



Ventana Winds

Retirement Community

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

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Scary-Good Benefits

Settling in with a blanket, a bowl of popcorn and a spooky movie is a fun October tradition—and it can have startling health benefits! The adrenaline rush and emotional response associated with an onscreen thriller may help you cope with worries and anxiety in your real life. Along with releasing the body’s “feel-good” chemicals dopamine and serotonin, the brain becomes more alert and active while watching a suspense flick. Even the immune system can get a boost: One study showed that people who watched a scary movie had a higher number of infection-fighting blood cells compared to those who just sat quietly in a room.



October 2024



Twisty Treat



From ballgames to happy hours to Oktoberfest celebrations, pretzels are a staple of the snacking world. Since their invention sometime in the Middle Ages, the baked treats’ twisted knots have held multiple meanings, including good fortune and new beginnings.

Stretch Your Toes

Give your toes some wiggle room after wearing shoes all day. Sit in a chair with your feet flat on the floor, and then cross one foot across your lap. Hold your toes and pull them toward your ankle until you feel a gentle stretch along the bottom of your foot. Use your other hand to massage the arch of your foot for about 10 seconds. Repeat 10 times for each foot.

Happy October!

“Autumn leaves are falling, filling up the streets; Golden colors on the lawn, nature’s trick or treat!”
—Rusty Fischer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>All Events Are Subject to Change</p>		<p>1 9:30 ■ Wii Bowling (AR)✚ 11:00 News Stories (AR) 1:00 ■ Bingo (AR) 2:00 Veterans Chat (L) 2:30 Choir Practice (AR) 3:30 Putter Par-Tee (AR) 6:00 ■ Poker (L)</p>	<p>2 9:00 ■ Fry's Senior Discount Day: Sign Up with Denise 10:00 Games of choice - (AR) 1:00 Double Bingo (AR) 1:00 Original Double Bingo (L) 2:30 Wine Down & Horse Races (DR) 6:00 Bible Study (AR)</p>	<p>3 9:30 Balloon Volleyball (AR) 10:00 ■ Table Games (AR) 1:00 Original Bingo (L) 1:00 ■ Seated Tai Chi w/Jack (AR) 2:30 Planning Meeting (AR) 6:00 Advanced Art Class (AR)</p>	<p>4 9:00 ■ Dollar Tree Trip: Sign Up with Denise 10:00 ■ Exercise (YouTube)✚ 1:00 ■ Bingo (AR) 2:30 BIRTHDAY PARTY with Tom (DR) 6:00 ■ Resident Choice</p>	<p>5 10:00 ■ Games of Choice: Self Directed 1:00 ART CLASS with Kevin (AR) 3:00 Games Available (AR/L) 6:00 ■ Poker Night (L)</p>	
	<p>6 8:45 Shepherd of the Desert Church Bus Pickup at Front Office† 10:00 Virtual Service † 2:30 Church service (DR) 6:00 Resident Choice</p>	<p>7 9:00 ■ Trip to Walmart: Sign Up with Denise 10:00 ■ Games of Choice (AR) 1:00 Crafts: Halloween Room Decor (AR) 2:30 ■ Pamper Me! Nails (L)✚ 3:00 ART CLASS with Kevin (AR) 6:00 Card Games (res. choice)</p>	<p>8 9:30 ■ Wii Bowling (AR)✚ 11:00 News Stories (AR) 1:00 ■ Bingo (AR) 2:30 Choir Practice (AR) 3:30 Putter Par-Tee (AR) 6:00 ■ Poker (L)</p>	<p>9 9:00 Coffee, News & Goodies (AR) 10:00 Games of choice - (AR) 1:00 Double Bingo (AR) 1:00 Original Double Bingo (L) 2:30 Oktoberfest with Music (DR) 6:00 Bible Study (AR)</p>	<p>10 9:30 Balloon Volleyball (AR) 10:00 ■ Table Games (AR) 1:00 Original Bingo (L) 1:00 ■ Seated Tai Chi w/Jack (AR) 2:30 Resident Council Meeting (DR) 6:00 Advanced Art Class (AR)</p>	<p>11 9:00 ■ Shopping at Goodwill: Sign Up with Denise 10:00 ■ Exercise (YouTube)✚ 1:00 ■ Bingo (AR) 1:30 Reading Group (L) 2:30 Name That Tune with Tom (AR) 6:00 ■ Resident Choice</p>	<p>12 10:00 ■ Games of Choice: Self Directed 1:00 Who I Am (L) 3:00 Games Available (AR/L) 6:00 ■ Poker Night (L)</p>
