



# 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 Meek ..... Activities Director  
 Taryn Mcghie ..... Nurse  
 Kenny Thompson ..... Chef

### Dining Room Hours

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



### Resident Birthdays

03/02 Sue C.  
 03/12 Les K.

### Employee Birthdays

Flo L. 03/03  
 Elena L. 03/22  
 Mirek B. 03/24  
 Robinha S. 03/27

### Cruise Week

Set sail on a wonderful adventure from March 13th thru March 17th! We will be having a cruise week, which will consist of spirit week, fun crafts, along with food from all around the world.

## March 2023

### St. Paddy's Day Sidekicks

Two vegetables are the traditional side dishes for a plate of corned beef. After all, what would a St. Patrick's Day meal be without cabbage and potatoes?

Easy to grow and inexpensive, potatoes have a long history as a staple food around the world. The vegetable was introduced to Ireland by British explorer Sir Walter Raleigh in 1589, and it eventually became the country's main crop, which half of the population depended on to feed their families. But in the mid-1800s, much of the potato harvest was destroyed by a fungus for several years in a row, causing the Irish Potato Famine.

Cabbage was also an important crop in Ireland. The green, leafy vegetable grew well in the cool climate. Because it was nutrient-dense, many people lived on cabbage during the famine.

It was during this time that waves of Irish immigrants came to the U.S., and they brought their recipes from home. That includes a dish that combines both vegetables, colcannon, which is a mixture of mashed potatoes and chopped cabbage.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 <b>9:00</b> <span>LY</span> Fry's Shopping Trip                  9:00 <span>S1</span> Puzzles                  10:30 <span>AR</span> Bingo  <b>1:00</b> <span>AR</span> Balloon Volleyball                  2:30 <span>AR</span> Hand &amp; Foot</p>	<p>2 <b>Happy Birthday Sue!</b>                  9:00 <span>AR</span> Uno                  10:00 <span>AR</span> Chair Exercise  <b>1:00</b> <span>AR</span> Arts &amp; Crafts                  2:30 <span>AR</span> Pinochle                  2:30 <span>AR</span> Scrabble w/ Mary</p>	<p>3 9:00 <span>AR</span> Donuts and Coffee                  9:30 <span>T</span> Catholic Communion Service                  9:30 <span>AR</span> Mexican Train                  1:00 <span>S2</span> Baking w/ Mary                  2:30 <span>T</span> Movie Day  <b>2:30</b> <span>AR</span> Poker                  3:00 <span>S1</span> Puzzles</p>	<p>4 10:00 <span>AR</span> Mexican Train                  1:00 <span>AR</span> Relaxing Art                  1:30 <span>T</span> Movie Marathon                  2:00 <span>S1</span> Puzzles                  5:45 <span>T</span> Movie Marathon</p>
<p>5 10:00 <span>AR</span> Kings in a Corner                  1:30 <span>T</span> Movie Marathon                  2:00 <span>AR</span> Card Games                  2:30 <span>CY</span> Let's kick it in the courtyard                  5:45 <span>T</span> Movie Marathon</p>	<p>6 8:45 <span>AR</span> Wii Bowling                  9:00 <span>FR</span> Safeway Shopping Trip                  10:30 <span>AR</span> Bingo                  2:00 <span>AR</span> Happy Hour                  3:00 <span>S1</span> Puzzles</p>	<p>7 <b>9:00</b> <span>AR</span> Phase 10                  10:00 <span>AR</span> Kings in the Corner                  1:00 <span>AR</span> Relaxing Art  <b>3:00</b> <span>DR</span> Tim Hern Entertainment</p>	<p>8 9:00 <span>S1</span> Puzzles                  10:30 <span>AR</span> Bingo  <b>1:00</b> <span>AR</span> Balloon Volleyball                  2:30 <span>AR</span> Hand &amp; Foot</p>	<p>9 9:00 <span>AR</span> Uno                  10:00 <span>AR</span> Chair Exercise  <b>1:00</b> <span>AR</span> Arts &amp; Crafts                  2:30 <span>AR</span> Pinochle                  2:30 <span>AR</span> Scrabble w/ Mary</p>	<p>10 9:00 <span>AR</span> Donuts and Coffee                  9:30 <span>T</span> Catholic Communion Service                  9:30 <span>AR</span> Mexican Train                  1:00 <span>S2</span> Baking w/ Mary                  2:30 <span>T</span> Movie Day  <b>2:30</b> <span>AR</span> Poker                  3:00 <span>S1</span> Puzzles</p>	<p>11 10:00 <span>AR</span> Mexican Train                  1:00 <span>AR</span> Relaxing Art                  1:30 <span>T</span> Movie Marathon                  2:00 <span>S1</span> Puzzles                  5:45 <span>T</span> Movie Marathon</p>
