



Vista Winds

Retirement Community

28775 N Vistancia Blvd • Peoria, AZ 85383 • (623) 253-6680

In Service to the Nation

November brings Veterans Day, when we honor those who have served in the nation's military. Take a moment to reflect on your experiences.

- Did you serve in the armed forces? If so, in which branch? How long was your service? In what places were you stationed? Where else did you travel to as a member of the military?
- What ranks did you hold, and what duties did you perform?
- Who was the most memorable person you met while serving?
- Of your time in the military, what is the most lasting memory you have?
- If you didn't serve, were you close to someone who did—a family member, spouse, child or friend? How did you feel about them being in the service?
- What do you remember about the times when the nation was at war?
- Describe the ways that war changed your life or the lives of others you know.
- From your military service or wartime experiences, what would you most want future generations to know?
- Have you visited any war or military memorials?
- How do you show support to veterans and honor Veterans Day?

Courage Makes a Hero

"Being a hero doesn't mean you're invincible. It just means that you're brave enough to stand up and do what's needed." —Rick Riordan

November 2022

Thanksgiving by the Numbers

The first Thanksgiving festivities took place over three days in the autumn of 1621 and included 50 Pilgrims and 90 members of the Wampanoag tribe. Here are some more holiday facts to share over your feast.

- About 95% of American households say they celebrate Thanksgiving.
- A majority of those people spend the day with family. "Friendsgiving," which is sharing a Thanksgiving meal with friends, is also popular.
- The American Automobile Association predicts an estimated 50 million people will travel at least 50 miles to reach their holiday destination.
- Nearly 90% of those celebrating Thanksgiving eat turkey, whether roasted or deep-fried, according to the National Turkey Federation. The average weight of a bird bought for the meal is 16 pounds.
- The Butterball Turkey Talk-Line answers more than 100,000 calls each November and December from people needing cooking advice.
- Three-quarters of those surveyed said they enjoyed Thanksgiving leftovers more than the actual meal.
- The first Macy's Thanksgiving Day Parade took place in New York City in 1924. Today, the parade attracts 3.5 million spectators along its 2.5-mile route, and another 50 million people watch it on television.
- The Detroit Lions and Dallas Cowboys host games every Thanksgiving—the Lions since 1934, and the Cowboys since 1966.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		Happy B-Day John (Susie on Vacation) 9:30 P Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 1:00 A3 Bingo w/ Nita 2:30 A3 Mahjong 4:00 L BYOB - Happy Hour	Susie Will Be on Vacation 9:30 F Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 11:00 A3 2023 Medicare Benefits / Pizza Party 12:00 A4 Wii Bowling 1:00 A3 Hand and Foot (Cards) 3:30 A3 Spite & Malice (Cards)	Susie Will Be on Vacation 9:30 P Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 1:00 A3 Bingo w/ Nita 2:30 A3 Spite & Malice (Cards) 3:30 A3 Poker	Susie Will Be on Vacation 9:30 F Chair Exercise 9:30 AL Holy Communion 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 12:00 A4 Wii Bowling 2:30 A3 Skip-Bo (Cards) 4:00 L Happy Hour	10:15 F Exercise with Don 10:30 A4 Adult Coloring 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 2:00 A4 Card Games 3:30 A4 Board Games
		10:30 A4 Adult Coloring 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 2:00 A4 Card Games 3:30 A4 Board Games	9:30 F Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 12:00 LB Shopping Trip - Wal-Mart 12:00 A4 Wii Bowling 2:00 A3 Bridge 6:30 M Spirit Song hosts The Chosen	9:30 P Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 11:30 A3 Pinochle (Cards) 1:00 A3 Bingo 2:30 A3 Mahjong 4:00 L BYOB - Happy Hour	9:30 F Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 12:00 A4 Wii Bowling 1:00 A3 Hand and Foot (Cards) 3:30 LB Dinner Outing to P.F. Chang's	9:30 P Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 1:00 A3 Bingo 2:30 A3 Spite & Malice (Cards) 3:30 A3 Poker
10:30 A4 Adult Coloring 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 2:00 A4 Card Games 3:30 A4 Board Games	9:30 F Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 12:00 LB Shopping Trip - Arrowhead Mall 12:00 A4 Wii Bowling 2:00 A3 Bridge 6:30 M Spirit Song hosts The Chosen	9:30 P Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 11:30 A3 Pinochle (Cards) 1:00 A3 Bingo 2:30 A3 Resident Council Meeting 4:00 L BYOB - Happy Hour	9:30 F Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 12:00 A4 Wii Bowling 1:00 A3 Hand and Foot (Cards) 2:00 A3 Watercolor painting with John Benfield 3:30 A3 Spite & Malice (Cards)	9:30 P Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 11:00 LB Lion's Club sells Sea's Candy 12:00 Arizona Museum of Natural History and Dinner Outing	Happy B-Day Beverly 9:30 F Chair Exercise 9:30 AL Holy Communion 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 12:00 A4 Wii Bowling 1:00 A3 Bridge 2:30 A3 Skip-Bo (Cards) 4:00 L Happy Hour	10:15 F Exercise with Don 10:30 A4 Adult Coloring 11:00 Car Show 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 2:00 A4 Card Games 3:30 A4 Board Games
10:30 A4 Adult Coloring 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 2:00 A4 Card Games 3:30 A4 Board Games	9:30 F Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 12:00 LB Shopping Trip - Dollar Tree 12:00 A4 Wii Bowling 2:00 A3 Bridge 6:30 M Spirit Song hosts The Chosen	9:30 P Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 11:30 A3 Pinochle (Cards) 1:00 A3 Bingo 2:30 A3 Mahjong 4:00 L BYOB - Happy Hour	9:30 F Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 12:00 A4 Wii Bowling 1:00 A3 Hand and Foot (Cards) 3:30 A3 Spite & Malice (Cards)		Happy B-Day Don 9:30 F Chair Exercise 9:30 AL Holy Communion 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 12:00 A4 Wii Bowling 1:00 A3 Bridge 2:30 A3 Skip-Bo (Cards) 4:00 L Happy Hour	10:15 F Exercise with Don 10:30 A4 Adult Coloring 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 2:00 A4 Card Games 3:30 A4 Board Games
10:30 A4 Adult Coloring 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 2:00 A4 Card Games 3:30 A4 Board Games	9:30 F Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 12:00 LB Shopping Trip - Target 12:00 A4 Wii Bowling 2:00 A3 Bridge 6:30 M Spirit Song hosts The Chosen	9:30 P Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 11:30 A3 Pinochle (Cards) 1:00 A3 Bingo 2:30 A3 Mahjong 4:00 L BYOB - Happy Hour	9:30 F Chair Exercise 10:00 A3 Kings in a Corner (Cards) 10:15 F Exercise with Don 11:30 Haymakers - Lunch Outing 12:00 A4 Wii Bowling 1:00 A3 Hand and Foot (Cards) 3:30 A3 Spite & Malice (Cards)	<p style="text-align: center;">All Events Are Subject to Change</p>		

