



Vista Winds

Retirement Community

28783 N Vistancia Blvd • Peoria, AZ 85383 • Phone: (623) 253-6690

Staff Directory

Donna Zawodniak Executive Director
 Joseph Hayes Marketing Director
 Sharon Zigan Nursing Director
 Mary Hayes Activities Director
 Kenny Thompson Chef

Dining Room Hours

Breakfast 7:30AM-9:30AM
 Lunch 11:30AM-2:30PM
 Dinner 3:30PM-6:30PM

August Birthdays!

Residents:
 Dick Allen 8/6
 Dee Koehler 8/23
 Employees:
 Michelle 8/20
 Diana C. 8/21
 Susana 8/23
 Mario 8/29



August 2022







Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

Lightweight Lit

What makes a book a “beach read”? Historically, this term referred to popular books released during the summer that captured a wide audience, similar to blockbuster movies. Now the idea of a beach read has evolved to mean literature that’s generally easy to consume, whether it’s a page-turning thriller, a joyful romance or a juicy drama. Publishers say readers are drawn to these types of books because they match the carefree mood of the season.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|---|---|
|  | 1 9:00 FR Safeway Shopping Trip 10:00 AR Bingo 1:00 AR Relaxing Art 3:00 S1 Puzzles | 2 9:30 LY Walking Club 10:15 AR Kings in the Corner 1:00 T Movie 3:00 AR Prayer Group | 3 9:00 S1 Puzzles 10:00 AR Bingo 1:00 AR Relaxing Art 2:30 AR Uno | 4 9:00 S1 Puzzles 10:00 AR Chair Exercise 2:30 AR Pinochle 5:45 T Movie | 5 9:00 AR Coffee Chat 10:00 AR Mexican Train 1:00 AR Bible Verse Group with Sue 2:30 AR Hand & Foot 3:00 S1 Puzzles 6:00 T Friday Movie Night! | 6 Happy Birthday Dick! 10:00 AR Phase 10 1:00 AR Relaxing Art 1:30 T Movie Marathon 2:00 S1 Puzzles 5:45 Movie Marathon |
| 7 10:00 AR Bingo 1:30 T Movie Marathon 2:00 AR Card Games 2:30 CY Let's kick it in the courtyard 5:45 Movie Marathon | 8 9:00 AR Bowling 9:00 FR Safeway Shopping Trip 10:00 AR Bingo 2:00 AR Happy Hour 3:00 S1 Puzzles | 9 9:30 LY Walking Club 10:00 DR Earl Moore Entertainment 1:00 AR Chair Exercise 3:00 AR Prayer Group | 10 9:00 S1 Puzzles 10:00 AR Bingo 1:00 AR Relaxing Art 2:30 AR Hand & Foot 6:00 T The Choice Bible Study Group W/ Misty | 11 9:00 AR Uno 10:00 AR Chair Exercise 10:30 AR Resident Council Meeting 1:00 AR Paint With Mary 2:30 AR Pinochle | 12 9:00 AR Coffee Chat 10:00 AR Mexican Train 1:00 AR Bible Verse Group with Sue 1:00 S2 Manicures 2:30 AR Hand & Foot 3:00 S1 Puzzles 6:00 T Friday Movie Night! | 13 10:00 AR Phase 10 1:00 AR Relaxing Art 1:30 T Movie Marathon 2:00 S1 Puzzles 5:45 Movie Marathon |
| 14 10:00 AR Bingo 1:30 T Movie Marathon 2:00 AR Card Games 2:30 CY Let's kick it in the courtyard 5:45 Movie Marathon | 15 9:00 AR Bowling 9:00 FR Safeway Shopping Trip 10:00 AR Bingo 2:00 AR Root Beer Float Social 3:00 S1 Puzzles | 16 9:30 LY Walking Club 10:15 AR Kings in the Corner 1:00 AR Chair Exercise 3:00 AR Prayer Group | 17 9:00 S1 Puzzles 10:00 AR Bingo 1:00 AR Make a S'more Casserole w/ Mary 2:30 AR Hand & Foot 6:00 T The Choice Bible Study Group W/ Misty | 18 9:00 AR Uno 10:00 AR Chair Exercise 1:00 AR Arts & Crafts 2:30 AR Pinochle | 19 9:00 AR Coffee Chat 10:00 AR Mexican Train 1:00 AR Bible Verse Group with Sue 2:30 AR Hand & Foot 3:00 S1 Puzzles 6:00 T Friday Movie Night! | 20 10:00 AR Phase 10 1:00 AR Relaxing Art 1:30 T Movie Marathon 2:00 S1 Puzzles 5:45 Movie Marathon |
| 21 10:00 AR Bingo 1:30 T Movie Marathon 2:00 AR Card Games 2:30 CY Let's kick it in the courtyard 5:45 Movie Marathon | 22 9:00 AR Bowling 9:00 FR Safeway Shopping Trip 10:00 AR Bingo 2:00 AR Happy Hour 3:00 S1 Puzzles | 23 Happy Birthday Dee! 9:30 LY Walking Club 10:15 AR Kings in the Corner 1:00 AR Chair Exercise 3:00 AR Prayer Group | 24 9:00 S1 Puzzles 10:00 AR Bingo 1:00 AR Relaxing Art 2:30 AR Hand & Foot 6:00 T The Choice Bible Study Group W/ Misty | 25 9:00 AR Uno 10:00 AR Chair Exercise 1:00 AR Baking w/ Mary 2:30 AR Pinochle | 26 9:00 AR Coffee Chat 10:00 AR Mexican Train 1:00 AR Bible Verse Group with Sue 1:00 S2 Manicures 2:30 AR Hand & Foot 3:00 S1 Puzzles 6:00 T Friday Movie Night! | 27 10:00 AR Phase 10 1:00 AR Relaxing Art 1:30 T Movie Marathon 2:00 S1 Puzzles 5:45 Movie Marathon |
| 28 10:00 AR Bingo 1:30 T Movie Marathon 2:00 AR Card Games 2:30 CY Let's kick it in the courtyard 5:45 Movie Marathon | 29 9:00 AR Bowling 9:00 FR Safeway Shopping Trip 10:00 AR Bingo 2:00 AR Ice Cream Sandwich Social 3:00 S1 Puzzles | 30 9:30 LY Walking Club 10:15 AR Kings in the Corner 1:00 AR Chair Exercise 3:00 AR Prayer Group | 31 9:00 S1 Puzzles 10:00 AR Bingo 1:00 AR Let's Make Homemade Lemonade! 2:30 AR Hand & Foot 6:00 T The Choice Bible Study Group W/ Misty |  |  |  |



