



Vista Winds

Retirement Community

28775 N Vistancia Blvd • Peoria, AZ 85383 • (623) 253-6680

Staff Directory

Heather McBride Executive Director
 Dawn Rizo Marketing Consultant
 Susan Kast Activities Director
 Joshua Thomas Executive Chef
 Lani Luna Homecare Coordinator
 Zac Schaff Maintenance

OCTOBER HIGHLIGHTS

BIRTHDAYS

Vivian W. 10-4

Cathie W. 10-8

Ray F. 10-8

Barbara N. 10-21

Phyllis S. 10-26

National Cat Day

The cat's out of the bag—Oct. 29 is National Cat Day, the purr-fect chance to showcase our community kitty. Take a meow-ment on this day to greet our favorite feline with a friendly pat, chin scratch or nose boop!

Five Fun Facts About Black Cats

1. Sailors and fishermen used to keep black cats on their ships for good luck.
2. After spending time in the sun, a black cat's fur can turn a reddish-brown color. Like a suntan, the color will fade after a while.
3. Popular names for black cats include Shadow, Smokey, Boo and Midnight.
4. Often, black cats have golden yellow eyes.
5. Scientists have discovered that black cats can fight off certain diseases better than other colors of cats. How lucky!

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

6	7	8	9	10	11	12
<p>10:00 A4 Adult Coloring</p> <p>11:00 A4 Wii Bowling</p> <p>11:30 F Billiards & Pool</p> <p>12:00 A4 Chess and Checkers</p> <p>1:00 A3 Board Games</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 L Kings in a Corner</p> <p>10:00 A3 Trivia</p> <p>11:30 SHIPPING - WALMART</p> <p>1:00 LB Bridge</p> <p>1:30 A3 Hand and Foot</p> <p>1:30 LB Hand and Foot</p> <p>2:00 M PEORIA BOOKMOBILE</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 A4 Balance Exercise</p> <p>10:00 L Mahjong</p> <p>1:00 A3 Dime Bingo</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 A4 Drumming Exercise</p> <p>10:00 L Kings in a Corner</p> <p>11:00 C Bible Study with Cliff</p> <p>1:30 A3 Hand and Foot</p> <p>1:30 LB Hand and Foot</p> <p>2:00 M Travel to New England</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 A4 Balance Exercise</p> <p>10:00 L Kings in a Corner</p> <p>10:00 LUNCH BUNCH - DILLONS</p> <p>1:00 A3 Dime Bingo</p> <p>6:00 LB Hand and Foot</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 L Kings in a Corner</p> <p>10:00 L Mahjong</p> <p>1:00 LB Bridge</p> <p>1:30 A3 Hand and Foot</p> <p>3:30 L HAPPY HOUR</p>	<p>10:00 A3 Kings In A Corner</p> <p>10:00 A3 Poker</p> <p>12:00 A4 Chess & Checkers</p> <p>6:30 M Movie</p>
13	14	15	16	17	18	19
<p>10:00 A4 Adult Coloring</p> <p>11:00 A4 Wii Bowling</p> <p>11:30 F Billiards & Pool</p> <p>12:00 A4 Chess and Checkers</p> <p>1:00 A3 Board Games</p>	<p>INDIGENOUS PEOPLES' DAY</p> <p>9:00 A4 Wii Chair Exercises</p> <p>10:00 L Kings in a Corner</p> <p>10:00 A3 Trivia</p> <p>11:30 SHIPPING - SAFEWAY</p> <p>1:00 LB Bridge</p> <p>1:30 A3 Hand and Foot</p> <p>1:30 LB Hand and Foot</p> <p>2:00 LB PEORIA BOOKMOBILE</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 A4 Balance Exercise</p> <p>10:00 L Mahjong</p> <p>1:00 A3 Dime Bingo</p>	<p>FALL VENDOR FESTIVAL</p> <p>9:00 A4 Wii Chair Exercises</p> <p>10:00 A4 Drumming Exercise</p> <p>10:00 L Kings in a Corner</p> <p>11:00 C Bible Study with Cliff</p> <p>1:30 A3 Hand and Foot</p> <p>1:30 LB Hand and Foot</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 A4 Balance Exercise</p> <p>10:00 L Kings in a Corner</p> <p>10:00 LUNCH BUNCH - HAYMAKER</p> <p>1:00 A3 Dime Bingo</p> <p>2:30 D Resident Council Meeting</p> <p>6:00 LB Hand and Foot</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 L Kings in a Corner</p> <p>10:00 L Mahjong</p> <p>1:00 LB Bridge</p> <p>1:30 A3 Hand and Foot</p> <p>3:30 L HAPPY HOUR</p>	<p>10:00 A3 Kings In A Corner</p> <p>10:00 A3 Poker</p> <p>12:00 A4 Chess & Checkers</p> <p>6:30 M Movie</p>
20	21	22	23	24	25	26
<p>10:00 A4 Adult Coloring</p> <p>11:00 A4 Wii Bowling</p> <p>11:30 F Billiards & Pool</p> <p>12:00 A4 Chess and Checkers</p> <p>1:00 A3 Board Games</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 L Kings in a Corner</p> <p>10:00 A3 Trivia</p> <p>11:30 SHIPPING - COSTCO</p> <p>1:00 LB Bridge</p> <p>1:30 A3 Hand and Foot</p> <p>1:30 LB Hand and Foot</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 A4 Balance Exercise</p> <p>10:00 L Mahjong</p> <p>1:00 A3 Dime Bingo</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 A4 Drumming Exercise</p> <p>10:00 L Kings in a Corner</p> <p>11:00 C Bible Study with Cliff</p> <p>1:30 A3 Hand and Foot</p> <p>1:30 LB Hand and Foot</p> <p>2:00 A3 Happy Healthy Indoor Plants - Seminar</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 A4 Balance Exercise</p> <p>10:00 L Kings in a Corner</p> <p>10:00 LUNCH BUNCH - ANGELA'S KITCHEN</p> <p>1:00 A3 Dime Bingo</p> <p>3:00 ENTERTAINMENT Rockin' Cowbilly Music</p> <p>6:00 LB Hand and Foot</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 L Kings in a Corner</p> <p>10:00 L Mahjong</p> <p>1:00 LB Bridge</p> <p>1:30 A3 Hand and Foot</p> <p>3:30 L HAPPY HOUR</p>	<p>10:00 A3 Kings In A Corner</p> <p>10:00 A3 Poker</p> <p>12:00 A4 Chess & Checkers</p> <p>6:30 M Movie</p>
27	28	29	30	31		
<p>10:00 A4 Adult Coloring</p> <p>11:00 A4 Wii Bowling</p> <p>11:30 F Billiards & Pool</p> <p>12:00 A4 Chess and Checkers</p> <p>1:00 A3 Board Games</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 L Kings in a Corner</p> <p>10:00 A3 Trivia</p> <p>11:30 SHIPPING - SPROUTS</p> <p>1:00 LB Bridge</p> <p>1:30 A3 Hand and Foot</p> <p>1:30 LB Hand and Foot</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 A4 Balance Exercise</p> <p>10:00 L Mahjong</p> <p>1:00 A3 Dime Bingo</p>	<p>9:00 A4 Wii Chair Exercises</p> <p>10:00 A4 Drumming Exercise</p> <p>10:00 L Kings in a Corner</p> <p>11:00 C Bible Study with Cliff</p> <p>1:30 A3 Hand and Foot</p> <p>1:30 LB Hand and Foot</p> <p>2:00 A3 Mexican Train Dominos</p>	<p>HAPPY BOO-LA-WEEN!</p> <p>9:00 A4 Wii Chair Exercises</p> <p>10:00 A4 Balance Exercise</p> <p>10:00 L Kings in a Corner</p> <p>10:00 LUNCH BUNCH - HORN TOAD</p> <p>1:00 A3 Dime Bingo</p> <p>6:00 LB Hand and Foot</p>		



