



Ventana Winds

Retirement Community

12322 N 113th Ave • Youngtown, AZ 85363 • (623) 583-2460

ASSISTED LIVING NEWSLETTER

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Figure of Speech

Phrase: Learn by heart

Meaning: To memorize

Origin: Many of us know things by heart—from the multiplication tables we practiced as a child to the words of our favorite song. But why do we say “heart” instead of “head” when talking about memorization, which involves the brain? Historians say it’s because the ancient Greeks believed the heart was the center of intelligence and memory as well as emotion. This led to the idea of learning something by heart, and the phrase has been in use since the 1300s.



February 2024



Beloved Rom-Com

The first film to sweep the Oscars, winning all five major categories (best picture, director, actor, actress and screenplay), “It Happened One Night” premiered in February 1934. Celebrate the movie’s 90th birthday with a screening of the romantic comedy starring Clark Gable and Claudette Colbert.

Year of the Dragon

Happy Lunar New Year! The Year of the Dragon begins on Feb. 10. Of the 12 animals in the Chinese zodiac, the dragon is the only mythological creature, and it’s associated with power, intelligence, confidence and prosperity.

February Greetings

Hello, and welcome to February! We have plenty of fun activities planned this month. Please let us know if you have any questions or ideas to share!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>American HEART MONTH</div>	<div></div>	<div></div>	<div>All Events Are Subject to Change</div>	<div>1 10:00 Walking Group (meet in courtyard) 10:30 Games of choice (AR) 1:00 Seated Tai Chi w/Jack (PD) 2:30 Active games (AR) 3:00 Gardening (Courtyard or DR) 6:00 Games available (AR/L)</div>	<div>2 9:00 Dollar Tree Trip: Sign Up with Denise 10:00 Exercise (YouTube) 1:00 Bingo (AR) 2:30 Birthday Party with DJ (DR) 6:00 Resident Choice</div>	<div>3 10:00 Games of Choice: Self Directed 10:00 Walking Group (meet in courtyard) 1:00 Movie (AR) 3:00 Art Class (AR) 6:00 Poker Night (L)</div>
<div>4 8:45 Shepherd of the Desert Church Bus Pickup at Front Office 10:00 Virtual Service 1:00 ART CLASS (AR) 2:30 ART CLASS (AR) 6:00 Resident Choice</div>	<div>5 9:00 Trip to Walmart sign up with Denise 1:00 CRAFTS (AR) 2:30 Manicure Monday (AR) 3:00 CRL GAME (AR) 6:00 Games Available (AR/L)</div>	<div>6 9:30 Coffee & Chronicles (AR) 10:00 Walking Group (meet in courtyard) 10:30 Wii Bowling (AR) 2:30 Choir practice-(AR) 6:00 Poker (L)</div>	<div>7 9:00 Fry's Senior Discount Day: Sign Up with Denise 10:00 Uno & Goodies (AR) 1:00 Double Bingo (AR) 2:30 Bean Bag Baseball (DR) 6:00 Bible Study (AR)</div>	<div>8 10:00 Walking Group (meet in courtyard) 10:30 Games of choice (AR) 1:00 Seated Tai Chi w/Jack (PD) 2:00 Science Class (AR) 3:00 Resident Council Meeting (AR) 6:00 Games Available (AR/L)</div>	<div>9 9:00 Shopping at Goodwill: Sign Up with Denise 10:00 Exercise (YouTube) 1:00 Bingo (AR) 2:30 Music with Tom (DR) 3:30 Yappy hour (courtyard) 6:00 Resident Choice</div>	<div>10 10:00 Games of Choice: Self Directed 10:00 Walking Group (meet in courtyard) 1:00 Who I Am (L) 3:00 Art Class (AR) 6:00 Poker Night (L)</div>
<div>11 SUPER BOWL SUNDAY 8:45 Shepherd of the Desert Church Bus Pickup at Front Office 10:00 Virtual Service 2:30 Abiding Peace Church Service (DR) 4:00 Super Bowl Party (AR) 6:00 Resident Choice</div>	<div>12 9:00 FRY'S shopping sign up with Denise 1:00 Healthy Heart Cooking group (AR) 2:30 Manicure Monday (AR) 3:00 CLR Game (AR) 6:00 Games Available (AR/L)</div>	<div>13 9:30 Coffee & Donuts (AR) 10:00 Walking Group (meet in courtyard) 10:30 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Choir Practice (AR) 6:00 Poker (L)</div>	<div>14 10:00 Uno & Goodies (AR) 12:00 Valentine King/Queen Announcement (DR) 1:00 Double Bingo (AR) 2:30 Valentine's Party (DR) 6:00 Bible Study (AR)</div>	<div>15 10:00 Walking Group (meet in courtyard) 10:30 Games of choice (AR) 1:00 Seated Tai Chi w/Jack (PD) 2:30 Town Hall Meeting -Staff invited (DR) 5:30 Cello & Piano Duet-Romantic music (DR)</div>	<div>16 9:00 Students from Heritage School DR) 1:00 Bingo (AR) 2:30 Music with Tom (DR) 3:30 Yappy hour (courtyard) 6:00 Resident Choice</div>	<div>17 10:00 Games of Choice: Self Directed 10:00 Walking Group (meet in courtyard) 1:00 Movie (AR) 3:00 Art Class (AR) 6:00 Poker Night (L)</div>
<div>18 8:45 Shepherd of the Desert Church Bus Pickup at Front Office 10:00 Virtual Service 1:00 ART CLASS (AR) 2:30 ART CLASS (AR) 6:00 Resident Choice</div>	<div>19 Presidents Day 9:00 Walmart trip sign up with Denise 10:00 Games of Choice (AR) 1:00 Crafts (AR) 2:30 Presidential Trivia & Donuts (AR) 3:00 CLR Game (AR) 3:30 Manicure Monday (AR) 6:00 Games Available (AR/L)</div>	<div>20 9:30 Coffee & Chronicles (DR) 10:00 Walking Group (meet in courtyard) 10:30 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Choir practice-(AR) 6:00 Poker (L)</div>	<div>21 9:00 Picnic in the Park & Fishing- Sign up with Denise 10:00 Uno & Goodies (AR) 1:00 Double Bingo (AR) 2:30 Bean Bag Baseball (DR) 6:00 Bible Study (AR)</div>	<div>22 10:00 Walking Group (meet in courtyard) 10:30 Games of choice (AR) 1:00 Seated Tai Chi w/Jack (PD) 2:00 Science Class (AR) 3:00 Gardening (Courtyard/DR) 6:00 Games Available (AR/L)</div>	<div>23 9:00 Shopping at Dollar Tree: Sign Up with Denise 10:00 Exercise (YouTube) 1:00 Bingo (AR) 2:30 Music with Tom (DR) 3:30 Yappy hour (courtyard) 6:00 Resident Choice</div>	<div>24 10:00 Games of Choice: Self Directed 10:00 Walking Group (meet in courtyard) 1:00 Movie (AR) 3:00 Art Class (AR) 6:00 Poker Night (L)</div>
<div>25 8:45 Shepherd of the Desert Church Bus Pickup at Front Office 10:00 Virtual Service 2:30 Abiding Peace Church Service (DR) 6:00 Resident Choice</div>	<div>26 9:00 FRY'S shopping sign up with Denise 10:00 Games of Choice (AR) 1:00 Healthy Heart Cooking group (AR) 2:30 Manicure Monday (AR) 3:00 CLR Game (AR) 3:30 Residents Choice (AR) 6:00 Games Available (AR/L)</div>	<div>27 9:30 Coffee & Pastries +Chronicles (AR) 10:00 Walking Group (meet in courtyard) 10:30 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Choir practice-(AR) 6:00 Poker (L)</div>	<div>28 9:00 News Briefs (AR) 10:00 Uno & Goodies (AR) 1:00 Double Bingo (AR) 2:30 Bean Bag Baseball (DR) 6:00 Bible Study (AR)</div>	<div>29 LEAP DAY!! 10:00 Walking Group (meet in courtyard) 10:30 Games of choice (AR) 1:00 Seated Tai Chi w/Jack (PD) 2:00 Leap Day Games & History (AR) 6:00 Games Available (AR/L)</div>	<div>WORKSHEETS AVAILABLE IN ACTIVITY ROOM! POINTS FOR PRIZES FOR EACH PAGE TURNED IN TO ACTIVITY OFFICE. PLEASE USE ENVELOPE ON DOOR AND PUT YOUR NAME ON EACH PAGE! THANK YOU!</div>	<div></div>

