



Ventana Winds

Retirement Community

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MEMORY CARE NEWSLETTER

Bunny Basics

Rabbits can be found living in city parks, suburban yards and country meadows. These cute critters are often seen as a symbol of spring. As the weather warms and the grass turns green, hop on in to these fun facts about rabbits.

- Although baby rabbits are called bunnies, they are actually kits or kittens. A female rabbit is a doe and a male rabbit is a buck.
- Carrot-crunching rabbits are often shown in cartoons, but the herbivores mainly eat grass, weeds, clover and other plants.
- When rabbits are happy, they jump in the air, twist and kick, an athletic leap known as a binky.
- Strong hind legs give rabbits their speed and jumping ability. Eastern cottontails, the most common rabbit in North America, can run up to 18 mph.
- Like cats, rabbits groom themselves by licking their fur and paws. They also purr when they are content and relaxed.
- Some types of rabbits dig underground burrows called warrens; others make nests above ground under dense cover.
- A rabbit can see behind, above and to the sides without turning its head.
- Their long, sensitive ears can detect sounds up to 2 miles away. The large surface area of the ears releases body heat, helping the animals stay cool.
- The largest rabbit is the Flemish giant, a domesticated breed that weighs up to 20 pounds and grows 2.5 feet long.

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
		All Events Are Subject to Change			<div>1</div> <div>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</div>	<div>2</div> <div>8:30 Patriotic Time (P) 9:30 Sing-Along (MC) 10:00 Coloring Activity (Both) 1:30 Praise & Prayers (P) 2:00 Surprise Bags (MC) 3:00 Reminiscing (MC) 4:00 Music with Dinner (Both)</div>
<div>3</div> <div>10:00 Virtual Church- YouTube (Both) 12:30 Bingo (P) 1:30 Games of Choice (MC) 2:30 Movie (Both)</div>	<div>4</div> <div>9:00 Sing & Stretch (MC) 9:30 Morning Stretch (P) 10:00 Active Games (P) 10:30 Animal Trivia (MC) 12:30 Bingo (P) 2:00 Fun & Friendship (P) 4:30 Music with Dinner</div>	<div>5</div> <div>8:30 Catholic Communion (P) 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</div>	<div>6</div> <div>9:00 Greet the Day! (MC) 10:30 Movement to Music (MC) 1:00 Nature Fun (P) 2:30 Life Skills (MC) 3:30 Reading Group (P)</div>	<div>7</div> <div>9:00 Theme Bag (MC) 10:00 Educational Time (P) 12:30 Bingo (P) 3:00 Surprise Bag (MC) 4:30 Music with Dinner</div>	<div>8</div> <div>8:30 Sensory / Theme Bags (MC) 9:00 Cardo Game (P) 10:00 Life Skills (MC) 12:30 Active Games (P) 1:00 Music with Ronny Lee 2:30 Trivia Ball (P) 4:30 Music with Dinner</div>	<div>9</div> <div>8:30 Patriotic Time (P) 9:30 Sing-Along (MC) 10:00 Coloring Activity (Both) 1:30 Praise & Prayers (P) 2:00 Surprise Fun! (MC) 3:00 Reminiscing (MC) 4:00 Music with Dinner (Both)</div>
<div>10</div> <div>10:00 Virtual Church- YouTube (Both) 12:30 Bingo (P) 1:30 Games of Choice (MC) 2:30 Movie (Both)</div>	<div>11</div> <div>9:00 Sing & Stretch (MC) 9:30 Morning Stretch (P) 10:00 Active Games (P) 10:30 Animal Trivia (MC) 12:30 Bingo (P) 2:00 Fun & Friendship (P) 4:30 Music with Dinner</div>	<div>12</div> <div>8:30 Catholic Communion (P) 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</div>	<div>13</div> <div>9:00 Greet the Day! (MC) 10:30 Movement to Music (MC) 1:00 Nature Fun (P) 2:30 Life Skills (MC) 3:30 Reading Group (P)</div>	<div>14</div> <div>9:00 Theme Bag (MC) 10:00 Educational Time (P) 1:00 BIRTHDAY PARTY with Tom (Lobby) 3:00 Surprise Bag (MC) 4:30 Music with Dinner</div>	<div>15</div> <div>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</div>	<div>16</div> <div>8:30 Patriotic Time (P) 9:30 Sing-Along (MC) 10:00 Coloring Activity (Both) 2:00 St. Pat's Celebration (Lobby) 3:00 Reminiscing (MC) 4:00 Music with Dinner (Both)</div>
<div>17</div> <div>10:00 Virtual Church- YouTube (Both) 12:30 Bingo (P) 1:30 Games of Choice (MC) 2:30 Movie (Both)</div>	<div>18</div> <div>9:00 Sing & Stretch (MC) 9:30 Morning Stretch (P) 10:00 Active Games (P) 10:30 Animal Trivia (MC) 12:30 Bingo (P) 2:00 Fun & Friendship (P) 4:30 Music with Dinner</div>	<div>19</div> <div>8:30 Catholic Communion (P) 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</div>	<div>20</div> <div>9:00 Greet the Day! (MC) 10:30 Movement to Music (MC) 1:00 Nature Fun (P) 2:30 Life Skills (MC) 3:30 Reading Group (P)</div>	<div>21</div> <div>9:00 Theme Bag (MC) 10:00 Educational Time (P) 12:30 Bingo (P) 3:00 Surprise Bag (MC) 4:30 Music with Dinner</div>	<div>22</div> <div>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</div>	<div>23</div> <div>8:30 Patriotic Time (P) 9:30 Sing-Along (MC) 10:00 Coloring Activity (Both) 1:30 Praise & Prayers (P) 3:00 Reminiscing (MC) 4:00 Music with Dinner (Both)</div>
<div>24</div> <div>10:00 Virtual Church- YouTube (Both) 12:30 Bingo (P) 1:30 Games of Choice (MC) 2:30 Movie (Both)</div>	<div>25</div> <div>9:00 Sing & Stretch (MC) 9:30 Morning Stretch (P) 10:00 Active Games (P) 10:30 Animal Trivia (MC) 12:30 Bingo (P) 2:00 Fun & Friendship (P) 4:30 Music with Dinner</div>	<div>26</div> <div>8:30 Catholic Communion (P) 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</div>	<div>27</div> <div>9:00 Greet the Day! (MC) 10:30 Movement to Music (MC) 1:00 Nature Fun (P) 2:30 Life Skills (MC) 3:30 Reading Group (P)</div>	<div>28</div> <div>9:00 Theme Bag (MC) 10:00 Educational Time (P) 12:30 Bingo (P) 3:00 Surprise Bag (MC) 4:30 Music with Dinner</div>	<div>29</div> <div>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</div>	<div>30</div> <div>8:30 Patriotic Time (P) 9:30 Sing-Along (MC) 10:00 Coloring Activity (Both) 1:30 Praise & Prayers (P) 3:00 Reminiscing (MC) 4:00 Music with Dinner (Both)</div>
<div>31</div> <div>10:00 Virtual Church- YouTube (Both) 12:30 Bingo (P) 1:30 Games of Choice (MC) 2:30 Movie (Both)</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

"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.