



Vista Winds

Retirement Community

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

Staff Directory

Jae Ondigo Executive Director
 Mirek Maintenance
 Tina Gaibor MC Activities Director
 Hailey Crutchfield 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

December Birthdays

Edith C. 12/19
 Sid G. 12/07
 Barbara P. 12/25
 Ed F. 12/16
 Maureen D. 12/15
 Dick F. 12/19

December 2024



Handcrafted Happiness

Knitting, drawing and woodworking are just some of the handicrafts that can amp up your happiness. Experts studying the benefits of these pursuits say making something with your hands fosters creative thought, which can produce moments of joy. Crafters also report feeling more energetic and enthusiastic not only while working on a project, but also after completing it.

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.

Frosty and Festive

“Winter is not a season, it’s a celebration.”
 —Anamika Mishra

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
|---|---|---|---|---|--|--|--|--|
| 1 9:30 T Sunday Devotion w/ Les 10:00 AR Mexican Train 3:00 AR Kings in the Corner 6:00 T Movie | 2 9:00 LY Morning Stretches 10:30 AR Monday Manicures 1:00 AR Afternoon Walk Around 2:00 AR Dime Bingo 3:00 AR Phase 10 Card Game 6:00 T Movie | 3 9:00 AR Chair Exercise Weight Training 10:30 AR Bingo 12:30 T Nondenominational Communion 1:00 AR Craft Corner - DIY Christmas Cards 3:00 T Horse Racing Tournament 6:00 T Movie | 4 8:30 LY Fry's Shopping Outing (sign up) 10:30 AR Christmas Cookie Decorating 1:00 AR Dime Left, Right, Center 2:30 AR Mexican Train 6:00 T Movie | 5 9:00 AR TheraBand Therapy 10:00 T Catholic Mass 1:00 AR Christmas Bingo 2:30 AR Kings in the Corner 6:00 T Movie | 6 9:00 AR Treats and Coffee 10:30 AR Holiday Painting 1:00 AR Activity Calendar Meeting with Hailey 2:00 AR Hot Cocoa Bar 3:00 AR Mexican Train 6:00 T Movie | 7 9:00 AR Saturday Morning Coffee and Catch Up 9:30 AR Scrabble 2:00 AR Kings in the Corner 6:00 T Movie | | |
| 8 9:30 T Sunday Devotion w/ Les 10:00 AR Mexican Train 1:30 AR Uno 3:00 AR Kings in the Corner 6:00 T Movie | 9 8:30 LY Safeway Shopping Outing 10:30 AR Monday Manicures 1:00 AR Afternoon Walk Around 2:00 AR Dime Bingo 3:00 AR Phase 10 Card Game 6:00 T Movie | 10 9:00 AR Chair Exercise Weight Training 12:30 T Bible Study 1:00 AR Craft Corner - DIY Ornaments 3:00 AR Horse Racing Tournament 6:00 T Movie | 11 9:00 LY Outdoor Walk 10:30 LY Angry Crab Shack 1:00 AR Dime Left, Right, Center 2:30 AR Mexican Train 6:00 T Movie | 12 9:00 AR TheraBand Therapy 10:00 AR Balance Class w/ Eric 1:00 AR Christmas Bingo 2:30 AR Kings in the Corner 6:00 T Movie | 13 9:00 AR Treats and Coffee 9:30 T Catholic Communion Service 1:00 AR Resident Council Meeting 2:00 AR Eggnog Social 3:00 AR Mexican Train 6:00 T Movie | 14 9:00 AR Saturday Morning Coffee and Catch Up 9:30 AR Scrabble 2:00 AR Kings in the Corner 6:00 T Movie | | |
| 15 9:30 T Sunday Devotion w/ Les 10:00 AR Mexican Train 2:00 AR Uno 3:00 AR Kings in the Corner 6:00 T Movie | 16 8:30 LY Walmart Shopping Outing 10:30 AR Monday Manicures 1:00 AR Afternoon Walk Around 2:00 AR Dime Bingo 3:00 AR Phase 10 Card Game 6:00 T Movie | 17 10:00 DR Phoenix Symphony 12:30 T Bible Study 2:00 AR Family and Friends Night 2:00 T Veteran Chat 6:00 T Movie | 18 9:00 LY Outdoor Walk 10:30 AR Cream Cheese Mints Making 12:30 LY Christmas Shopping 6:00 T Movie | 19 9:00 AR TheraBand Therapy 10:00 AR Balance Class w/ Eric 1:00 AR Christmas Bingo 2:30 AR Kings in the Corner 6:00 T Movie | 20 9:00 AR Treats and Coffee 9:30 T Catholic Communion Service 1:00 AR Town Hall Meeting 2:30 AR Mexican Train 6:00 LY Neighborhood Lights Drive Around | 21 9:00 AR Saturday Morning Coffee and Catch Up 9:30 AR Scrabble 2:00 AR Kings in the Corner 6:00 T Movie | | |
| 22 9:30 T Sunday Devotion w/ Les 10:00 AR Mexican Train 2:00 AR Uno 3:00 AR Kings in the Corner 6:00 T Movie | 23 8:30 LY Trader Joe's Shopping Outing 10:30 AR Monday Manicures 1:00 AR Afternoon Walk Around 2:00 AR Dime Bingo 3:00 AR Phase 10 Card Game 6:00 T Movie | 24 9:00 AR Chair Exercise Weight Training 10:30 AR Christmas Bingo 1:00 AR Gingerbread House Competition 6:00 T Movie | 25 Merry Christmas & Happy Hanukkah! 10:30 T Christmas Carols Sing a long 1:00 T Christmas Movie Matinee - A Christmas Story 2:30 T Christmas Movie Matinee - Miracle on 34th Street | 26 9:00 AR TheraBand Therapy 10:00 AR Balance Class w/ Eric 1:00 AR Bingo 1:30 LY Big Buddha Lunch Outing 6:00 T Movie | 27 9:00 AR Treats and Coffee 9:30 T Catholic Communion Service 1:00 AR Winter Social 2:30 AR Mexican Train 6:00 T Movie | 28 9:00 AR Saturday Morning Coffee and Catch Up 9:30 AR Scrabble 2:00 AR Kings in the Corner 6:00 T Movie | | |
| 29 9:30 T Sunday Devotion w/ Les 10:00 AR Mexican Train 2:00 AR Uno 3:00 AR Kings in the Corner 6:00 T Movie | 30 9:00 LY Morning Stretches 10:30 AR Monday Manicures 1:00 AR Afternoon Walk Around 2:00 AR Dime Bingo 3:00 AR Phase 10 Card Game 6:00 T Movie | 31 9:00 AR Chair Exercise Weight Training 10:30 AR New Year's Bingo 1:30 LY New Year's Eve Cocktails at the Toast 8:00 AR New Year's Ball Drop Watch Party (East Coast Ball drops at 9pm) | All Events are Subject to Change | | | | | |



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.