Summer Blockbusters

Ever since "Jaws" splashed onto the big screen in 1975, summer blockbusters have become a Hollywood tradition. Rewind through the decades' megahit movies.

Decade Blockbuster Movies

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| 1970s | "Jaws," "Star Wars," "Grease" |
| 1980s | "Raiders of the Lost Ark," "E.T. The Extra-Terrestrial," "Ghostbusters," "Back to the Future," "Top Gun," "Batman" |
| 1990s | "Ghost," "Jurassic Park," "The Lion King," "Independence Day," "Armageddon," "Men in Black" |
| 2000s | "Mission: Impossible 2," "Shrek," "Spider-Man," "Finding Nemo," "Pirates of the Caribbean: Dead Man's Chest" |
| 2010s | "Toy Story 3," "Harry Potter and the Deathly Hallows: Part 2," "The Avengers," "Guardians of the Galaxy," "Wonder Woman," "Incredibles 2" |

Word Search

Category: Words Meaning DUMB or SMART

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| 10. Idiotic | 19. Foolish | 18. Shrewd | 17. Sharp | 16. Sensible | 15. Scholarly | 14. Sagacious | 13. Oafish | 12. Intelligent | 11. Inane |
| 9. Foolish | 8. Empty-headed | 7. Dopey | 6. Dense | 5. Clever | 4. Bright | 3. Brainy | 2. Astute | 1. Asinine | 10. Wise |

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