



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	Assisted Living RCC
Lucy Mendoza	Memory Care RCC
Joanna Saenz	Wellness Coordinator
Charlotte Saben	Activities Director
Sergio Monzalvo	Dining Services Director
Sherry Walker	Housekeeping Supervisor
Eric Taylor	Maintenance Director
Nonda Robinson	Billing Specialist
Denise B.	Receptionist
Misty Davis	Transportation
Kim Dutton	Resident Liaison

Make Speckled Easter Eggs

Try this cool way to color Easter eggs. The best part? No mess!

Add 1 cup of uncooked rice to a zip-close sandwich bag. Add 7 to 10 drops of food coloring (one color) and stir with a spoon. Repeat in separate bags with any other colors you want to use.

Place a hard-boiled egg (shell on!) in one of the bags. Close the bag and gently shake until the egg is colored to your liking. Use tongs to remove the egg and place it somewhere safe to dry. Repeat with remaining eggs.



March 2024



Spare a Moment for Sparrows

Cheep along with our small, feathered friends on March 20 for World Sparrow Day!

MLB's Opening Day

For baseball fans, spring begins on Opening Day, the first game of the MLB season. This year, America's pastime will actually begin on foreign shores. As part of the MLB World Tour, the first regular-season games will take place on March 20 and 21 in Seoul, South Korea, between the Los Angeles Dodgers and San Diego Padres. All 30 major league teams will then play stateside on March 28.

