



# Ventana Winds

## Retirement Community

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

### ELEMENTS MEMORY SUPPORT NEWSLETTER

#### MEMORY SUPPORT STAFF DIRECTORY

Bekah Tena .....Executive Director  
 Alex Osono.....Compliance Director  
 Monica Samuels..... Marketing Director  
 Mike Burgess.....Wellness Director  
 Amanda Lemke.....Elements RCC  
 Jennifer Sims.....Resident Engagement  
 Jon Watson.....Maintenance Director



### January 2025



#### Curl Up in Comfort

“What a splendid piece of furniture an armchair is. ... During those long winter evenings, it is often sweet and always advisable to stretch out luxuriously in one, far from the din of the crowds.” —Xavier de Maistre

#### Polka Dot Party

Both sophisticated and playful, polka dots are a classic pattern used in fashion and design. When they originated in the Middle Ages, they had a less cheerful connotation, since the spots were associated with disease. A couple centuries later, modern sewing machines made the pattern more uniform and easier to produce. Their leap in popularity happened at the same time as another trend—polka music from the Czech Republic—and the term “polka dots” was born.

#### Inaugural Event

Franklin D. Roosevelt’s second-term inauguration in 1937 marked the first time the ceremony was held in January. Previous U.S. presidents took the oath of office on March 4, before the 20th Amendment changed the date to Jan. 20.

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

	<p>All Events Are Subject To Change. Residents Will Be Given Notice 24 Hours Before By Letter On Door.</p>		<p><b>New Year's Day</b> 1  <b>9:30 Chair Exercise- Stretching Outside</b>            10:30 White Board- States  <b>3:00 Gardening/ Water Flowers</b></p>	<p>2  <b>9:30 Chair Exercise- Move to the Music</b>            10:00 Hair and Nails with Friends            10:30 White Board- Sports            1:30 Movie- Snacks and Drinks</p>	<p>3  <b>9:30 Chair Exercise- Pool Noodle Workout</b>            10:30 White Board- Food            1:30 Bird Watching            2:30 Watering Plants and Flowers</p>	<p>4  <b>9:30 Chair Exercise- YouTube</b>  <b>1:00 Animal Trivia</b>  <b>3:00 Puzzle/ Matching Games</b></p>
<p>5  <b>9:00 Chair Exercise- YouTube</b>  <b>Move to the Music</b>  <b>9:30 Virtual Church- YouTube</b>            11:30 Sensory Bins- Matching  <b>2:30 Movie with Snacks &amp; Drinks</b></p>	<p>6  <b>8:45 Catholic Communion (P)</b>  <b>9:30 Chair Exercise- Stretching Outside</b>            10:30 White Board- Animals            11:00 Sensory Bins- Colors            3:00 Drum to the Beat</p>	<p>7  <b>9:30 Chair Yoga</b>  <b>10:30 White Board- Desserts</b>            11:30 Sensory Bin- Matching            2:00 Bingo</p>	<p>8  <b>9:30 Chair Exercise- Stretching Outside</b>            10:30 White Board- States  <b>3:00 Gardening/ Water Flowers</b></p>	<p>9  <b>9:30 Chair Exercise- Move to the Music</b>            10:30 White Board- Sports  <b>1:30 Birthday Party with Tom</b></p>	<p>10  <b>9:30 Chair Exercise- Pool Noodle Workout</b>            10:30 White Board- Food            2:30 Watering Plants and Flowers</p>	<p>11  <b>9:30 Chair Exercise- YouTube</b>  <b>1:00 Animal Trivia</b>  <b>3:00 Puzzle/ Matching Games</b></p>
<p>12  <b>9:00 Chair Exercise- YouTube</b>  <b>Move to the Music</b>  <b>9:30 Virtual Church- YouTube</b>            11:30 Sensory Bins- Matching  <b>2:30 Movie with Snacks &amp; Drinks</b></p>	<p>13  <b>8:45 Catholic Communion (P)</b>  <b>9:30 Chair Exercise- Stretching Outside</b>            10:30 White Board- Animals            11:00 Sensory Bins- Colors            3:00 Drum to the Beat</p>	<p>14  <b>9:30 Chair Yoga</b>  <b>10:30 White Board- Desserts</b>            11:30 Sensory Bin- Matching  <b>1:30 Ronny Lee- Live Music</b></p>	<p>15  <b>9:30 Chair Exercise- Stretching Outside</b>            10:30 White Board- States  <b>3:00 Gardening/ Water Flowers</b></p>	<p>16  <b>9:30 Chair Exercise- Move to the Music</b>            10:30 White Board- Sports            2:00 Sock Hop '50s/'60s Party with Elvis (DR)</p>	<p>17  <b>9:30 Chair Exercise- Pool Noodle Workout</b>            10:30 White Board- Food  <b>1:00 Pet Visits- Both</b>            2:30 Watering Plants and Flowers</p>	<p>18  <b>9:30 Chair Exercise- YouTube</b>  <b>1:00 Animal Trivia</b>  <b>3:00 Puzzle/ Matching Games</b></p>
<p>19  <b>9:00 Chair Exercise- YouTube</b>  <b>Move to the Music</b>  <b>9:30 Virtual Church- YouTube</b>            11:30 Sensory Bins- Matching  <b>2:30 Movie with Snacks &amp; Drinks</b></p>	<p><b>Martin Luther King Jr. Day</b> 20  <b>8:45 Catholic Communion (P)</b>  <b>9:30 Chair Exercise- Stretching Outside</b>            10:30 White Board- Animals            11:00 Sensory Bins- Colors            3:00 Drum to the Beat</p>	<p>21  <b>9:30 Chair Yoga</b>  <b>10:30 White Board- Desserts</b>            11:30 Sensory Bin- Matching            2:00 Bingo</p>	<p>22  <b>9:30 Chair Exercise- Stretching Outside</b>            10:30 White Board- States  <b>3:00 Gardening/ Water Flowers</b></p>	<p>23  <b>9:30 Chair Exercise- Move to the Music</b>            10:30 White Board- Sports            1:30 Arts and Crafts            2:30 Build Your Own Trail Mix</p>	<p>24  <b>9:30 Chair Exercise- Pool Noodle Workout</b>            10:30 White Board- Food            2:30 Watering Plants and Flowers</p>	<p>25  <b>9:30 Chair Exercise- YouTube</b>  <b>1:00 Animal Trivia</b>  <b>3:00 Puzzle/ Matching Games</b></p>
<p>26  <b>9:00 Chair Exercise- YouTube</b>  <b>Move to the Music</b>  <b>9:30 Virtual Church- YouTube</b>            11:30 Sensory Bins- Matching  <b>2:30 Movie with Snacks &amp; Drinks</b></p>	<p>27  <b>8:45 Catholic Communion (P)</b>  <b>9:30 Chair Exercise- Stretching Outside</b>            10:30 White Board- Animals            11:00 Sensory Bins- Colors            3:00 Drum to the Beat</p>	<p>28  <b>9:30 Chair Yoga</b>  <b>10:30 White Board- Desserts</b>            11:30 Sensory Bin- Matching            2:00 Bingo</p>	<p>29  <b>9:30 Chair Exercise- Stretching Outside</b>            10:30 White Board- States  <b>3:00 Gardening/ Water Flowers</b></p>	<p>30  <b>9:30 Chair Exercise- Move to the Music</b>            10:30 White Board- Sports            1:30 Arts and Crafts</p>	<p>31  <b>9:30 Chair Exercise- Pool Noodle Workout</b>            10:30 White Board- Food            2:30 Watering Plants and Flowers</p>	



