



Vista Winds

Retirement Community

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Staff Directory

Jim Lillis Executive Director
 Lea Speake Marketing Consultant
 Susan Kast Activities Director
 Gwen Thomas Executive Chef
 Zac Schaff Maintenance

Wild World: Echidna

Found in Australia, Tasmania and New Guinea, the echidna—or spiny anteater—is one of the most unusual animals on Earth. Other than the platypus, echidnas are the only mammals that lay eggs! An echidna looks similar to a porcupine, with long spines all over their body, but they have a beaklike snout and a pouch, where they raise their young. A mother echidna lays a single egg—which is leathery and about the size of a dime—in her pouch, and after about 10 days, out hatches a small hairless baby called a puggle. Adult echidnas use their long pink tongues to slurp up insects that they dig up from the ground with their front claws. Their digging skills also come in handy when avoiding predators; the echidna will curl up in a ball and hide their face and limbs in the dirt, leaving only their spines exposed.

Famous Faces Born in May

May 1, 1996: William Nylander
 May 3, 1986: Pom Klementieff
 May 12, 1983: Domhnall Gleeson
 May 16, 1977: Melanie Lynskey
 May 21, 1952: Mr. T
 May 23, 1974: Ken Jennings
 May 26, 1964: Lenny Kravitz
 May 30, 1971: Idina Menzel

May 2024



Buttoned Up

Many folks have memories of opening up a box or tin at Grandma’s house and finding a bunch of buttons! These little accessories are popular items to collect, not only to use in sewing and crafting, but also for their window into history. Like jewelry, buttons were often status symbols, and both the material and style of button can indicate what era it’s from and who might have worn it. With buttons in every size, shape and color, plus endless ways to display them, button collecting is a hobby anyone can pick up.

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.



May 2024

- M Media Room (3rd Floor)
- C Chapel (4th Floor)
- A3 Activities Room (3rd Floor)
- LB Lobby
- A4 Activities Room (4th Floor)
- AL Assisted Living Building
- L Lounge (3rd Floor)
- D Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Bible Study with John 1:30 LB Hand and Foot 2:30 M Matinee Movie 6:30 M Movie 6:30 A3 Trilogy Troubadours Practice	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo	9:30 A4 Chair Exercises 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 4:00 L Happy Hour 6:00 LB Hand and Foot	10:00 A3 Poker 10:15 A4 Exercise w/ Don 12:00 A4 Chess - Checkers 1:00 LB Bridge 2:30 M Matinee 6:30 M Movie
5	6	7	8	9	10	11
10:00 Adult Coloring 12:00 A4 Chess - Checkers 1:00 A4 Wii Bowling 2:00 A3 Board Games	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 LB Bridge 1:30 LB Hand and Foot	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo 4:00 LB Happy Hour	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Bible Study with John 1:30 LB Hand and Foot 2:30 M Matinee Movie 6:30 M Movie 6:30 A3 Trilogy Troubadours Practice	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo	9:30 A4 Chair Exercises 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 4:00 L Happy Hour 5:15 D Resident Feb. B-day Celebration (After Dinner) 6:00 LB Hand and Foot	10:00 A3 Poker 10:15 A4 Exercise w/ Don 12:00 A4 Chess - Checkers 1:00 LB Bridge 2:30 M Matinee 6:30 M Movie
12	13	14	15	16	17	18
10:00 Adult Coloring 12:00 A4 Chess - Checkers 1:00 A4 Wii Bowling 2:00 A3 Board Games	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 LB Bridge 1:30 LB Hand and Foot 2:00 LB Bookmobile	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo 4:00 LB Happy Hour	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Bible Study with John 1:30 LB Hand and Foot 2:30 M Matinee Movie 6:30 M Movie 6:30 A3 Trilogy Troubadours Practice	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo 2:30 D Resident Council Meeting	9:30 A4 Chair Exercises 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 4:00 L Happy Hour 6:00 LB Hand and Foot 6:30 A3 Shabbat Service	10:00 A3 Poker 10:15 A4 Exercise w/ Don 12:00 A4 Chess - Checkers 1:00 LB Bridge 2:30 M Matinee 6:30 M Movie
19	20	21	22	23	24	25
10:00 Adult Coloring 12:00 A4 Chess - Checkers 1:00 A4 Wii Bowling 2:00 A3 Board Games	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 LB Bridge 1:30 LB Hand and Foot	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Ecumenical Service/Communion 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo 4:00 LB Happy Hour	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Bible Study with John 1:30 LB Hand and Foot 2:30 M Matinee Movie 6:30 M Movie 6:30 A3 Trilogy Troubadours Practice	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo	9:30 A4 Chair Exercises 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 4:00 L Happy Hour 6:00 LB Hand and Foot	10:00 A3 Poker 10:15 A4 Exercise w/ Don 12:00 A4 Chess - Checkers 1:00 LB Bridge 2:30 M Matinee 6:30 M Movie
26	27	28	29	30	31	
10:00 Adult Coloring 12:00 A4 Chess - Checkers 1:00 A4 Wii Bowling 2:00 A3 Board Games	Memorial Day 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 LB Bridge 1:30 LB Hand and Foot	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo 4:00 LB Happy Hour	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Bible Study with John 1:30 LB Hand and Foot 2:30 M Matinee Movie 6:30 M Movie 6:30 A3 Trilogy Troubadours Practice	9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo	9:30 A4 Chair Exercises 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 4:00 L Happy Hour 6:00 LB Hand and Foot	



Audiobook of the Year

Called the Oscars for audiobooks, the annual Audie Awards honor the year's top titles in a variety of categories. Check out some of the past winners named audiobook of the year.

Year	Audiobook/Author
2004	"Harry Potter and the Order of the Phoenix" J.K. Rowling
2006	"The Hitchhiker's Guide to the Galaxy: Tertiary Phase" Douglas Adams
2008	"The Chopin Manuscript: A Serial Thriller" Various Authors
2012	"Bossypants" Tina Fey
2015	"Mandela: An Audio History" Nelson Mandela
2017	"Hamilton: The Revolution" Lin-Manuel Miranda and Jeremy McCarter
2023	"Finding Me" Viola Davis

"This Month In History"

MAY

1922: The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.'s National Mall.

1939: The caped crimefighter Batman makes his debut in issue No. 27 of "Detective Comics." The superhero was an instant hit with readers.

1945: Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

1963: High school junior Lesley Gore performs her first single, "It's My Party," on TV's "American Bandstand." The next week, the song topped the U.S. pop music chart.

1971: Merging 20 of America's passenger railroad services into one, Amtrak begins service.

1994: Nelson Mandela is inaugurated as South Africa's first Black president.

2001: Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

2019: New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids' TV show.