A Better You

Taking care of yourself mentally can lower stress levels and risk of illness, leading to better physical health and increased energy. You are never done growing as a person, so do all you can to continue to learn, challenge yourself, prioritize your well-being and focus on the positive.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>All Events Are Subject to Change</div>	<div>HAPPY ST. PATRICK'S DAY</div>	<div>Spring is in the air</div>	<div>HAPPY Easter</div>	<div></div>	<div>1 9:00 Dollar Tree Trip: Sign Up with Denise 10:00 Exercise (YouTube) 1:00 Bingo (AR) 2:30 BIRTHDAY PARTY with Tom (DR) 3:30 Yappy hour (courtyard) 6:00 Resident Choice</div>	<div>2 10:00 Games of Choice: Self Directed 10:00 Walking Group (meet in courtyard) 3:00 Art Class (AR) 6:00 Poker Night (L)</div>
<div>3 8:45 Shepherd of the Desert Church Bus Pickup at Front Office 10:00 Virtual Service 1:00 ART CLASS (AR) 2:30 ART CLASS (AR) 6:00 Resident Choice</div>	<div>4 9:00 Trip to Walmart sign up with Denise 1:00 Arts & Crafts (AR) 2:30 Manicure Monday (AR) 3:00 RCL Game (AR) 6:00 Games Available (AR/L)</div>	<div>5 9:00 News Briefs, Coffee, and goodies (AR) 10:00 Walking Group (meet in courtyard) 10:30 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Choir practice-(AR) 6:00 Poker (L)</div>	<div>6 9:00 Fry's Senior Discount Day: Sign Up with Denise 1:00 Double Bingo (AR) 2:30 Bean Bag Baseball or Corn Hole (DR) 6:00 Bible Study (AR)</div>	<div>7 9:00 Coffee & Chronicles (AR) 10:00 Walking Group (meet in courtyard) 1:00 Seated Tai Chi w/Jack (AR) 2:30 Horse Races (DR) 6:00 Games Available (AR/L)</div>	<div>8 9:00 Shopping at 99 cent store: Sign Up with Denise 10:00 Exercise (YouTube) 1:00 Bingo (AR) 2:30 Music with Ronny Lee (DR) 3:30 Yappy hour (courtyard) 6:00 Resident Choice</div>	<div>9 10:00 Games of Choice: Self Directed 10:00 Walking Group (meet in courtyard) 1:00 Who I Am (L) 3:00 Art Class (AR) 6:00 Poker Night (L)</div>
<div>10 8:45 Shepherd of the Desert Church Bus Pickup at Front Office 10:00 Virtual Service 2:30 Abiding Peace Church Service (DR) 6:00 Resident Choice</div>	<div>11 9:00 Out to Brunch-sign up with Denise 1:00 Healthy Heart Cooking group (AR) 2:30 Manicure Monday (AR) 3:00 RCL Game (AR) 6:00 Games Available (AR/L)</div>	<div>12 9:00 News Briefs, Coffee, and goodies (AR) 10:00 Walking Group (meet in courtyard) 10:30 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Choir practice-(AR) 6:00 Poker (L)</div>	<div>13 9:00 Trip to Casino- sign up with Denise 1:00 Double Bingo (AR) 2:30 Bean Bag Baseball or Corn Hole (DR) 6:00 Bible Study (AR)</div>	<div>14 9:00 Coffee & Chronicles (AR) 10:00 Walking Group (meet in courtyard) 1:00 Seated Tai Chi w/Jack (AR) 3:00 Resident Council Meeting (AR) 6:00 Games Available (AR/L)</div>	<div>15 9:00 Trader Joe's: Sign Up with Denise 10:00 Exercise (YouTube) 1:00 Bingo (AR) 2:15 St. Patrick's Day Celebration (DR) 3:30 Yappy hour (courtyard) 6:00 Resident Choice</div>	<div>16 10:00 Games of Choice: Self Directed 10:00 Walking Group (meet in courtyard) 3:00 Art Class (AR) 6:00 Poker Night (L)</div>
<div>17 8:45 Shepherd of the Desert Church Bus Pickup at Front Office 10:00 Virtual Service 1:00 ART CLASS (AR) 2:30 ART CLASS (AR) 6:00 Resident Choice</div>	<div>18 9:00 Trip to Fry's sign up with Denise 10:00 Games of Choice (AR) 1:00 CRAFTS (AR) 2:30 Manicure Monday (AR) 3:00 RCL Game (AR) 6:00 Games Available (AR/L)</div>	<div>19 9:00 News Briefs, Coffee, and goodies (AR) 10:00 Walking Group (meet in courtyard) 10:30 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Choir practice-(AR) 6:00 Poker (L)</div>	<div>20 9:00 Coffee, News & Goodies (AR) 10:00 Wii Sports (AR) 1:00 Double Bingo (AR) 2:30 Bean Bag Baseball or Corn Hole (DR) 6:00 Bible Study (AR)</div>	<div>21 10:00 Walking Group (meet in courtyard) 10:30 Games of Choice (AR) 1:00 Seated Tai Chi w/Jack (AR) 2:30 Town Hall (AR) 6:00 Games Available (AR/L)</div>	<div>22 9:00 Walmart-Sign up with Denise 10:00 Exercise (YouTube) 1:00 Bingo (AR) 3:30 Yappy hour (courtyard) 6:00 Resident Choice</div>	<div>23 10:00 Games of Choice: Self Directed 10:00 Walking Group (meet in courtyard) 10:30 Men's Outing -Lukes AF base Sign up with Denise 1:00 Cultural Program-Guest from Africa (AR) 3:00 Art Class (AR) 6:00 Poker Night (L)</div>
<div>24 Palm Sunday! 8:45 Shepherd of the Desert Church Bus Pickup at Front Office 10:00 Virtual Service 2:30 Abiding Peace Church Service (DR) 6:00 Resident Choice</div>	<div>25 9:00 Trip to Goodwill-Sign up with Denise 10:00 Games of Choice (AR) 1:00 Healthy Heart Cooking group (AR) 2:30 Manicure Monday (AR) 3:00 RCL Game (AR) 6:00 Games Available (AR/L)</div>	<div>26 9:00 News Briefs, Coffee, and goodies (AR) 10:00 Walking Group (meet in courtyard) 10:30 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Choir practice-(AR) 6:00 Poker (L)</div>	<div>27 9:00 Coffee & Chronicles (AR) 10:00 Wii Sports (AR) 1:00 Double Bingo (AR) 2:30 Bean Bag Baseball or Corn Hole (DR) 6:00 Bible Study (AR)</div>	<div>28 9:00 Coffee & Chronicles (AR) 10:00 Walking Group (meet in courtyard) 10:30 Games of Choice (AR) 1:00 Seated Tai Chi w/Jack (AR) 2:30 Horse Races (DR) 6:00 Games Available (AR/L)</div>	<div>29 Good Friday 9:00 Shopping at thrift stores-Sign up with Denise 10:00 Exercise (YouTube) 1:00 Bingo (AR) 2:30 Egg hunt (Courtyard) 3:30 Yappy hour (courtyard)</div>	<div>30 10:00 Games of Choice: Self Directed 10:00 Walking Group (meet in courtyard) 3:00 Art Class (AR) 6:00 Poker Night (L)</div>
<div>31 Easter Sunday! 8:45 Shepherd of the Desert Church Bus Pickup at Front Office 10:00 Virtual Service 6:00 Resident Choice</div>						

Fitness Trends

The quest to get and stay fit has taken on many forms over the decades, from Jack LaLanne's TV calisthenics to tracking fitness with technology. Exercise your memories of history's fitness fads.

Decade	Fitness Trends
1950s	Calisthenics, jumping jacks, hula hoops
1960s	5BX (Five Basic Exercises), vibrating belts, stretch classes
1970s	Jazzercise, body building, Nautilus machines
1980s	Aerobics, NordicTrack, workout videos
1990s	Tae Bo, ThighMaster, boot camps, step aerobics
2000s	Pilates, Zumba, Wii and Xbox fitness games, kickboxing
2010s	CrossFit, yoga, wearable fitness trackers

"Then & Now"

"This Month In History" MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army Airmen is activated for service in World War II.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It's still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.

2020: The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.