



# Ventana Winds

## Retirement Community

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

### ASSISTED LIVING NEWSLETTER

#### Staff Directory

Heather McBride	Executive Director
Bekah Tena	Compliance Manager
Dawn Valenti	Marketing Director
Mike Burgess	Wellness Director
Tristan Cannon	RCC
Joanna Saenz	Wellness Coordinator
Charlotte Saben	Activities Director
Sergio Monzalvo	Dining Services Director
Sherry Walker	Housekeeping Supervisor
Misty Davis	Resident Liaison
Jon Watson	Maintenance Director
Denise B.	Receptionist
Eric Arevalo	Transportation



#### Honoring Ladies!

We are hosting a Ladies Tea in honor of Mother's Day on May 11th at 2:30 PM in our Dining Room. ALL ladies are welcome. Family members are invited too! Please RSVP to 623-583-2460 NO LATER THAN MAY 2nd! This will be a special day with music, tea, prizes and fancy snacks!

May 2024



#### Reasons To Reminisce

Recalling your past achievements can boost your confidence, researchers say. Looking back and remembering how you overcame an obstacle or learned a new skill builds self-esteem and helps you tackle new challenges.

#### Did You Know?

On May 8, 2010, actress Betty White, 88 at the time, became the oldest person to host "Saturday Night Live." Hundreds of thousands of people had joined a Facebook campaign rallying for White to host the comedy sketch show. She won the seventh Emmy Award of her career for her "SNL" appearance. Born in Oak Park, Ill., in 1922, Betty Marion White attended high school in Beverly Hills, Calif., before launching her career as an actress, host and producer in radio and television. White played "happy homemaker" Sue Ann Nivens on "The Mary Tyler Moore Show," and later co-starred on "The Golden Girls" as the sweet and naïve Rose Nylund from St. Olaf, Minn. After the series ended, White continued to display her comedic talent in a long list of films and TV shows.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>CINCO DE MAYO</b>	 <b>Mother's Day</b>	<b>All Events Are Subject to Change</b>	<p>1</p> <p>9:00 <span style="color: green;">■</span> Fry's Senior Discount Day: Sign Up with Denise</p> <p>9:00 News &amp; Coffee (AR)</p> <p>9:00 Walking Group (Meet in Courtyard)</p> <p>1:00 Double Bingo</p> <p>2:30 <span style="color: orange;">■</span> Bean Bag Baseball (AR)</p> <p>6:00 Bible Study (AR)</p>	<p>2</p> <p>9:00 <span style="color: lightgreen;">■</span> Coffee &amp; Chronicles (AR)</p> <p>1:00 <span style="color: yellow;">■</span> Seated Tai Chi w/Jack (AR)</p> <p>2:30 Science Class (AR)</p> <p>6:00 <span style="color: lightblue;">■</span> Games Available (AR/L)</p>	<p>3</p> <p>9:00 <span style="color: green;">■</span> Dollar Tree Trip: Sign Up with Denise</p> <p>10:00 <span style="color: lightblue;">■</span> Exercise (YouTube) <b>††</b></p> <p>1:00 <span style="color: orange;">■</span> Bingo (AR)</p> <p>2:30 BIRTHDAY PARTY with Tom (DR)</p> <p>3:30 Yappy Hour (Courtyard)</p> <p>6:00 <span style="color: lightblue;">■</span> Resident Choice</p>	<p>4</p> <p>10:00 <span style="color: lightblue;">■</span> Games of Choice: Self Directed</p> <p>1:00 Who I Am (L)</p> <p>3:30 <span style="color: lightblue;">■</span> Games of Choice (AR)</p> <p>6:00 <span style="color: lightblue;">■</span> Poker Night (L)</p>
