



Ventana Winds

Retirement Community

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Bringing Good Cheer

“I shall try to make my life like an open fireplace, so that people may be warmed and cheered by it and so go out themselves to warm and cheer.” —George Matthew Adams

December 2024



Hazelnuts for Health

Whether you know them as hazelnuts, filberts or cobnuts, these sweet-tasting little nuts are packed with fiber, antioxidants and healthy fats. Like other tree nuts, raw or roasted hazelnuts can be a heart-healthy snack option.

Stay Sunny on the Inside

Wintertime is the season for citrus. And if the weather outside is frightful, an orange, clementine or grapefruit can put you in a sunshine state of mind. Citrus fruits are famous for their supply of immune-boosting vitamin C, and simply smelling their scents has been shown to be energizing.

From the Heart

“It isn’t the size of the gift that matters, but the size of the heart that gives it.” —Eileen Elias Freeman

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">1</p> <p>8:45 Shepherd of the Desert Church Bus Pickup at Front Office †</p> <p>10:00 Residents Choice (AR) †</p> <p>6:00 Resident Choice</p>	<p style="text-align: center;">2</p> <p>9:00 PT/OT in the Library</p> <p>9:00 ■ Trip to Walmart: Sign up</p> <p>10:00 ■ Games of Choice (AR)</p> <p>1:00 Crafts-Wreaths/Angels (AR)</p> <p>2:30 ■ Pamper Me! Nails (L)</p> <p>3:00 ART CLASS with Kevin (AR)</p> <p>6:00 Card Games (res. choice)</p>	<p style="text-align: center;">3</p> <p>9:00 PT/OT in the Library</p> <p>10:30 ■ Wii Games (AR) ††</p> <p>1:00 ■ Bingo (AR)</p> <p>2:00 Veterans Chat (L)</p> <p>2:30 Choir Practice (AR)</p> <p>3:30 Putter Par-Tee (AR)</p> <p>6:00 ■ Poker (L)</p>	<p style="text-align: center;">4</p> <p>9:00 ■ Fry's Senior Discount Day: Sign Up with Denise</p> <p>9:00 PT/OT in the Library</p> <p>10:00 Table Games - (AR)</p> <p>1:00 Double Bingo (AR)</p> <p>1:00 Original Double Bingo (L)</p> <p>2:30 Wine Down & Horse Races (L)</p> <p>4:00 Carolers (DR)</p> <p>6:30 Bible Study (AR)</p>	<p style="text-align: center;">5</p> <p>9:00 PT/OT in the Library</p> <p>9:30 Balloon Volleyball (AR)</p> <p>10:00 Library Cart from Youngtown Library (L)</p> <p>1:00 Original Bingo (L)</p> <p>1:30 Christmas Stories & Treats (AR)</p> <p>2:30 Planning Meeting (AR)</p> <p>6:00 Advanced Art Class (AR)</p>	<p style="text-align: center;">6</p> <p>9:00 ■ Dollar Tree Trip: Sign Up with Denise</p> <p>9:00 PT/OT in the Library</p> <p>10:00 ■ Residents Choice (AR) ††</p> <p>1:00 ■ Bingo (AR)</p> <p>1:30 Reading Group (L)</p> <p>2:30 BIRTHDAY PARTY with Tom (DR)</p> <p>6:00 ■ Resident Choice</p>	<p style="text-align: center;">7</p> <p>10:00 ■ Games of Choice: Self Directed</p> <p>1:00 ART CLASS with Kevin (AR)</p> <p>3:00 Games Available (AR/L)</p> <p>6:00 ■ Poker Night (L)</p>
<p style="text-align: center;">8</p> <p>8:45 Shepherd of the Desert Church Bus Pickup at Front Office †</p> <p>10:00 Residents Choice (AR) †</p> <p>2:30 Church service (AR)</p> <p>6:00 Resident Choice</p>	<p style="text-align: center;">9</p> <p>9:00 PT/OT in the Library</p> <p>9:00 Trip to Fry's: Sign Up</p> <p>10:00 ■ Games of Choice (AR)</p> <p>1:00 Christmas Placemat making (AR)</p> <p>2:30 ■ Pamper Me! Nails (L)</p> <p>3:00 ART CLASS with Kevin (AR)</p> <p>6:00 Card Games (res. choice)</p>	<p style="text-align: center;">10</p> <p>9:00 PT/OT in the Library</p> <p>10:30 ■ Wii Games (AR) ††</p> <p>1:00 ■ Bingo (AR)</p> <p>2:30 Choir Practice (AR)</p> <p>3:30 Putter Par-Tee (AR)</p> <p>6:00 ■ Poker (L)</p>	<p style="text-align: center;">11</p> <p>9:00 Coffee, Christmas Trivia & Goodies (AR)</p> <p>9:00 PT/OT in the Library</p> <p>10:00 Table Games - (AR)</p> <p>1:00 Double Bingo (AR)</p> <p>1:00 Original Double Bingo (L)</p> <p>2:00 Music with Julius (DR)</p> <p>6:30 Bible Study (AR)</p>	<p style="text-align: center;">12</p> <p>9:00 PT/OT in the Library</p> <p>9:30 Bean Bag Baseball (AR)</p> <p>1:00 Original Bingo (L)</p> <p>2:00 Christmas Stories & Treats (AR)</p> <p>3:00 Resident Council Meeting (DR)</p> <p>6:00 Advanced Art Class (AR)</p>	<p style="text-align: center;">13</p> <p>9:00 PT/OT in the Library</p> <p>9:00 ■ Shopping at Goodwill: Sign Up with Denise</p> <p>10:00 ■ Residents Choice (AR) ††</p> <p>1:00 ■ Bingo (AR)</p> <p>1:30 Reading Group (L)</p> <p>2:00 Decorate ornaments (AR)</p> <p>6:00 ■ Resident Choice</p>	<p style="text-align: center;">14</p> <p>10:00 ■ Games of Choice: Self Directed</p> <p>1:00 Who I Am (L)</p> <p>3:00 Games Available (AR/L)</p> <p>6:00 ■ Poker Night (L)</p>
