



# Vista Winds

## Retirement Community

28783 N Vistancia Blvd • Peoria, AZ 85383 • Phone: (623) 253-6690

### Staff Directory

Jae .....	Executive Director
Mirek .....	Maintenance
Tina .....	MC Activities Director
Hailey .....	AL Activities Director
Donna .....	Nurse
Julie .....	Marketing

### Dining Room Hours

Breakfast .....	7:30AM-9:30AM
Lunch .....	11:30AM-2:30PM
Dinner .....	4:00PM-6:30PM

### January Birthdays

Wallace F. ....	1/03
Elayne M. ....	1/14
Robert L. ....	1/22
Pat M. ....	1/29

### 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>5  <b>9:30 T</b> Sunday Devotion w/ Les                      10:00 <b>AR</b> Coffee and Paint                      2:00 <b>AR</b> Book club                      3:00 <b>AR</b> Kings in the Corner                      6:00 <b>T</b> Movie</p>	 <p>6                      10:30 <b>AR</b> Monday Manicures                      1:00 <b>AR</b> Afternoon Walk Around                      2:00 <b>AR</b> Dime Bingo                      3:00 <b>AR</b> Uno                      6:00 <b>T</b> Movie</p>	 <p>7                      9:00 <b>AR</b> Morning Exercises                      10:30 <b>AR</b> Bingo  <b>11:00 LY</b> Stevies Pizza Lunch Outing                      1:30 <b>T</b> Bible Study  <b>2:00 AR</b> Restoration Station Club                      6:00 <b>T</b> Movie</p>	<p><b>New Year's Day</b> 1                      9:00 <b>AR</b> Wednesday Morning Trivia                      10:00 <b>AR</b> Morning Journaling: prompts                      1:00 <b>AR</b> Kings in the Corner  <b>2:30 AR</b> New Year's Tea Party                      6:00 <b>T</b> Movie</p>	<p>2                      9:00 <b>AR</b> TheraBand Therapy  <b>10:00 T</b> Catholic Mass  <b>1:00 LY</b> Safeway Shopping Outing                      2:30 <b>AR</b> Bingo                      6:00 <b>T</b> Movie</p>	<p>3                      9:00 <b>AR</b> Treats and Coffee                      9:30 <b>T</b> Catholic Communion Service                      1:00 <b>AR</b> Happy Hour Social                      3:00 <b>AR</b> Mexican Train                      6:00 <b>T</b> Movie</p>	<p>4  <b>Resident Led</b>                      9:00 <b>AR</b> Saturday Morning Coffee and Catch Up                      9:30 <b>AR</b> Scrabble                      2:00 <b>AR</b> Kings in the Corner                      6:00 <b>T</b> Movie</p>
<p>12  <b>9:30 T</b> Sunday Devotion w/ Les                      10:00 <b>AR</b> Coffee and Paint                      2:00 <b>AR</b> Book club                      3:00 <b>AR</b> Kings in the Corner                      6:00 <b>T</b> Movie</p>	<p>13                      10:30 <b>AR</b> Monday Manicures                      1:00 <b>AR</b> Afternoon Walk Around                      2:00 <b>AR</b> Dime Bingo                      3:00 <b>AR</b> Scrabble                      6:00 <b>T</b> Movie</p>	<p>14                      9:00 <b>AR</b> Morning Exercises                      10:30 <b>AR</b> Bingo                      1:30 <b>T</b> Bible Study  <b>2:00 AR</b> Restoration Station Club                      6:00 <b>T</b> Movie</p>	<p>15                      9:00 <b>AR</b> Wednesday Morning Trivia                      10:00 <b>AR</b> Morning Journaling: prompts                      1:00 <b>AR</b> Kings in the Corner                      2:30 <b>AR</b> Mexican Train                      6:00 <b>T</b> Movie</p>	<p>16                      9:00 <b>AR</b> TheraBand Therapy                      10:00 <b>AR</b> Show and Tell (Sign-Up)  <b>1:00 LY</b> Walmart Shopping Outing                      2:30 <b>AR</b> Bingo                      6:00 <b>T</b> Movie</p>	<p>17                      9:00 <b>AR</b> Treats and Coffee                      9:30 <b>T</b> Catholic Communion Service  <b>1:00 AR</b> Resident Council Meeting  <b>3:00 AR</b> Live Entertainment: Alesa Galliam  <b>4:00 DR</b> Memory Lane Friends and Family Night                      6:00 <b>T</b> Movie</p>	<p>18  <b>Resident Led</b>                      9:00 <b>AR</b> Saturday Morning Coffee and Catch Up                      9:30 <b>AR</b> Scrabble                      2:00 <b>AR</b> Kings in the Corner                      6:00 <b>T</b> Movie</p>