<p>12 <b>Happy Birthday Les!</b>                  10:00 <span>AR</span> Kings in a Corner                  1:30 <span>T</span> Movie Marathon                  2:00 <span>AR</span> Card Games                  2:30 <span>CY</span> Let's kick it in the courtyard                  5:45 <span>T</span> Movie Marathon</p>	<p>13 <b>Set Sail to France</b>                  9:00 <span>FR</span> Safeway Shopping Trip  <b>9:30</b> <span>AR</span> France Trivia                  10:30 <span>AR</span> Bingo  <b>2:00</b> <span>AR</span> All you can eat Ice Cream                  3:00 <span>S1</span> Puzzles</p>	<p>14 <b>Set Sail to Spain</b>  <b>9:30</b> <span>AR</span> Spain Trivia                  10:30 <span>AR</span> Shuffleboard  <b>1:00</b> <span>AR</span> Towel Art Class  <b>3:00</b> <span>DR</span> Tim Hern Entertainment</p>	<p>15 <b>Set Sail to Hawaii</b>  <b>9:30</b> <span>S1</span> Hawaii Trivia                  10:30 <span>AR</span> Bingo  <b>1:00</b> <span>AR</span> Balloon Volleyball  <b>2:30</b> <span>AR</span> Let's Make a Cocktail</p>	<p>16 <b>Set Sail to Italy</b>  <b>9:30</b> <span>AR</span> Italy Trivia                  10:30 <span>AR</span> Dance Class  <b>1:00</b> <span>AR</span> Arts &amp; Crafts  <b>3:00</b> <span>LY</span> Duck Hunting</p>	<p>17 <b>Set Sail to Ireland</b>                  9:00 <span>AR</span> Donuts and Coffee  <b>9:00</b> <span>AR</span> Ireland Trivia                  9:30 <span>T</span> Catholic Communion Service  <b>10:00</b> <span>AR</span> St. Patrick's Craft  <b>2:00</b> <span>AR</span> St. Patrick's Party!                  2:30 <span>T</span> Movie Day                  3:00 <span>S1</span> Puzzles</p>	<p>18 10:00 <span>AR</span> Mexican Train                  1:00 <span>AR</span> Relaxing Art                  1:30 <span>T</span> Movie Marathon                  2:00 <span>S1</span> Puzzles                  5:45 <span>T</span> Movie Marathon</p>
<p>19 10:00 <span>AR</span> Kings in a Corner                  1:30 <span>T</span> Movie Marathon                  2:00 <span>AR</span> Card Games                  2:30 <span>CY</span> Let's kick it in the courtyard                  5:45 <span>T</span> Movie Marathon</p>	<p>20 8:45 <span>AR</span> Wii Bowling  <b>9:00</b> <span>FR</span> Bashas Shopping Trip                  10:30 <span>AR</span> Bingo                  2:00 <span>AR</span> Happy Hour                  3:00 <span>S1</span> Puzzles</p>	<p>21 <b>9:00</b> <span>AR</span> Phase 10                  10:00 <span>AR</span> Kings in the Corner                  1:00 <span>AR</span> Relaxing Art  <b>3:00</b> <span>DR</span> Tim Hern Entertainment</p>	<p>22 9:00 <span>S1</span> Puzzles                  10:30 <span>AR</span> Bingo  <b>1:00</b> <span>AR</span> Balloon Volleyball                  2:30 <span>AR</span> Hand &amp; Foot</p>	<p>23 9:00 <span>AR</span> Uno                  10:00 <span>AR</span> Chair Exercise  <b>1:00</b> <span>AR</span> Arts &amp; Crafts                  2:30 <span>AR</span> Pinochle                  2:30 <span>AR</span> Scrabble w/ Mary</p>	<p>24 9:00 <span>AR</span> Donuts and Coffee                  9:30 <span>T</span> Catholic Communion Service                  9:30 <span>AR</span> Mexican Train                  1:00 <span>S2</span> Baking w/ Mary                  2:30 <span>T</span> Movie Day  <b>2:30</b> <span>AR</span> Poker                  3:00 <span>S1</span> Puzzles</p>	<p>25 10:00 <span>AR</span> Mexican Train                  1:00 <span>AR</span> Relaxing Art                  1:30 <span>T</span> Movie Marathon                  2:00 <span>S1</span> Puzzles                  5:45 <span>T</span> Movie Marathon</p>
<p>26 10:00 <span>AR</span> Kings in a Corner                  1:30 <span>T</span> Movie Marathon                  2:00 <span>AR</span> Card Games                  2:30 <span>CY</span> Let's kick it in the courtyard                  5:45 <span>T</span> Movie Marathon</p>	<p>27 8:45 <span>AR</span> Wii Bowling                  9:00 <span>FR</span> Safeway Shopping Trip                  10:30 <span>AR</span> Bingo  <b>2:00</b> <span>AR</span> Root Beer Float Social                  3:00 <span>S1</span> Puzzles</p>	<p>28 <b>9:00</b> <span>AR</span> Phase 10                  10:00 <span>AR</span> Kings in the Corner                  1:00 <span>AR</span> Relaxing Art  <b>3:00</b> <span>DR</span> Tim Hern Entertainment</p>	<p>29 9:00 <span>S1</span> Puzzles                  10:30 <span>AR</span> Bingo  <b>1:00</b> <span>AR</span> Balloon Volleyball                  2:30 <span>AR</span> Hand &amp; Foot</p>	<p>30 9:00 <span>AR</span> Uno                  10:00 <span>AR</span> Chair Exercise  <b>1:00</b> <span>AR</span> Arts &amp; Crafts                  2:30 <span>AR</span> Pinochle                  2:30 <span>AR</span> Scrabble w/ Mary</p>	<p>31 9:00 <span>AR</span> Donuts and Coffee                  9:30 <span>T</span> Catholic Communion Service                  9:30 <span>AR</span> Mexican Train                  1:00 <span>S2</span> Baking w/ Mary                  2:30 <span>T</span> Movie Day  <b>2:30</b> <span>AR</span> Poker                  3:00 <span>S1</span> Puzzles</p>	

