



Vista Winds

Retirement Community

28775 N Vistancia Blvd • Peoria, AZ 85383 • (623) 253-6680

Staff Directory

Heather McBride Executive Director
 Dawn Rizo Marketing Consultant
 Susan Kast Activities Director
 Joshua Thomas Executive Chef
 Lani Luna Homecare Coordinator
 Richard Moreno Maintenance

JANUARY HIGHLIGHTS:

BIRTHDAYS

Betty G. Jan. 7
 Jim U. Jan. 8
 Ann M. Jan. 9
 Richard F. Jan. 9
 Mary K. Jan. 14
 Helen H. Jan. 22
 Lynn N. Jan. 22
 Harold B. Jan. 23
 Gary S. Jan. 27

Soothing Sounds for Better Sleep

Do too many sounds, or maybe no sound at all, keep you up at night? Steady, humming white noise, such as a whirring fan, can drown out distractions in your environment and lull you to sleep. Try a small bedside fan or noise machine, or look for smartphone apps that play a variety of relaxing sounds.

Happiness Helper: Be Bright

A quick and easy mood booster could be as close as your closet. Perk up a gray winter day by putting on a piece of brightly colored clothing. Studies show there's a connection between colors and emotions, and wearing hues such as yellow, orange and green can help produce positive feelings.