<p style="text-align: center;">15</p> <p>8:45 Shepherd of the Desert Church Bus Pickup at Front Office †</p> <p>10:00 Residents Choice (AR) †</p> <p>6:00 Resident Choice</p>	<p style="text-align: center;">16</p> <p>9:00 Pick up Gingerbread Kit (AR) (Staff)</p> <p>9:00 PT/OT in the Library</p> <p>10:00 ■ Games of Choice (AR)</p> <p>2:30 Gingerbread House Judging (AR)</p> <p>2:30 ■ Pamper Me! Nails (L)</p> <p>3:00 ART CLASS with Kevin (AR)</p> <p>6:00 Card Games (res. choice)</p>	<p style="text-align: center;">17</p> <p>9:00 PT/OT in the Library</p> <p>10:30 ■ Wii Games (AR) ††</p> <p>1:00 ■ Bingo (AR)</p> <p>2:30 Choir Program (AR)</p> <p>3:30 Putter Par-Tee (AR)</p> <p>6:00 ■ Poker (L)</p>	<p style="text-align: center;">18</p> <p>9:00 PT/OT in the Library</p> <p>10:00 Scavenger Hunt - (AR)</p> <p>1:00 Double Bingo (AR)</p> <p>1:00 Original Double Bingo (L)</p> <p>2:30 Christmas Games(AR)</p> <p>6:30 Bible Study (AR)</p>	<p style="text-align: center;">19</p> <p>9:00 PT/OT in the Library</p> <p>9:00 Student Visits -School Buddies (DR)</p> <p>1:00 Original Bingo (L)</p> <p>2:30 Worksheets & Puzzles (AR)</p> <p>6:00 Outing to see Christmas Lights</p>	<p style="text-align: center;">20</p> <p>9:00 ■ Dollar Tree: Sign Up</p> <p>9:00 PT/OT in the Library</p> <p>10:00 ■ Residents Choice (AR) ††</p> <p>1:00 ■ Bingo (AR)</p> <p>2:00 Res. Christmas Party (DR)</p> <p>6:00 ■ Resident Choice</p>	<p style="text-align: center;">21</p> <p>10:00 ■ Games of Choice: Self Directed</p> <p>1:00 Christmas Movie Marathon (AR)</p> <p>3:00 Games Available (AR/L)</p> <p>6:00 ■ Poker Night (L)</p>
<p style="text-align: center;">22</p> <p>8:45 Shepherd of the Desert Church Bus Pickup at Front Office †</p> <p>10:00 Residents Choice (AR) †</p> <p>2:30 Church service (AR)</p> <p>6:00 Resident Choice</p>	<p style="text-align: center;">23</p> <p>9:00 PT/OT in the Library</p> <p>10:00 ■ Games of Choice (AR)</p> <p>1:00 Bake & Decorate Cookies (AR)</p> <p>2:30 ■ Pamper Me! Nails (L)</p> <p>3:00 ART CLASS with Kevin (AR)</p> <p>6:00 Card Games (res. choice)</p>	<p style="text-align: center;">24</p> <p>9:00 PT/OT in the Library</p> <p>10:30 ■ Games of choice (AR) ††</p> <p>1:00 ■ Bingo (AR)</p> <p>2:30 Christmas Trivia & Puzzle sheets (AR)</p> <p>6:00 ■ Poker (L)</p>	<p style="text-align: center;">25</p> <p>Merry Christmas & Happy Hanukkah!</p> <p>AM-Games & Fun (AR)</p> <p>PM- CHRISTMAS MOVIE (AR)</p>	<p style="text-align: center;">26</p> <p>9:00 PT/OT in the Library</p> <p>9:30 Bean Bag Baseball (AR)</p> <p>1:00 Town Hall -Staff invited (AR)</p> <p>2:30 Cultural Day-Mexico (AR)</p> <p>6:00 Advanced Art Class (AR)</p>	<p style="text-align: center;">27</p> <p>9:00 PT/OT in the Library</p> <p>10:00 ■ Residents Choice (AR) ††</p> <p>1:00 ■ Bingo (AR)</p> <p>1:30 Reading Group (L)</p> <p>2:30 Hanukkah Party- (AR)</p> <p>6:00 ■ Resident Choice</p>	<p style="text-align: center;">28</p> <p>10:00 ■ Games of Choice: Self Directed</p> <p>1:00 ART CLASS with Kevin (AR)</p> <p>3:00 Games Available (AR/L)</p> <p>6:00 ■ Poker Night (L)</p>
<p style="text-align: center;">29</p> <p>8:45 Shepherd of the Desert Church Bus Pickup at Front Office †</p> <p>10:00 Residents Choice (AR) †</p> <p>6:00 Resident Choice</p>	<p style="text-align: center;">30</p> <p>9:00 PT/OT in the Library</p> <p>10:00 ■ Games of Choice (AR)</p> <p>1:00 Crafts (AR)</p> <p>2:30 ■ Pamper Me! Nails (L)</p> <p>3:00 ART CLASS with Kevin (AR)</p> <p>6:00 Card Games (res. choice)</p>	<p style="text-align: center;">31</p> <p>9:00 PT/OT in the Library</p> <p>10:30 ■ Wii Games (AR) ††</p> <p>12:00 Noon Year's Party (DR)</p> <p>2:00 ■ Bingo (AR)</p> <p>3:30 Putter Par-Tee (AR)</p> <p>6:00 ■ Poker (L)</p>	<p style="text-align: center;">31</p> <p style="text-align: center; font-size: 2em;">Noon Year's Eve</p>	<p style="text-align: center;">31</p>	<p style="text-align: center;">31</p> <p style="text-align: center;">HAPPY <i>Hanukkah</i></p>	<p style="text-align: center;">31</p> <p>CHANGES POSSIBLE!</p> <p>Calendar is subject to change! Changes will be posted in elevators and on large calendar!</p>

