



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
 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



September Birthdays!

9/2 Lucille Becvar
 9/18 Corinne Titerude
 9/21 Marie Davis
 9/21 Joan Scott
 9/24 Richard Akerman
 9/25 Carol Weber

Game Day!

On September 6th, we will be having our first game day here at Vista Winds. You don't want to miss out: the day will be filled with card games, board games, and surprises. Come join us and have some fun.



September 2022



A World of Words

Imagine studying a vocabulary list that's 1,000 words long. That's about how many words are added to the Merriam-Webster Dictionary every year. As language evolves, yielding new words and definitions of existing terms, experts study trends and usage so dictionaries can keep up with the times. If the Oxford English Dictionary is your go-to reference, study hard—they update every quarter, adding an average of 4,000 words a year.

Bite Into Better Immunity

There may be some truth in the saying that an apple a day keeps the doctor away. The fruit's high levels of antioxidants and soluble fiber have been shown to help boost the immune system and fight certain diseases.

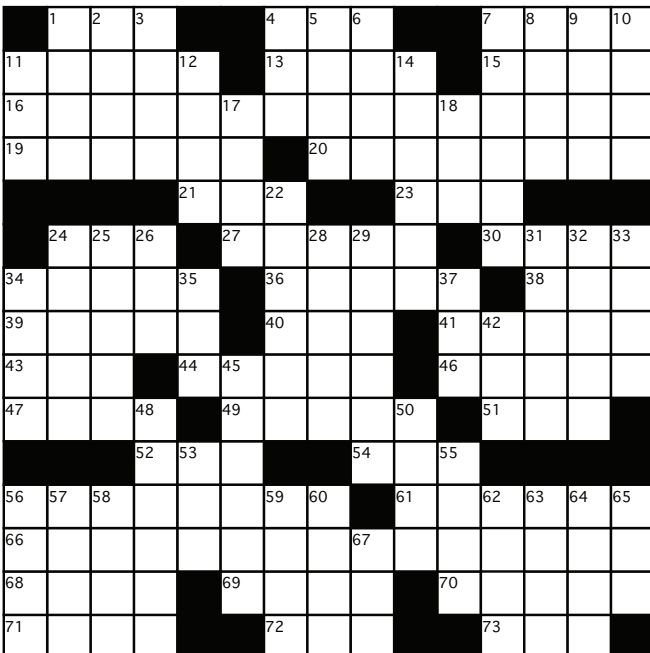
The Air Force at 75

The U.S. Air Force turns 75 on Sept. 18, celebrating a long legacy of defending America's skies. In recognition of this milestone, the Air Force has declared their 2022 theme as "Innovate, Accelerate, Thrive ... the Air Force at 75."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:00 AR Uno 10:00 AR Chair Exercise 1:00 PR Paint W/ Mary 2:30 AR Pinochle 2:30 S2 Poker	1 Happy 99th Birthday Lucille! 2 9:00 AR Coffee Chat 10:00 AR Mexican Train 1:00 AR Kenneth Levine Entertainment 3:00 S1 Puzzles 6:00 T Friday Movie Night!	3 10:00 AR Mexican Train w/ Trilogy 1:00 AR Relaxing Art 1:30 T Movie Marathon 2:00 S1 Puzzles 5:45 T Movie Marathon
4 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 T Movie Marathon	5 Labor Day 9:00 AR Wii Bowling 10:00 AR Uno 1:00 AR Relaxing Art 3:00 S1 Puzzles	6 Game Day! 10:00 AR Card Games 1:00 AR Board Games 2:00 AR Giant Games 3:00 AR Prayer Group	7 9:00 Fry's Shopping Trip 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	8 9:00 AR Uno 10:00 AR Chair Exercise 10:30 AR Resident Council Meeting 1:00 AR Arts & Crafts 2:30 AR Pinochle	9 9:00 AR Coffee Chat 10:00 AR Mexican Train 1:00 AR Inspirational Words W/ Sue 1:00 S2 Manicures 2:30 AR Hand & Foot 3:00 S1 Puzzles 6:00 T Friday Movie Night!	10 10:00 AR Mexican Train w/ Trilogy 1:00 AR Relaxing Art 1:30 T Movie Marathon 2:00 S1 Puzzles 5:45 T Movie Marathon
11 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 T Movie Marathon	12 9:00 FR Safeway Shopping Trip 9:00 AR Wii Bowling 10:00 AR Bingo 2:00 AR Peter Davis Entertainment 3:00 S1 Puzzles	13 9:30 LY Walking w/ Mary 10:15 AR Kings in the Corner 1:00 AR Chair Exercise 3:00 AR Prayer Group	14 9:00 S1 Puzzles 10:00 AR Bingo 1:00 AR Baking w/ Mary 2:30 AR Hand & Foot 6:00 T The Choice Bible Study Group W/ Misty	15 9:00 AR Uno 10:00 AR Chair Exercise 1:00 PR Paint w/ Mary 2:30 AR Pinochle	16 9:00 AR Coffee Chat 10:00 AR Mexican Train 1:00 AR Inspirational Words W/ Sue 2:30 AR Hand & Foot 3:00 S1 Puzzles 6:00 T Friday Movie Night!	17 10:00 AR Mexican Train w/ Trilogy 1:00 AR Relaxing Art 1:30 T Movie Marathon 2:00 S1 Puzzles 5:45 T Movie Marathon
