



Ventana Winds

Retirement Community

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ELEMENTS MEMORY SUPPORT NEWSLETTER

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Merry Christmas
 HAPPY NEW YEAR!



December 2024



Make a List, Check It Twice

Simple yet effective, to-do lists are powerful productivity tools. Of course, there's the satisfaction of crossing off a completed task, but psychologists say even the act of writing things down beforehand can ease the burden of doing them. Instead of putting energy toward remembering what needs to be done, just consult your list. Similarly, lists can also help you achieve bigger goals by breaking them down into more manageable steps.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks	2 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:00 Hair and nails with friends 10:30 White board- animals 11:00 Sensory bins- colors 3:00 Drum to the beat	3 9:30 Chair Yoga 10:30 White board- desserts 11:30 Sensory bin- matching 1:30 Hand massage 2:30 BIBLE STUDY with FARA	4 9:30 Chair exercise- stretching outside 10:30 White board- States 1:30 Arts and Crafts 3:00 Gardening/ water flowers	5 9:30 Chair exercise- move to the music 10:30 White board- sports 11:00 Sensory bins- colors 2:30 Chef day- Hot cocoa	6 9:30 Chair exercise pool noodle workout 10:30 White board- Food 1:00 Pet Visits 3:00 Bingo	7 9:30 Chair exercise- YouTube 1:00 Animal trivia 3:00 Puzzle/ matching games
8 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks	9 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 White board- animals 11:00 Sensory bins- colors 3:00 Drum to the beat	10 9:30 Chair Yoga 10:30 White board- desserts 11:30 Sensory bin- matching 1:30 Hand massage 2:30 BIBLE STUDY with FARA	11 9:30 Chair exercise- stretching outside 10:30 White board- States 1:00 Live music- Julius 3:00 Gardening/ water flowers	12 9:30 Chair exercise- move to the music 10:30 White board- sports 11:00 Sensory bins- colors 2:30 Chef day- yogurt and granola	13 9:30 Chair exercise pool noodle workout 10:30 White board- Food 1:00 Making Christmas cards for friends 3:00 Bingo	14 9:30 Chair exercise- YouTube 1:00 Animal trivia 3:00 Puzzle/ matching games
15 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks	16 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 White board- animals 11:00 Sensory bins- colors 3:00 Drum to the beat	17 9:30 Chair Yoga 10:30 White board- desserts 11:30 Sensory bin- matching 1:30 Hand massage 2:30 BIBLE STUDY with FARA	18 9:30 Chair exercise- stretching outside 10:30 White board- States 1:30 Game of choice 3:00 Gardening/ water flowers	19 9:30 Chair exercise- move to the music 10:30 White board- sports 11:00 Sensory bins- colors 2:30 Chef day- build your own gingerbread house	20 9:30 Chair exercise pool noodle workout 10:30 White board- Food 1:00 Pet Visits- both 2:00 Christmas party and gifts in AL	21 9:30 Chair exercise- YouTube 1:00 Animal trivia 3:00 Puzzle/ matching games
22 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks	23 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 White board- animals 11:00 Sensory bins- colors 3:00 Drum to the beat	24 9:30 Chair Yoga 10:30 White board- desserts 11:30 Sensory bin- matching 1:30 Hand massage 2:30 BIBLE STUDY with FARA	25 Christmas 9:30 Chair exercise- stretching outside 10:30 White board- States 1:00 Game of choice 3:00 Gardening/ water flowers	26 9:30 Chair exercise- move to the music 10:30 White board- sports 11:00 Sensory bins- colors 2:30 Chef day- fruit parfait	27 9:30 Chair exercise pool noodle workout 10:30 White board- Food 1:00 Pet Visits 3:00 Bingo	28 9:30 Chair exercise- YouTube 1:00 Animal trivia 3:00 Puzzle/ matching games
29 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks	30 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 White board- animals 11:00 Sensory bins- colors 3:00 Drum to the beat	31 9:30 Chair Yoga 10:30 White board- desserts 11:30 Sensory bin- matching 1:30 Hand massage 2:30 BIBLE STUDY with FARA	All Events Are Subject To Change Residents Will Be Notified By Letter On Door 24 Hours Prior	MERRY CHRISTMAS AND HAPPY NEW YEAR		HAPPY NEW YEAR



America's Official Poets

Each year, the Library of Congress names a poet laureate of the United States to promote the reading and writing of poetry. Find inspiration in the works of these poets of the nation.

<u>Year Appointed</u>	<u>Poet Laureate</u>
1937	Joseph Auslander
1945	Louise Bogan
1958	Robert Frost
1968	William Jay Smith
1976	Robert Hayden
1985	Gwendolyn Brooks
1993	Rita Dove
2000	Stanley Kunitz
2015	Juan Felipe Herrera
2022	Ada Limón

"This Month In History"

DECEMBER

1901: With a goal of setting rules and safety standards, representatives from over 60 universities meet to form the Intercollegiate Athletic Association of the United States. In 1910, the organization was renamed the NCAA.

1924: At age 2, Judy Garland makes her stage debut at her father's movie theater in Grand Rapids, Minn.

1948: The United Nations General Assembly adopts the Universal Declaration of Human Rights. Defining

fundamental freedoms of all human beings, the document has been translated into more than 500 languages.

1973: Astronauts on NASA's Skylab 4 mission take a 7-hour spacewalk, the longest at the time.

1987: Ron Hextall of the Philadelphia Flyers becomes the first NHL goalie to score a goal by intentionally firing the puck into the other team's net.

2001: "The Lord of the Rings: The Fellowship of the Ring" premieres. It was the first film in the trilogy based on author J.R.R. Tolkien's fantasy series.

2007: At 81, Queen Elizabeth II becomes the oldest ever monarch of the U.K., surpassing her great-great-grandmother, Queen Victoria.

2016: Global retailer Amazon makes its first delivery by drone. The package arrived at its destination 13 minutes after it was ordered.