Vista Winds Veterans

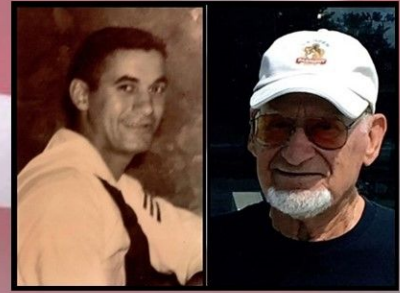
Thank you for your service



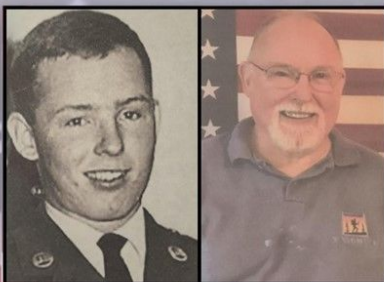
Supply Sergeant Lynn Neda served in the US Army during WWII and later in the National Guard 14 years



E6 Supply Corps Brenda Potthast served in the US Navy 20 years 6 months



Petty Officer Third Class Vince Pirone served in the US Navy 4 years



Airman First Class Don Burns served in the US Air Force 4 years



Staff Sergeant Clifford Sukow served in the US Air Force 4 years 6 months



Sergeant James Haggard served in the US Air Force 4 years



Commander George Wheeler served in the US Air Force 21 years