DECEMBER BIRTHDAYS

JOYCE M.-12/02

MICHAEL T.-12/19

DANNY H. -12/23

LAUREEN W.-12/30

ANGELA C.-12/31

HAPPY BIRTHDAY TO ALL OF YOU!

LEGEND:

AR=ACTIVITY ROOM ON SECOND FLOOR

DR=DINING ROOM (MAIN FLOOR)

L=LIBRARY ON SECOND FLOOR

P=PATIO AREA

CT=COURTYARD

O=OUTING-SIGN UP IN FRONT LOBBY

FOR FURTHER EXPLANATION OF EVENTS, PLEASE SEE ACTIVITY STAFF!

ALL CHANGES TO EVENTS WILL BE ON LARGE WALL CALENDAR AND ON NOTICES IN THE ELEVATORS.



Bah, Humbug!

Ebenezer Scrooge, the cantankerous miser at the heart of the Charles Dickens tale "A Christmas Carol," is an unforgettable character. His name and personality are so engrained in pop culture that if someone tells you they encountered a real-life "Scrooge" around the holidays, you know exactly what they mean!

Tag along with the Ghost of Christmas Past and match each "A Christmas Carol" film adaptation with the actor who played Scrooge.

Actor

1. Michael Caine
2. Albert Finney
3. Will Ferrell
4. Alastair Sim
5. Christopher Plummer
6. Alan Young
7. George C. Scott
8. Bill Murray

Movie

- A. "Scrooged"
- B. "The Man Who Invented Christmas"
- C. "A Christmas Carol" (1951)
- D. "The Muppet Christmas Carol"
- E. "A Christmas Carol" (1984)
- F. "Spirited"
- G. "Scrooge"
- H. "Mickey's Christmas Carol"

(Answers: 1. D; 2. G; 3. E; 4. C; 5. B; 6. H; 7. E; 8. A)