<p>5</p> <p>8:45 Shepherd of the Desert Church Bus Pickup at Front Office <b>†</b></p> <p>10:00 Virtual Service <b>†</b></p> <p>1:00 ART CLASS (AR)</p> <p>2:30 Greater Abiding Peace (AR)</p> <p>6:00 Resident Choice</p>	<p>6</p> <p>9:00 <span style="color: green;">■</span> Trip to Walmart: Sign Up with Denise</p> <p>10:00 <span style="color: lightblue;">■</span> Games of Choice (AR)</p> <p>1:00 Crafts (AR)</p> <p>2:30 <span style="color: purple;">■</span> Pamper Me! (Nails &amp; Lotions) (AR) <b>‡</b></p> <p>6:00 <span style="color: lightblue;">■</span> Games Available (AR/L)</p>	<p>7</p> <p>9:00 News Briefs, Coffee, and Goodies (AR)</p> <p>10:00 <span style="color: yellow;">■</span> Wii Bowling (AR) <b>††</b></p> <p>1:00 <span style="color: orange;">■</span> Bingo (AR)</p> <p>2:30 Choir Practice (AR)</p> <p>6:00 <span style="color: lightblue;">■</span> Poker (L)</p>	<p>8</p> <p>9:00 News &amp; Coffee (AR)</p> <p>9:00 Walking Group (Meet in Courtyard)</p> <p>1:00 Double Bingo</p> <p>2:30 <span style="color: yellow;">■</span> Bean Bag Baseball (AR)</p> <p>6:00 Bible Study (AR)</p>	<p>9</p> <p>9:00 <span style="color: lightgreen;">■</span> Coffee &amp; Chronicles (AR)</p> <p>1:00 <span style="color: yellow;">■</span> Seated Tai Chi w/Jack (AR)</p> <p>3:00 Resident Council Meeting (AR)</p> <p>6:00 <span style="color: lightblue;">■</span> Games Available (AR/L)</p>	<p>10</p> <p>9:00 <span style="color: green;">■</span> Shopping at 99 Cent Store: Sign Up with Denise</p> <p>10:00 <span style="color: lightblue;">■</span> Exercise (YouTube) <b>††</b></p> <p>1:00 <span style="color: orange;">■</span> Bingo (AR)</p> <p>2:30 <span style="color: yellow;">■</span> Corn Hole (AR)</p> <p>3:30 Yappy Hour (Courtyard)</p> <p>6:00 <span style="color: lightblue;">■</span> Resident Choice</p>	<p>11</p> <p>10:00 <span style="color: lightblue;">■</span> Games of Choice: Self Directed</p> <p>1:00 Movie (AR)</p> <p>2:00 Ladies Tea- families invited (DR)</p> <p>6:00 <span style="color: lightblue;">■</span> Poker Night (L)</p>
<p>12</p> <p>8:45 Shepherd of the Desert Church Bus Pickup at Front Office <b>†</b></p> <p>10:00 Virtual Service <b>†</b></p> <p>1:00 ART CLASS (AR)</p> <p>2:30 Abiding Peace Church Service (DR)</p> <p>6:00 Resident Choice</p>	<p>13</p> <p>9:00 <span style="color: green;">■</span> Trip to Fry's: Sign Up with Denise</p> <p>10:00 <span style="color: lightblue;">■</span> Games of Choice (AR)</p> <p>1:00 Crafts (AR)</p> <p>2:30 <span style="color: purple;">■</span> Pamper Me! (Nails &amp; Lotions) (AR) <b>‡</b></p> <p>6:00 <span style="color: lightblue;">■</span> Games Available (AR/L)</p>	<p>14</p> <p>9:00 News Briefs, Coffee, and Goodies (AR)</p> <p>10:00 <span style="color: yellow;">■</span> Wii Bowling (AR) <b>††</b></p> <p>1:00 <span style="color: orange;">■</span> Bingo (AR)</p> <p>2:30 Choir Practice (AR)</p> <p>6:00 <span style="color: lightblue;">■</span> Poker (L)</p>	<p>15</p> <p>9:00 News &amp; Coffee (AR)</p> <p>9:00 <span style="color: green;">■</span> Trip to Casino- sign up with Denise</p> <p>1:00 Double Bingo</p> <p>2:30 <span style="color: yellow;">■</span> Bean Bag Baseball (AR)</p> <p>6:00 Bible Study (AR)</p>	<p>16</p> <p>9:00 <span style="color: lightgreen;">■</span> Coffee &amp; Chronicles (AR)</p> <p>10:30 Town Hall Meeting -Staff invited (AR)</p> <p>1:00 <span style="color: yellow;">■</span> Seated Tai Chi w/Jack (AR)</p> <p>2:30 Music with Ronny Lee (DR)</p> <p>6:00 <span style="color: lightblue;">■</span> Games Available (AR/L)</p>	<p>17</p> <p>9:00 <span style="color: green;">■</span> Goodwill Shopping: Sign Up with Denise</p> <p>10:00 <span style="color: lightblue;">■</span> Exercise (YouTube) <b>††</b></p> <p>1:00 <span style="color: orange;">■</span> Bingo (AR)</p> <p>2:30 Kara-Long with Tom (DR)</p> <p>3:30 Yappy Hour (Courtyard)</p> <p>6:00 <span style="color: lightblue;">■</span> Resident Choice</p>	<p>18</p> <p>10:00 <span style="color: lightblue;">■</span> Games of Choice: Self Directed</p> <p>1:00 Art Class (AR)</p> <p>6:00 <span style="color: lightblue;">■</span> Poker Night (L)</p>
