



Ventana Winds

Retirement Community

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MEMORY CARE NEWSLETTER

Remember When: Hand-Cranked Ice Cream

Modern machines do all the work for you, but once upon a time, homemade ice cream meant turning a crank by hand for as long as an hour until the cool treat was ready to eat. Based on an 1843 invention by Nancy Johnson, early ice cream makers consisted of a wooden bucket with an inner metal canister. Inside the canister was a paddle, attached to an outer crank handle; the ice cream mixture went into the canister, and remaining space in the wooden bucket was filled with layers of ice and salt. Then it was time to crank! Since the ice slowly melted during the churning process, this was usually done on the front porch, as kids and adults alike took turns cranking. For many, the eager anticipation of the finished dessert made the ice cream even sweeter.



Here's the Scoop

National Ice Cream Day is July 21, and businesses often churn out freebies and specials to celebrate.

July 2024



It's Outta Here!


A ballpark can be considered "home run friendly" based on several factors, such as field dimensions and climate. Sports analysts have named Coors Field, home of the Colorado Rockies, the best MLB ballpark to hit a dinger, thanks to the large outfield and mountain altitude that helps fly balls soar farther.

Be Free

"May we think of freedom not as the right to do as we please, but as the opportunity to do what is right."
—Peter Marshall

Healthy Stone Fruits

It's the season for stone fruits, those fresh, juicy treats with a pit inside. Peaches, nectarines, apricots, mangoes, plums and cherries are all stone fruits. Bite into these, and you'll get a healthy dose of vitamin C, important for boosting your immune system.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>All Events Are Subject to Change</p>	<p>1 8:30 Catholic Communion (P) 9:00 Remember When? (P) 9:30 Morning Stretch (P) 10:00 Active Games (P) 10:30 Animal Trivia (MC) 2:00 Fun & Friendship (P) 4:30 Music with Dinner</p>	<p>2 8:30 Surprise Bags (MC) 9:00 Sing & Sway (P) 10:00 Cardo Game (P) 1:00 Games (P) 2:00 Games/puzzles (MC) 2:30 BIBLE STUDY with FARA 3:30 Visits-(P) 4:30 Music with Dinner</p>	<p>3 9:30 Nature Fun (MC) 10:00 Reading Group (P) 12:30 Active Games (MC) 1:30 Bingo (P) 2:30 Life Skills/coloring (MC) 4:30 Music and/or Community TV (MC)</p>	<p>4 Independence Day 9:00 Theme Bag (MC) 10:00 Educational Time (P) 12:30 1:1 Time (MC) 2:30 Table Games (P) 4:30 Music with Dinner</p>	<p>5 8:30 Sensory / Theme Bags (MC) 9:00 TV Trivia (P) 10:00 Food Memories (MC) 12:30 Puzzles/trivia (MC) 1:30 Active Games (P) 2:30 Crafts (P) 4:30 Music with Dinner</p>	<p>6 8:30 Patriotic Time (P) 9:30 Sing-Along (MC) 10:00 Pretty Nails (Both) 12:30 Who I Am (both) 3:00 Reminiscing (MC) 4:00 Music with Dinner (Both)</p>	
	<p>7 10:00 Virtual Church- YouTube (Both) 12:30 Bingo (P) 1:30 Games of Choice (MC) 2:30 Movie (Both)</p>	<p>8 8:30 Catholic Communion (P) 9:00 Remember When? (P) 9:30 Morning Stretch (P) 10:00 Active Games (P) 10:30 Animal Trivia (MC) 2:00 Fun & Friendship (P) 4:30 Music with Dinner</p>	<p>9 8:30 Surprise Bags (MC) 9:00 Sing & Sway (P) 10:00 Cardo Game (P) 1:00 Games (P) 2:00 Games/puzzles (MC) 2:30 BIBLE STUDY with FARA 3:30 Visits-(P) 4:30 Music with Dinner</p>	<p>10 9:30 Nature Fun (MC) 10:00 Reading Group (P) 12:30 Active Games (MC) 1:30 Bingo (P) 2:30 Life Skills/coloring (MC) 4:30 Music and/or Community TV (MC)</p>	<p>11 9:00 Theme Bag (MC) 10:00 Educational Time (P) 12:30 1:1 Time (MC) 1:30 BIRTHDAY PARTY with Tom -Lobby 2:30 Table Games (P) 4:30 Music with Dinner</p>	<p>12 8:30 Sensory / Theme Bags (MC) 9:00 TV Trivia (P) 10:00 Food Memories (MC) 12:30 Puzzles/trivia (MC) 1:30 Active Games (P) 2:30 Crafts (P) 4:30 Music with Dinner</p>	<p>13 8:30 Patriotic Time (P) 9:30 Sing-Along (MC) 10:00 Donut Social (both) 3:00 Reminiscing (MC) 4:00 Music with Dinner (Both)</p>
	<p>14 10:00 Virtual Church- YouTube (Both) 12:30 Bingo (P) 1:30 Games of Choice (MC) 2:30 Movie (Both)</p>	<p>15 8:30 Catholic Communion (P) 9:00 Remember When? (P) 9:30 Morning Stretch (P) 10:00 Active Games (P) 10:30 Animal Trivia (MC) 2:00 Fun & Friendship (P) 4:30 Music with Dinner</p>	<p>16 8:30 Surprise Bags (MC) 9:00 Sing & Sway (P) 10:00 Cardo Game (P) 1:00 Games (P) 2:00 Games/puzzles (MC) 2:30 BIBLE STUDY with FARA 3:30 Visits-(P) 4:30 Music with Dinner</p>	<p>17 9:30 Nature Fun (MC) 10:00 Reading Group (P) 12:30 Active Games (MC) 1:30 Bingo (P) 2:30 Life Skills/coloring (MC) 4:30 Music and/or Community TV (MC)</p>	<p>18 9:00 Theme Bag (MC) 10:00 Educational Time (P) 12:30 1:1 Time (MC) 1:00 Music with Ronny Lee (lobby) 2:30 Table Games (P) 4:30 Music with Dinner</p>	<p>19 8:30 Sensory / Theme Bags (MC) 9:00 TV Trivia (P) 10:00 Food Memories (MC) 12:30 Puzzles/trivia (MC) 1:00 Pet Visits-both 2:30 Crafts (P) 4:30 Music with Dinner</p>	<p>20 8:30 Patriotic Time (P) 9:30 Sing-Along (MC) 10:00 Pretty Nails (Both) 1:00 Popsicles & Smiles (both) 3:00 Reminiscing (MC) 4:00 Music with Dinner (Both)</p>
	<p>21 10:00 Virtual Church- YouTube (Both) 12:30 Bingo (P) 1:30 Games of Choice (MC) 2:30 Movie (Both)</p>	<p>22 8:30 Catholic Communion (P) 9:00 Remember When? (P) 9:30 Morning Stretch (P) 10:00 Active Games (P) 10:30 Animal Trivia (MC) 2:00 Fun & Friendship (P) 4:30 Music with Dinner</p>	<p>23 8:30 Surprise Bags (MC) 9:00 Sing & Sway (P) 10:00 Cardo Game (P) 1:00 Games (P) 2:00 Games/puzzles (MC) 2:30 BIBLE STUDY with FARA 3:30 Visits-(P) 4:30 Music with Dinner</p>	<p>24 9:30 Nature Fun (MC) 10:00 Reading Group (P) 12:30 Active Games (MC) 1:30 Bingo (P) 2:30 Life Skills/coloring (MC) 4:30 Music and/or Community TV (MC)</p>	<p>25 9:00 Theme Bag (MC) 10:00 Educational Time (P) 12:30 1:1 Time (MC) 1:00 Horse Races -(L) 2:30 Table Games (P) 4:30 Music with Dinner</p>	<p>26 8:30 Sensory / Theme Bags (MC) 9:00 TV Trivia (P) 10:00 Food Memories (MC) 12:30 Puzzles/trivia (MC) 1:30 Active Games (P) 2:30 Crafts (P) 4:30 Music with Dinner</p>	<p>27 8:30 Patriotic Time (P) 9:30 Sing-Along (MC) 10:00 Donut Social (both) 3:00 Reminiscing (MC) 4:00 Music with Dinner (Both)</p>
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Exploring Space