	<p>13 8:45 Shepherd of the Desert Church Bus Pickup at Front Office† 10:00 Virtual Service † 2:30 Church service (DR) 6:00 Resident Choice</p>	<p>14 Columbus Day 9:00 Trip to Fry's: Sign Up 10:00 ■ Games of Choice (AR) 1:00 Crafts: Beads for Intergenerational Program 2:30 ■ Pamper Me! Nails (L)✚ 3:00 ART CLASS with Kevin (AR) 6:00 Card Games (res. choice)</p>	<p>15 9:30 ■ Wii Bowling (AR)✚ 11:00 News Stories (AR) 1:00 ■ Cultural Program (AR) 2:30 Choir Practice (AR) 3:30 Putter Par-Tee (AR) 6:00 ■ Poker (L)</p>	<p>16 9:00 Coffee, News & Goodies (AR) 10:00 Games of choice - (AR) 1:00 Double Bingo (AR) 1:00 Original Double Bingo (L) 2:30 Bean Bag Baseball (DR) 6:00 Bible Study (AR)</p>	<p>17 9:30 Balloon Volleyball (AR) 10:00 ■ Table Games (AR) 1:00 Original Bingo (L) 1:00 ■ Seated Tai Chi w/Jack (AR) 2:30 Active games (AR) 6:00 Advanced Art Class (AR)</p>	<p>18 9:00 ■ Dollar Tree: Sign Up with Denise 10:00 ■ Exercise (YouTube)✚ 1:00 ■ Bingo (AR) 1:30 Reading Group (L) 2:30 Kara-Long with Tom (DR) 6:00 ■ Resident Choice</p>	<p>19 10:00 ■ Games of Choice: Self Directed 1:00 ART CLASS with Kevin (AR) 3:00 Games Available (AR/L) 6:00 ■ Poker Night (L)</p>
	<p>20 8:45 Shepherd of the Desert Church Bus Pickup at Front Office† 10:00 Virtual Service † 2:30 Church service (DR) 6:00 Resident Choice</p>	<p>21 9:00 Shopping at Walmart: Sign up with Denise! 10:00 ■ Games of Choice (AR) 1:00 Cooking Group! (AR) 2:30 ■ Pamper Me! Nails (L)✚ 3:00 ART CLASS with Kevin (AR) 6:00 Card Games (res. choice)</p>	<p>22 9:30 ■ Wii Bowling (AR)✚ 11:00 News Stories (AR) 1:00 ■ Bingo (AR) 2:30 Choir Practice (AR) 3:30 Putter Par-Tee (AR) 6:00 ■ Poker (L)</p>	<p>23 9:00 Coffee, News & Goodies (AR) 10:00 Games of choice - (AR) 1:00 Double Bingo (AR) 1:00 Original Double Bingo (L) 2:30 Wine Down & Horse Races (DR) 6:00 Bible Study (AR)</p>	<p>24 9:15 Intergenerational Program with Heritage School (DR) 1:00 Original Bingo (L) 1:00 ■ Seated Tai Chi w/Jack (AR) 2:30 Town Hall Meeting -Staff invited (AR) 6:00 Advanced Art Class (AR)</p>	<p>25 9:00 ■ Shopping at Goodwill: Sign Up with Denise 10:00 ■ Exercise (YouTube)✚ 1:00 ■ Bingo (AR) 1:30 Reading Group (L) 2:30 Judging of Door Decor Contest 2:30 Trivia with Tom (AR)</p>	<p>26 10:00 ■ Games of Choice: Self Directed 1:00 ART CLASS with Kevin (AR) 3:00 Games Available (AR/L) 6:00 ■ Poker Night (L)</p>
	<p>27 8:45 Shepherd of the Desert Church Bus Pickup at Front Office† 10:00 Virtual Service † 2:30 Church Service (DR) 6:00 Resident Choice</p>	<p>28 9:00 Shopping at Fry's: Sign up with Denise 10:00 ■ Games of Choice (AR) 1:00 Crafts: T-shirt painting (AR) 2:30 ■ Pamper Me! Nails (L)✚ 3:00 ART CLASS with Kevin (AR) 6:00 Card Games (res. choice)</p>	<p>29 9:30 ■ Wii Bowling (AR)✚ 11:00 News Stories (AR) 1:00 ■ Bingo (AR) 2:30 Choir Practice (AR) 3:30 Putter Par-Tee (AR) 6:00 ■ Poker (L)</p>	<p>30 9:00 Coffee, News & Goodies (AR) 10:00 Games of choice - (AR) 1:00 Double Bingo (AR) 1:00 Original Double Bingo (L) 2:30 Bean Bag Baseball (DR) 6:00 Bible Study (AR)</p>	<p>31 9:30 Balloon Volleyball (AR) 10:00 ■ Table Games (AR) 1:00 Original Bingo (L) 1:00 ■ Seated Tai Chi w/Jack (AR) 2:30 Halloween party (DR) 6:00 Advanced Art Class (AR)</p>	<p> GUIDE AR= ACTIVITY ROOM 2ND FLOOR L= LIBRARY 2ND FLOOR DR= DINING ROOM 1ST FLOOR CT= COURTYARD</p>	



Word Search

Category: Autumn

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