18 Happy 106th Birthday Corinne! 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 T Movie Marathon	19 9:00 FR Fry's Shopping Trip 9:00 AR Wii Bowling 10:00 AR Bingo 2:00 AR Ice Cream Social 3:00 S1 Puzzles	20 9:30 LY Walking w/ Mary 10:15 AR Kings in the Corner 1:00 AR Chair Exercise 3:00 AR Prayer Group	21 Happy 90th Birthday Joan! 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	22 First Day of Autumn! 9:00 AR Uno 10:00 AR Chair Exercise 1:00 AR Arts & Crafts 2:30 AR Pinochle	23 9:00 AR Coffee Chat 10:00 AR Mexican Train 1:00 AR Inspirational Words W/ Sue 1:00 S2 Manicures 2:30 AR Hand & Foot 3:00 S1 Puzzles 6:00 T Friday Movie Night!	24 10:00 AR Mexican Train w/ Trilogy 1:00 AR Relaxing Art 1:30 T Movie Marathon 2:00 S1 Puzzles 5:45 T Movie Marathon
25 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 T Movie Marathon	26 9:00 FR Safeway Shopping Trip 9:00 AR Wii Bowling 10:00 AR Bingo 2:00 AR Happy Hour 3:00 S1 Puzzles	27 9:30 LY Walking w/ Mary 10:15 AR Kings in the Corner 1:00 AR Chair Exercise 3:00 AR Prayer Group	28 9:00 S1 Puzzles 10:00 AR Bingo 1:00 AR Baking w/ Mary 2:30 AR Hand & Foot 6:00 T The Choice Bible Study Group W/ Misty	29 9:00 AR Uno 10:00 AR Chair Exercise 1:00 PR Paint w/ Mary 2:30 AR Pinochle	30 9:00 AR Coffee Chat 10:00 AR Mexican Train 1:00 AR Inspirational Words W/ Sue 2:30 AR Hand & Foot 3:00 S1 Puzzles 6:00 T Friday Movie Night!	



Crossword Puzzle



ACROSS

1. "___ to Billy Joe"
4. Fitting
7. At one's ___ end
11. Jagged
13. Isle of Man resident
15. Miner's entrance
16. Baseball player
19. Like eyes, first thing in the morning
20. Gives a privilege
21. Last queen of Spain
23. Common contraction
24. Grocery holder
27. ___ acid
30. Freeway entrance
34. Beer's cousin
36. Persian
38. By way of
39. Sports building
40. Dip lightly in water
41. Assume a humble posture
43. Otto ___ Bismarck
44. Starchy food
46. Works for
47. Colony residents
49. Engraved pillar
51. Half-qt.
52. "He's got the whole world in ___."
54. Mme. or Sra.
56. Dressing up, fussily
61. Refueling ships

66. Basketball player
68. Bradley or Khayyam
69. Secure
70. Fortuneteller's concerns
71. Plato's Ts
72. Dieter's concerns: abbr.
73. Ending for Vietnam

DOWN

1. Voiced
2. Ford's running mate
3. "¿Cómo ___ Ud.?"
4. In the past
5. Apple pie recipe verb
6. Prom-goer
7. One who is tipped
8. False deity
9. Floor square
10. Thérèse of Lisieux and others: abbr.
11. Go back
12. Ireland, to the Irish
14. Hand cream
17. Tropical bird
18. Danube or Nile: abbr.
22. In the center of
24. British peer
25. Representative
26. Adam's book: abbr.
28. Hot under the collar
29. Bomb ingredient
31. Keep from happening
32. Manners

33. Abbott and Costello or Bert and Ernie
34. Volcanic substance
35. Talk informally
37. Presidential nickname
42. Rest
45. Give out a task
48. Dressmaker's need
50. Love deity
53. Traveler's spot
55. Outbuilding
56. Piece of land
57. "Arrivederci, ___"
58. Biblical twin
59. Actor ___ McDonough
60. Spoken in a smooth, offhand manner
62. Like a poor excuse
63. ___ out a living; gets by
64. Frenchman's name
65. Yrbk. section
67. 1997 U. S. Open winner

