



Ventana Winds

Retirement Community

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MEMORY CARE NEWSLETTER

A Name To Remember

Need to name a group chat or club? Use these tips to come up with the best, most clever title.

(1) Make your name personal. Do you share a common interest? (2) Associate your name with an image, like an animal you all love.

(3) Incorporate location—state, city, workplace, etc.—into the name. (4) Include music lyrics or titles. (5) Add a fun adjective.

'Who Loves Ya, Baby?'

Enjoy a lollipop on Jan. 21 in honor of Telly Savalas, who was born on that day in 1922. Best known for his award-winning role as a streetwise detective with a sweet tooth on the '70s series "Kojack," Savalas also starred in films such as "The Dirty Dozen" and "On Her Majesty's Secret Service."

Your Special Day

Everybody has a birthday, but have you ever celebrated your name day? A European tradition dating back to the Middle Ages, name days are dates set aside to celebrate a specific name—for example, the names Joshua, Henry, Rachel and Valerie are all celebrated in January. Find your day on various name day websites, then mark it on your calendar to celebrate! Name not on the list? Partner with a similar name or simply choose a date that's meaningful to you.

Sip Ginger Tea

Drinking ginger tea can warm you up on a chilly day, and nutrients in the spice have been shown to boost the immune system, helping to ward off cold and flu viruses.

January 2024

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.

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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>All Events Are Subject to Change</div>	Happy New Year! 2024! 9:00 Patriotic Moments-(MC) 9:30 Morning Stretch (P) 10:30 Animal Trivia (MC) 4:30 Music with Dinner	8:30 Surprise Bags (MC) 9:00 Sensational Motions (P) 10:00 Cardo Game (P) 1:00 Games (MC) 2:30 BIBLE STUDY with FARA 4:30 Music with Dinner	9:00 Patriotic Moments-(MC) 10:00 Nature Fun (P) 10:30 Movement to music (MC) 12:30 Reading Group (P) 1:00 Nature show (MC) 2:30 Life Skills (P)	9:00 Theme Bag (MC) 10:00 Nature Fun (P) 12:30 Bingo (P) 3:00 Surprise Bag (P) 4:30 Music with Dinner	8:30 Sensory/theme bags (MC) 9:00 Cardo Game (P) 10:00 Life Skills (MC) 12:30 Active Games (P) 1:30 Puzzles/trivia (MC) 2:30 Trivia Ball (P) 4:30 Music with Dinner	8:30 Patriotic Time (P) 9:30 Sing-Along (MC) 10:00 Coloring Activity (Both) 1:30 Movie & Popcorn (P) 1:30 Surprise Fun! (MC) 3:00 Reminiscing (MC) 4:00 Music with Dinner-(Both)
	10:00 Virtual Church (YouTube) -Both 12:30 Bingo (P) 1:30 Games of Choice (MC) 2:30 Movie (Both)	8:30 Surprise Bags (MC) 9:00 Sensational Motions (P) 10:00 Cardo Game (P) 1:00 Games (MC) 2:30 BIBLE STUDY with FARA 4:30 Music with Dinner	9:00 Patriotic Moments-(MC) 10:00 Nature Fun (P) 10:30 Movement to music (MC) 12:30 Reading Group (P) 1:00 Nature show (MC) 1:30 Art (MC) 2:30 Life Skills (P)	9:00 Theme Bag (MC) 10:00 Nature Fun (P) 12:30 Bingo (P) 2:00 Birthday party-Music with Tom-Lobby 4:30 Music with Dinner	8:30 Sensory/theme bags (MC) 9:00 Cardo Game (P) 10:00 Life Skills (MC) 12:30 Active Games (P) 1:30 Puzzles/trivia (MC) 2:30 Trivia Ball (P) 4:30 Music with Dinner	8:30 Patriotic Time (P) 9:30 Sing-Along (MC) 10:00 Coloring Activity (Both) 1:30 Movie & Popcorn (P) 1:30 Surprise Fun! (MC) 3:00 Reminiscing (MC) 4:00 Music with Dinner-(Both)
	10:00 Virtual Church (YouTube) -Both 12:30 Bingo (P) 1:30 Games of Choice (MC) 2:30 Movie (Both)	8:30 Surprise Bags (MC) 9:00 Sensational Motions (P) 10:00 Cardo Game (P) 1:00 Games (MC) 2:30 BIBLE STUDY with FARA 4:30 Music with Dinner	9:00 Patriotic Moments-(MC) 10:00 Nature Fun (P) 10:30 Movement to music (MC) 12:30 Reading Group (P) 1:00 Nature show (MC) 1:30 Arts & Crafts (MC) 2:30 Life Skills (P)	9:00 Theme Bag (MC) 10:00 Nature Fun (P) 12:30 Bingo (P) 1:00 Music with Julius (Lobby) 4:30 Music with Dinner	8:30 Sensory/theme bags (MC) 9:00 Cardo Game (P) 10:00 Life Skills (MC) 12:30 Active Games (P) 1:30 Puzzles/trivia (MC) 2:30 Trivia Ball (P) 4:30 Music with Dinner	8:30 Patriotic Time (P) 9:30 Sing-Along (MC) 10:00 Coloring Activity (Both) 1:30 Movie & Popcorn (P) 1:30 Surprise Fun! (MC) 3:00 Reminiscing (MC) 4:00 Music with Dinner-(Both)
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"This Month In History" JANUARY

1906: The sport of football is forever changed when a new game rule makes the forward pass a legal play.

1912: New Mexico joins the union as the 47th state.

1924: The first Winter Olympics are held in Chamonix, France.

1943: Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

1955: Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African American to perform a leading role with the company.

1968: Country music star Johnny Cash records a live album by playing two concerts at California's Folsom State Prison.

1972: U.S. President Richard M. Nixon orders the development of a "new type of space transportation system," the space shuttle program.

1986: The first national Martin Luther King Jr. holiday is observed.

1994: A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

2000: Celebrations worldwide mark the turn of the new millennium.

2011: Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

2015: At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.



"Approach the new year with resolve to find the opportunities hidden in each new day."

—Michael Josephson