<p>19</p> <p>8:45 Shepherd of the Desert Church Bus Pickup at Front Office <b>†</b></p> <p>10:00 Virtual Service <b>†</b></p> <p>1:00 ART CLASS (AR)</p> <p>2:30 Greater Abiding Peace (AR)</p> <p>6:00 Resident Choice</p>	<p>20</p> <p>10:00 <span style="color: lightblue;">■</span> Games of Choice (AR)</p> <p>1:00 Crafts (AR)</p> <p>2:30 <span style="color: purple;">■</span> Pamper Me! (Nails &amp; Lotions) (AR) <b>‡</b></p> <p>6:00 <span style="color: lightblue;">■</span> Games Available (AR/L)</p>	<p>21</p> <p>9:00 News Briefs, Coffee, and Goodies (AR)</p> <p>10:00 <span style="color: yellow;">■</span> Wii Bowling (AR) <b>††</b></p> <p>1:00 <span style="color: orange;">■</span> Bingo (AR)</p> <p>2:30 Choir Program (DR)</p> <p>6:00 <span style="color: lightblue;">■</span> Poker (L)</p>	<p>22</p> <p>9:00 News &amp; Coffee (AR)</p> <p>9:00 Walking Group (Meet in Courtyard)</p> <p>1:00 Double Bingo</p> <p>2:30 <span style="color: yellow;">■</span> Bean Bag Baseball (AR)</p> <p>6:00 Bible Study (AR)</p>	<p>23</p> <p>9:00 <span style="color: lightgreen;">■</span> Coffee &amp; Chronicles (AR)</p> <p>1:00 <span style="color: yellow;">■</span> Seated Tai Chi w/Jack (AR)</p> <p>2:30 Science Class (AR)</p> <p>6:00 <span style="color: lightblue;">■</span> Games Available (AR/L)</p>	<p>24</p> <p>9:00 <span style="color: green;">■</span> Goodwill Shopping: Sign Up with Denise</p> <p>10:00 <span style="color: lightblue;">■</span> Exercise (YouTube) <b>††</b></p> <p>1:00 <span style="color: orange;">■</span> Bingo (AR)</p> <p>2:30 Name That Tune with Tom (AR)</p> <p>3:30 Yappy Hour (Courtyard)</p> <p>6:00 <span style="color: lightblue;">■</span> Resident Choice</p>	<p>25</p> <p>10:00 <span style="color: lightblue;">■</span> Games of Choice: Self Directed</p> <p>1:00 Art Class (AR)</p> <p>6:00 <span style="color: lightblue;">■</span> Poker Night (L)</p>
<p>26</p> <p>8:45 Shepherd of the Desert Church Bus Pickup at Front Office <b>†</b></p> <p>10:00 Virtual Service <b>†</b></p> <p>1:00 ART CLASS (AR)</p> <p>2:30 Greater Abiding Peace (AR)</p> <p>6:00 Resident Choice</p>	<p>27</p> <p><b>Memorial Day</b></p> <p>10:00 <span style="color: lightblue;">■</span> Games of Choice (AR)</p> <p>1:00 Crafts (AR)</p> <p>2:30 <span style="color: purple;">■</span> Pamper Me! (Nails &amp; Lotions) (AR) <b>‡</b></p> <p>6:00 <span style="color: lightblue;">■</span> Games Available (AR/L)</p>	<p>28</p> <p>9:00 News Briefs, Coffee, and Goodies (AR)</p> <p>10:00 <span style="color: yellow;">■</span> Wii Bowling (AR) <b>††</b></p> <p>1:00 <span style="color: orange;">■</span> Bingo (AR)</p> <p>2:30 Horse Races (DR)</p> <p>6:00 <span style="color: lightblue;">■</span> Poker (L)</p>	<p>29</p> <p>9:00 News &amp; Coffee (AR)</p> <p>9:00 Walking Group (Meet in Courtyard)</p> <p>1:00 Double Bingo</p> <p>2:30 <span style="color: yellow;">■</span> Bean Bag Baseball (AR)</p> <p>6:00 Bible Study (AR)</p>	<p>30</p> <p>9:00 <span style="color: lightgreen;">■</span> Coffee &amp; Chronicles (AR)</p> <p>1:00 <span style="color: yellow;">■</span> Seated Tai Chi w/Jack (AR)</p> <p>2:30 Trivia with Tom (AR)</p> <p>3:30 Cornhole (AR)</p> <p>6:00 <span style="color: lightblue;">■</span> Games Available (AR/L)</p>	<p>31</p> <p>10:00 <span style="color: lightblue;">■</span> Exercise (YouTube) <b>††</b></p> <p>1:00 <span style="color: orange;">■</span> Bingo (AR)</p> <p>3:30 Yappy Hour (Courtyard)</p> <p>6:00 <span style="color: lightblue;">■</span> Resident Choice</p>	 <b>MEMORIAL DAY</b> REMEMBER AND HONOR



Cinco de Mayo



MEMORIAL DAY

REMEMBER • HONOR  
CELEBRATE