



Vista Winds

Retirement Community

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

Staff Directory

Jay Richardson Executive Director
 Carol Black Marketing Consultant
 Lea Speake Activities Director
 Joyce Tril Executive Chef
 Zac Schaff Maintenance



"A mother's love endures through all."
 -Washington Irving

May 2023





Spring Migration

Grab your binoculars—it's your big chance to view the magnificent spring migration! The beginning of May welcomes the first massive arrivals of migrant birds as they fly from their winter homes in South and Central America to their breeding grounds in the United States, Canada and the Arctic. Although spring migration began in late February, the largest wave of numbers and varieties of birds will arrive this month. Songbirds are especially active in May, so keep an eye on feeders and birdbaths and listen for the songs of our feathered friends.

Happy Birthday!

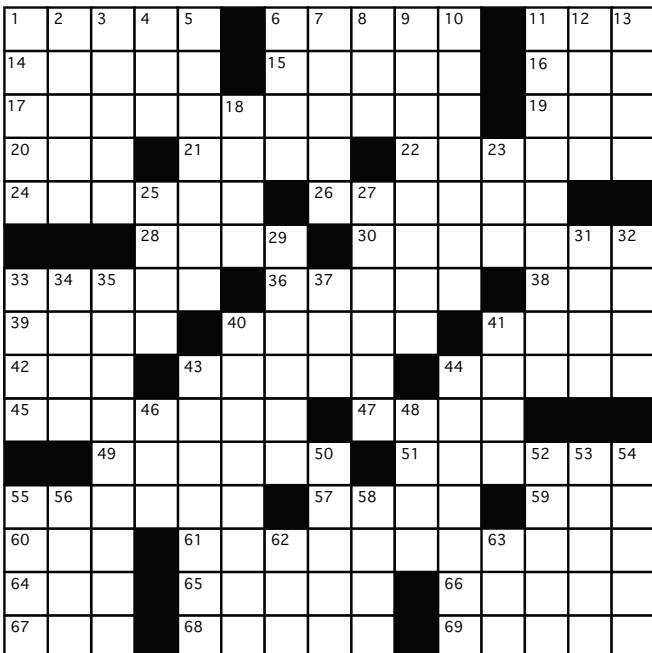
Sharon Gayle May 5th
 Judy Brothen May 9th
 Vince Pirone May 16th
 Digby Cook May 22nd
 Florence Lillian May 28th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 11:30 A3 Create with Lea 12:00 A4 Wii Bowling 6:30 M Spirit Song hosts The Chosen	2 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 11:00 P Water Aerobics 1:00 A3 Bingo 4:00 LB Happy Hour	3 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 12:00 A4 Wii Bowling 2:30 LB Entertainment w/ Steve Summers 6:30 M Evening Movie	4 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 11:00 P Water Aerobics 1:00 A3 Bingo 3:00 L Trivia	5 Happy Birthday, Sharon! 9:30 F Chair Exercise 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 12:00 A4 Wii Bowling 1:00 A3 Bridge 4:00 L Happy Hour	6 10:15 A4 Exercise with Don 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 2:30 M Matinee Movie 3:30 A4 Board Games 6:30 M Evening Movie
7 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 3:30 A4 Board Games	8 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 11:30 A3 Create with Lea 12:00 A4 Wii Bowling 2:00 L Creamsicle & Root Beer Floats 6:30 M Spirit Song hosts The Chosen	9 Happy Birthday, Judy! 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 11:00 P Water Aerobics 1:00 A3 Bingo 4:00 LB Happy Hour	10 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 12:00 L Scattergories 2:30 M Matinee Movie 6:30 M Evening Movie	11 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 11:00 P Water Aerobics 1:00 A3 Bingo 3:00 L Trivia	12 9:30 F Chair Exercise 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 1:00 A3 Bridge 4:00 L Happy Hour	13 10:15 A4 Exercise with Don 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 2:30 M Matinee Movie 3:30 A4 Board Games 6:30 M Evening Movie
14 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 3:30 A4 Board Games	15 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 11:30 A3 Create with Lea 2:00 LB Scavenger Hunt 6:30 M Spirit Song hosts The Chosen	16 Happy Birthday, Vince! 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 11:00 P Water Aerobics 1:00 A3 Bingo 4:00 LB Happy Hour	17 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 12:00 A4 Family Feud 2:30 M Matinee Movie 6:30 M Evening Movie	18 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 11:00 P Water Aerobics 1:00 A3 Bingo 2:30 D Resident Council Meeting 4:00 L Trivia	19 9:30 F Chair Exercise 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 12:00 A4 Wii Bowling 1:00 A3 Bridge 4:00 L Happy Hour	20 10:15 A4 Exercise with Don 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 2:30 M Matinee Movie 3:30 A4 Board Games 6:30 M Evening Movie
21 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 3:30 A4 Board Games	22 Happy Birthday, Digby! 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 11:30 A3 Create with Lea 12:00 A4 Wii Bowling 6:30 M Spirit Song hosts The Chosen	23 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 11:00 P Water Aerobics 1:00 A3 Bingo 4:00 LB Happy Hour	24 9:30 F Chair Exercise w/ Justin from APEX 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 12:00 A4 The Price is Right 2:30 LB Entertainment w/ Steve Summers 6:30 M Evening Movie	25 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 11:00 P Water Aerobics 1:00 A3 Bingo 3:00 L Trivia	26 9:30 F Chair Exercise 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 12:00 A4 Wii Bowling 1:00 A3 Bridge 4:00 L Happy Hour	27 10:15 A4 Exercise with Don 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 2:30 M Matinee Movie 3:30 A4 Board Games 6:30 M Evening Movie
28 Happy Birthday, Flo! 12:00 A4 Chess - Checkers 1:00 A4 Puzzles 3:30 A4 Board Games	29 Memorial Day 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 12:00 A4 Wii Bowling 6:30 M Spirit Song hosts The Chosen	30 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 11:00 P Water Aerobics 1:00 A3 Bingo 4:00 LB Happy Hour	31 9:30 F Chair Exercise 10:00 L Kings in a Corner 10:15 A4 Exercise with Don 12:00 A4 Giant Yahtzee 2:30 M Matinee Movie 6:30 M Evening Movie	All Events Are Subject to Change		