<p>19  <b>9:30 T</b> Sunday Devotion w/ Les                      10:00 <b>AR</b> Coffee and Paint                      2:00 <b>AR</b> Book club                      3:00 <b>AR</b> Kings in the Corner                      6:00 <b>T</b> Movie</p>	<p><b>Martin Luther King Jr. Day</b> 20                      10:30 <b>AR</b> Monday Manicures                      1:00 <b>AR</b> Afternoon Walk Around                      2:00 <b>AR</b> Dime Bingo                      3:00 <b>AR</b> Uno                      6:00 <b>T</b> Movie</p>	<p>21                      9:00 <b>AR</b> Morning Exercises                      10:30 <b>AR</b> Bingo  <b>11:00 LY</b> Bubbas 33 Lunch Outing                      1:30 <b>T</b> Bible Study  <b>2:00 AR</b> Restoration Station Club  <b>2:00 T</b> Veteran Chat                      6:00 <b>T</b> Movie</p>	<p>22                      9:00 <b>AR</b> Wednesday Morning Trivia                      10:00 <b>AR</b> Morning Journaling: prompts                      1:00 <b>AR</b> Kings in the Corner                      2:30 <b>AR</b> Mexican Train                      6:00 <b>T</b> Movie</p>	<p>23                      9:00 <b>AR</b> TheraBand Therapy                      10:00 <b>AR</b> Chef Chat                      1:00 <b>AR</b> January Birthday Bash                      2:30 <b>AR</b> Bingo                      6:00 <b>T</b> Movie</p>	<p>24                      9:00 <b>AR</b> Treats and Coffee                      9:30 <b>T</b> Catholic Communion Service                      1:00 <b>AR</b> Happy Hour Social  <b>2:30 AR</b> Town Hall Meeting                      3:00 <b>AR</b> Mexican Train                      6:00 <b>T</b> Movie</p>	<p>25  <b>Resident Led</b>                      9:00 <b>AR</b> Saturday Morning Coffee and Catch Up                      9:30 <b>AR</b> Scrabble                      2:00 <b>AR</b> Kings in the Corner                      6:00 <b>T</b> Movie</p>
<p>26  <b>9:30 T</b> Sunday Devotion w/ Les                      10:00 <b>AR</b> Coffee and Paint                      2:00 <b>AR</b> Book club                      3:00 <b>AR</b> Kings in the Corner                      6:00 <b>T</b> Movie</p>	<p>27                      10:30 <b>AR</b> Monday Manicures                      1:00 <b>AR</b> Afternoon Walk Around                      2:00 <b>AR</b> Dime Bingo                      3:00 <b>AR</b> Scrabble                      6:00 <b>T</b> Movie</p>	<p>28  <b>9:00 AR</b> Target Shopping Outing                      10:30 <b>AR</b> Bingo                      1:30 <b>T</b> Bible Study  <b>2:00 AR</b> Restoration Station Club                      6:00 <b>T</b> Movie</p>	<p>29                      9:00 <b>AR</b> Wednesday Morning Trivia                      10:00 <b>AR</b> Morning Journaling: prompts                      1:00 <b>AR</b> Kings in the Corner                      2:30 <b>AR</b> Mexican Train                      6:00 <b>T</b> Movie</p>	<p>30                      9:00 <b>AR</b> TheraBand Therapy                      9:30 <b>AR</b> Mexican Train  <b>1:00 LY</b> Desert Diamond Casino Outing                      2:30 <b>AR</b> Bingo                      6:00 <b>T</b> Movie</p>	<p>31                      9:00 <b>AR</b> Treats and Coffee                      9:30 <b>T</b> Catholic Communion Service                      1:00 <b>AR</b> Happy Hour Social                      3:00 <b>AR</b> Mexican Train                      6:00 <b>T</b> Movie</p>	<p style="text-align: center;"><b>All Events are Subject to Change</b></p>



## "Then & Now"

### 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.

<u>Decade</u>	<u>Words</u>
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.