Word Search

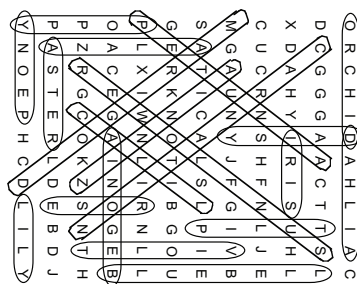
Category: Flowers

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

1. Aster
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Word Search Solution:

1. Aster
2. Azalea
3. Begonia
4. Bluebell
5. Carnation
6. Dahlia
7. Daisy
8. Iris
9. Lilac
10. Lily
11. Marigold
12. Orchid
13. Peony
14. Petunia
15. Poppy
16. Rose
17. Sunflower
18. Tulip
19. Violet
20. Zinnia



"This Month In History" FEBRUARY

1942: Year-round daylight saving time, called "war time," is signed into U.S. law by President Franklin D. Roosevelt. To save energy, all time zones moved ahead one hour until the end of World War II.

1950: Disney's animated fairy tale feature "Cinderella" delights audiences when it opens in movie theaters.

1960: In a civil rights movement milestone, four Black college students begin a sit-in protest at a lunch counter in Greensboro, N.C., where they had been denied service.

1972: With over 15 million manufactured, the Volkswagen Beetle becomes the world's bestselling car.

1989: A network of 24 GPS satellites is launched into orbit over Earth, revolutionizing navigation and everyday technology.

1998: British singer-songwriter Elton John is knighted by Queen Elizabeth II for his contributions to music and his charity work.

2006: A blizzard buries the Northeast. New York City received a record-setting 26.9 inches of snow.

2020: At the Oscars, the South Korean thriller "Parasite" is named best picture. It was the first foreign-language film to win the top honor.