Since the space program began, the U.S. has launched hundreds of spacecraft, ranging from satellites circling the Earth to probes surveying the other planets. Your mission: Explore some of these machines and their journeys into space.

<u>Year</u>	<u>Spacecraft</u>	<u>Mission</u>
1962	Mariner 2	Gather data about Venus.
1972	Pioneer 10	Observe Jupiter and deep space.
1977	Voyager 1 & 2	Explore Jupiter, Saturn, Uranus and Neptune.
1989	Galileo	Study Jupiter and its moons.
1990	Hubble Telescope	Orbit Earth and provide images of space.
2003	Spirit & Opportunity Rovers	Land on Mars and explore its terrain.
2006	New Horizons	Learn about Pluto and the outer solar system.
2020	Perseverance Rover	Search for signs of ancient life on Mars.

"This Month In History"

JULY

1903: Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.

1914: A dance craze begins after the fox trot is performed at a club in New York City.

1926: Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.

1937: Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.

1946: The bikini swimsuit debuts at a fashion show in Paris.

1958: President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.

1960: Harper Lee's "To Kill a Mockingbird" is published and quickly becomes a bestseller. The novel was awarded the Pulitzer Prize a year later.

1988: Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women's 100-meter. Her record of 10.49 seconds still stands today.

2002: Major League Baseball's All-Star Game ends in a 7–7 tie after 11 innings because both teams run out of pitchers.

2018: In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.