**HAPPY**  
**ST. PATRICK'S**  
**DAY**

**march**  
 .....wordsearch

- |            |          |
|------------|----------|
| Bird       | Mist     |
| Fresh      | Parade   |
| Gold       | Rainbow  |
| Green      | Rain     |
| Ireland    | Shamrock |
| Leprechaun | Spring   |
| Lucky      | Violet   |
| March      | Wind     |

L	K	Z	G	N	I	E	K	D	N	I	W	H	W	L
E	C	R	Q	N	I	D	N	R	N	M	V	L	O	Q
P	O	Z	I	O	I	A	I	I	V	B	J	S	B	V
R	R	R	T	S	L	R	R	B	Y	N	L	N	I	J
E	M	Q	J	E	A	A	P	Q	H	D	I	A	P	A
C	A	B	R	I	L	P	G	S	C	A	I	U	A	L
H	H	I	B	U	N	O	E	M	R	U	B	M	R	M
A	S	O	C	A	L	R	I	L	A	M	S	A	W	L
U	W	K	U	D	F	S	Z	V	M	S	I	H	I	P
N	Y	G	W	W	T	C	Z	N	J	N	D	Q	E	Q
E	V	W	H	Q	J	L	I	I	B	W	L	H	K	U
E	F	U	M	U	H	U	J	O	A	V	X	S	X	P
R	N	T	S	K	S	A	W	R	X	S	Z	A	N	B
G	Y	D	W	U	X	I	D	C	B	P	V	N	Z	A