Bowling (AR)</div> <div>1:00 Bingo (AR)</div> <div>2:30 Word Games (AR)</div> <div>6:00 Poker (AR)</div>	<div>10</div> <div>10:30 Uno OR Farkle</div> <div>1:00 Double Bingo (AR)</div> <div>2:30 Science Class</div> <div>6:00 Bible Study (AR)</div>	<div>11</div> <div>10:00 Blank Slate Game (AR)</div> <div>1:00 Seated Tai Chi w/Jack (PD)</div> <div>3:00 Resident Council Meeting (AR)</div>	<div>12</div> <div>9:00 Shopping at Goodwill: Sign Up with Denise</div> <div>10:00 Exercise (YouTube)</div> <div>1:00 Bingo (AR)</div> <div>2:30 Horse Races (DR)</div>	<div>13</div> <div>10:00 Games of Choice: Self Directed</div> <div>1:00 Movie (AR)</div> <div>1:00 Who I Am (L)</div> <div>3:00 Art Class (AR)</div> <div>6:00 Poker Night (L)</div>
<div>14</div> <div>8:45 Shepherd of the Desert Church Bus Pickup at Front Office</div> <div>10:00 Virtual Service</div> <div>2:30 Abiding Peace Church Service (DR)</div>	<div>15</div> <div>9:00 FRY'S Shopping: Sign Up with Denise</div> <div>1:00 Crafts (AR)</div> <div>2:30 Manicure Monday (AR)</div>	<div>16</div> <div>10:00 Wii Bowling (AR)</div> <div>1:00 Bingo (AR)</div> <div>2:30 Word Games (AR)</div> <div>6:00 Poker (AR)</div>	<div>17</div> <div>9:00 Trip to Casino: Sign Up with Denise</div> <div>10:30 Uno OR Farkle</div> <div>1:00 Double Bingo (AR)</div> <div>2:30 Science Class</div> <div>6:00 Bible Study (AR)</div>	<div>18</div> <div>10:30 Town Hall Meeting - Staff Invited (DR)</div> <div>1:00 Seated Tai Chi w/Jack (PD)</div> <div>2:30 Music with Julius (DR)</div>	<div>19</div> <div>9:00 Dollar Tree: Sign Up with Denise</div> <div>10:00 Exercise (YouTube)</div> <div>1:00 Bingo (AR)</div> <div>2:30 Music with Tom (DR)</div>	<div>20</div> <div>10:00 Games of Choice: Self Directed</div> <div>1:00 Movie (AR)</div> <div>3:00 Art Class (AR)</div> <div>6:00 Poker Night (L)</div>
<div>21</div> <div>8:45 Shepherd of the Desert Church Bus Pickup at Front Office</div> <div>10:00 Virtual Service</div> <div>1:00 ART CLASS (AR)</div> <div>2:30 ART CLASS (AR)</div>	<div>22</div> <div>9:00 Trip to Walmart: Sign Up with Denise</div> <div>1:00 Crafts (AR)</div> <div>2:30 Manicure Monday (AR)</div>	<div>23</div> <div>10:00 Wii Bowling (AR)</div> <div>1:00 Bingo (AR)</div> <div>2:30 Word Games (AR)</div> <div>6:00 Poker (AR)</div>	<div>24</div> <div>10:30 Uno OR Farkle</div> <div>1:00 Double Bingo (AR)</div> <div>2:30 Music with Ronny Lee (DR)</div> <div>2:30 Science Class</div> <div>6:00 Bible Study (AR)</div>	<div>25</div> <div>10:00 Blank Slate Game (AR)</div> <div>1:00 Seated Tai Chi w/Jack (PD)</div> <div>2:30 Active Games (DR)</div>	<div>26</div> <div>9:00 Shopping at Goodwill: Sign Up with Denise</div> <div>10:00 Exercise (YouTube)</div> <div>1:00 Bingo (AR)</div> <div>2:30 Music with Tom (DR)</div>	<div>27</div> <div>10:00 Games of Choice: Self Directed</div> <div>1:00 Movie (AR)</div> <div>3:00 Art Class (AR)</div> <div>6:00 Poker Night (L)</div>
<div>28</div> <div>8:45 Shepherd of the Desert Church Bus Pickup at Front Office</div> <div>10:00 Virtual Service</div> <div>2:30 Abiding Peace Church Service (DR)</div>	<div>29</div> <div>9:00 FRY'S Shopping: Sign Up with Denise</div> <div>1:00 Crafts (AR)</div> <div>2:30 Manicure Monday (AR)</div>	<div>30</div> <div>10:00 Wii Bowling (AR)</div> <div>1:00 Bingo (AR)</div> <div>2:30 Word Games (AR)</div> <div>6:00 Poker (AR)</div>	<div>31</div> <div>10:30 Uno OR Farkle</div> <div>1:00 Double Bingo (AR)</div> <div>2:30 Science Class</div> <div>6:00 Bible Study (AR)</div>	<div>REMEMBER HIS DREAM MILK JR. DAY</div>	<div></div>	<div>WE WISH ALL JANUARY BIRTHDAY CELEBRANTS A VERY SPECIAL BIRTHDAY AND NEW YEAR OF LIFE!</div>



"This Month In History"

JANUARY

1906: "M'm! M'm! Good!" Campbell Soup Company registers a trademark for the red and white label design of its canned soups.

1927: Outside Chicago, the Harlem Globetrotters exhibition basketball team plays its first game.

1949: Honoring the new medium of television, the first Emmy Awards are presented at a ceremony in Hollywood.

1959: The jet age takes off as American Airlines begins the first cross-country jet service. Passengers could fly between Los Angeles and New York City in about five hours.

1961: John F. Kennedy becomes the first U.S. president to hold a live televised news conference.

1977: When a cold front barrels across Florida, snow falls for the first—and only—time in the city of Miami.

1980: American Mary Decker becomes the first woman to run a mile in under 4.5 minutes.

1991: The Persian Gulf War begins when the U.S. launches Operation Desert Storm.

2002: Twelve countries in the European Union officially change their currencies to the new euro.

2010: At 2,717 feet, the Burj Khalifa skyscraper in Dubai, United Arab Emirates, opens as the world's tallest building.

2019: Missy Elliott makes music history as the first female rapper inducted into the Songwriters Hall of Fame.