MEMORIAL DAY

REMEMBER and HONOR

Crossword Puzzle



ACROSS

1. Use foolishly
6. A la ___
11. Persian, for one
14. Early April baby
15. Otherwise known as
16. Be dishonest
17. Breakfast treat
19. Beverage
20. ___ out; dress
21. Lengthy period
22. Large numbers
24. Brushes away debris
26. Raises the spirits of
28. Upper garment
30. Former
33. Hair net
36. Sponsorship
38. Head topper
39. Antiquity
40. Final letter
41. Lessen
42. Unpleasant spouse
43. Fifth tire
44. Noisy fight
45. Piece of personal property
47. Funny person
49. Approached
51. Warm and cozy
55. Mark of disgrace
57. Small

59. Most frequently used word, perhaps
 60. "The ___"; 1975-79 Broadway hit
 61. Detailed schedules
 64. Wrath
 65. Work of fiction
 66. Category
 67. ___-fly; fruit destroyer
 68. Dizzy
 69. Does a lawn chore
- ### DOWN
1. Floats on the wind
 2. Pointer
 3. Encirclement by an enemy
 4. (14 x 11) - (48 x 3)
 5. Got away
 6. Roman statesman
 7. Unattached
 8. Inlet
 9. Australian state
 10. Grand homes
 11. Type of music
 12. Helpmate
 13. Pegs for Els
 18. Notorious German
 23. Use hair rollers
 25. Bacchanals' cry
 27. Paul Bunyan, for one
 29. Mexican food
 31. Navy buddy

32. Sword
33. Out of ___; poorly timed
34. Ark builder
35. Tidy
37. Suffix for musket or profit
40. Word heard by one who dials "O"
41. Alpha's follower
43. Endurance
44. Dock
46. Young sheep
48. "Take ___ leave it"
50. Recipient
52. Smart
53. Here and ___
54. Words of agreement
55. Do the breaststroke
56. Grow weary
58. Farmer's home, in song
62. Common contraction
63. Color