"This Month In History" OCTOBER

1900: The U.S. Navy commissions its first modern submarine, the USS Holland, named for its designer, John Philip Holland.

1907: One of the world's landmark hotels, the Plaza opens in New York City.

1915: Woodrow Wilson becomes the first U.S. president to attend a World Series game.

1929: The New York Stock Exchange crashes on what will later be known as "Black Tuesday."

1935: Considered one of the first great American operas, George Gershwin's "Porgy and Bess" premieres on Broadway.

1947: Air Force pilot Chuck Yeager flies an experimental plane and becomes the first person to break the sound barrier.

1950: Charles Schulz's "Peanuts" comic strip debuts in several newspapers.

1962: The Beach Boys release their debut album, "Surfin' Safari."

1972: Called the "Match of the Century," American Bobby Fischer wins the World Chess Championship by defeating Boris Spassky of the Soviet Union.

1986: The International Olympic Committee announces it will change its 70-year tradition and hold the Summer and Winter Games in different years.

1998: Comedian Richard Pryor receives the first Mark Twain Prize for American Humor.

2007: Alex Rodriguez signs a record 10-year, \$275 million contract with the New York Yankees. It was the richest deal in pro sports at the time.

2016: Singer-songwriter Bob Dylan is awarded the Nobel Prize for literature. He was the first songwriter to win the prestigious award.