## Word Gets Around

New words make their way into our language all the time, often based on trends, inventions, new technology and slang. See when these now-common terms were first talked about.

Decade	Words
1940s	country music, TV, jeep, cook-off, jet stream
1950s	action figure, bumper sticker, videotape, TV dinner
1960s	junk food, fender bender, vibe, carpool, ZIP code
1970s	retro, ATM, shopaholic, comfort food, gas-guzzler
1980s	photo op, couch potato, mouse pad, cardio, email
1990s	World Wide Web, brain freeze, spoiler alert, bestie
2000s	bucket list, podcast, cornhole, sudoku, selfie

## "This Month In History" JANUARY

**1901:** The American Bowling Congress organizes the first national bowling tournament, held in Chicago.

**1938:** Benny Goodman plays a sold-out concert at New York City's Carnegie Hall. It was the first time jazz was played at the venue, and the first time that white and Black musicians performed together on a U.S. stage.

**1943:** Headquarters for the U.S. Department of Defense, the Pentagon building officially opens.

**1953:** Chevrolet debuts its new sports car, the Corvette.

**1986:** James Brown, Buddy Holly and Elvis Presley are among the first artists inducted into the Rock & Roll Hall of Fame.

**1994:** American speedskater Dan Jansen sets a new world record, skating 500 meters in 35.76 seconds at a race in Canada.

**2006:** An unmanned NASA probe blasts off to begin a 3 billion-mile journey to Pluto.

**2010:** Apple introduces its first iPad, a touch-screen tablet computer.

**2019:** A polar vortex sends frigid air across the upper Midwest and Northeast, causing record-breaking low temperatures.