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
5	6	7	8	9	10	11
<p>10:00 ■ A4 Adult Coloring</p> <p>11:00 ■ A4 Wii Bowling</p> <p>11:30 ■ F Billiards & Pool</p> <p>12:00 ■ A4 Chess and Checkers</p> <p>1:00 ■ A3 Board Games</p>	<p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ L Kings in a Corner</p> <p>10:00 ■ A3 Trivia</p> <p>10:30 ■ LUNCH BUNCH - OREGANO'S ITALIAN</p> <p>1:00 ■ LB Bridge</p> <p>1:30 ■ A3 Hand and Foot</p> <p>1:30 ■ LB Hand and Foot</p>	<p>Happy Birthday Betty G.</p> <p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ A3 Balance Exercise Class</p> <p>10:00 ■ L Mahjong</p> <p>1:00 ■ A3 Dime Bingo</p> <p>2:00 ■ A3 Mexican Dominos</p>	<p>Happy Birthday Jim U.</p> <p>9:00 ■ SHOPPING: SAFEWAY</p> <p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ A3 Cardio Drumming Class</p> <p>10:00 ■ L Kings in a Corner</p> <p>11:00 ■ C Bible Study with Cliff</p> <p>1:00 ■ L Pinochle</p> <p>1:30 ■ A3 Hand and Foot</p> <p>1:30 ■ LB Hand and Foot</p> <p>6:30 ■ M MOVIE TIME</p>	<p>Happy Birthday Ann M. And Richard F.</p> <p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ L Kings in a Corner</p> <p>1:00 ■ A3 Dime Bingo</p> <p>6:00 ■ LB Hand and Foot</p>	<p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ L Kings in a Corner</p> <p>10:00 ■ L Mahjong</p> <p>11:00 ■ OUTING: HARKINS MOVIE THEATER</p> <p>1:00 ■ LB Bridge</p> <p>1:30 ■ A3 Hand and Foot</p> <p>3:30 ■ L HAPPY HOUR</p>	<p>10:00 ■ A3 Kings in a Corner</p> <p>10:00 ■ A3 Poker</p> <p>12:00 ■ A4 Chess & Checkers</p> <p>6:30 ■ M MOVIE TIME: GOOD WILL HUNTING</p>
12	13	14	15	16	17	18
<p>10:00 ■ A4 Adult Coloring</p> <p>11:00 ■ A4 Wii Bowling</p> <p>11:30 ■ F Billiards & Pool</p> <p>12:00 ■ A4 Chess and Checkers</p> <p>1:00 ■ A3 Board Games</p>	<p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ L Kings in a Corner</p> <p>10:00 ■ A3 Trivia</p> <p>11:00 ■ OUTING: DESERT DIAMOND CASINO & LUNCH</p> <p>1:00 ■ LB Bridge</p> <p>1:30 ■ A3 Hand and Foot</p> <p>1:30 ■ LB Hand and Foot</p> <p>2:00 ■ LB PEORIA PUBLIC LIBRARY BOOKMOBILE</p>	<p>Happy Birthday Mary K.</p> <p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ A3 Balance Exercise Class</p> <p>10:00 ■ L Mahjong</p> <p>1:00 ■ A3 Dime Bingo</p> <p>2:00 ■ A3 Mexican Dominos</p>	<p>9:00 ■ SHOPPING: FRY'S</p> <p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ A3 Cardio Drumming Class</p> <p>10:00 ■ L Kings in a Corner</p> <p>11:00 ■ C Bible Study with Cliff</p> <p>1:00 ■ L Pinochle</p> <p>1:30 ■ A3 Hand and Foot</p> <p>1:30 ■ LB Hand and Foot</p> <p>3:00 ■ A3 ENTERTAINMENT: LYNN & JEFF</p> <p>6:30 ■ M MOVIE TIME</p>	<p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ L Kings in a Corner</p> <p>1:00 ■ A3 Dime Bingo</p> <p>6:00 ■ LB Hand and Foot</p>	<p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ L Kings in a Corner</p> <p>10:00 ■ L Mahjong</p> <p>11:00 ■ LUNCH BUNCH - ABUELOS MEXICAN</p> <p>1:00 ■ LB Bridge</p> <p>1:30 ■ A3 Hand and Foot</p> <p>3:30 ■ L HAPPY HOUR</p>	<p>10:00 ■ A3 Kings in a Corner</p> <p>10:00 ■ A3 Poker</p> <p>12:00 ■ A4 Chess & Checkers</p> <p>6:30 ■ M MOVIE TIME: AND SO IT GOES!</p>
19	20	21	22	23	24	25
<p>10:00 ■ A4 Adult Coloring</p> <p>11:00 ■ A4 Wii Bowling</p> <p>11:30 ■ F Billiards & Pool</p> <p>12:00 ■ A4 Chess and Checkers</p> <p>1:00 ■ A3 Board Games</p>	<p>Happy Birthday Helen H.</p> <p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ L Kings in a Corner</p> <p>10:00 ■ A3 Trivia</p> <p>11:00 ■ OUTING: V'S TAPROOM -TRILOGY</p> <p>1:00 ■ LB Bridge</p> <p>1:30 ■ A3 Hand and Foot</p> <p>1:30 ■ LB Hand and Foot</p>	<p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ A3 Balance Exercise Class</p> <p>10:00 ■ L Mahjong</p> <p>1:00 ■ A3 Dime Bingo</p> <p>2:00 ■ A3 Mexican Dominos</p>	<p>Happy Birthday Lynn N.</p> <p>9:00 ■ SHOPPING - WALMART</p> <p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ A3 Cardio Drumming Class</p> <p>10:00 ■ L Kings in a Corner</p> <p>11:00 ■ C Bible Study with Cliff</p> <p>1:00 ■ L Pinochle</p> <p>1:00 ■ L SCAVENGER HUNT</p> <p>1:30 ■ A3 Hand and Foot</p> <p>1:30 ■ LB Hand and Foot</p> <p>6:30 ■ M MOVIE TIME</p>	<p>Happy Birthday Harold B.</p> <p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ L Kings in a Corner</p> <p>1:00 ■ A3 Dime Bingo</p> <p>2:30 ■ A3 RESIDENT COUNCIL MEETING</p> <p>6:00 ■ LB Hand and Foot</p>	<p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ L Kings in a Corner</p> <p>10:00 ■ L Mahjong</p> <p>1:00 ■ LB Bridge</p> <p>1:30 ■ A3 Hand and Foot</p> <p>3:00 ■ A3 ENTERTAINMENT - JEFF SULLIVAN</p> <p>3:30 ■ L HAPPY HOUR</p>	<p>10:00 ■ A3 Kings in a Corner</p> <p>10:00 ■ A3 Poker</p> <p>12:00 ■ A4 Chess & Checkers</p> <p>6:30 ■ M MOVIE TIME: INDIANA JONES AND THE LOST ARK</p>
26	27	28	29	30	31	
<p>10:00 ■ A4 Adult Coloring</p> <p>11:00 ■ A4 Wii Bowling</p> <p>11:30 ■ F Billiards & Pool</p> <p>12:00 ■ A4 Chess and Checkers</p> <p>1:00 ■ A3 Board Games</p>	<p>Happy Birthday Gary S.</p> <p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ L Kings in a Corner</p> <p>10:00 ■ A3 Trivia</p> <p>10:30 ■ OUTING: PHOENIX ZOO & LUNCH</p> <p>1:00 ■ LB Bridge</p> <p>1:30 ■ A3 Hand and Foot</p> <p>1:30 ■ LB Hand and Foot</p>	<p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ A3 Balance Exercise Class</p> <p>10:00 ■ L Mahjong</p> <p>1:00 ■ A3 Dime Bingo</p> <p>2:00 ■ A3 Mexican Dominos</p>	<p>9:00 ■ SHOPPING: TARGET</p> <p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ A3 Cardio Drumming Class</p> <p>10:00 ■ L Kings in a Corner</p> <p>11:00 ■ C Bible Study with Cliff</p> <p>1:00 ■ L Pinochle</p> <p>1:30 ■ A3 Hand and Foot</p> <p>1:30 ■ LB Hand and Foot</p> <p>6:30 ■ M MOVIE TIME</p>	<p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ L Kings in a Corner</p> <p>1:00 ■ A3 Dime Bingo</p> <p>6:00 ■ LB Hand and Foot</p>	<p>9:00 ■ Wii Chair Exercises</p> <p>10:00 ■ L Kings in a Corner</p> <p>10:00 ■ L Mahjong</p> <p>11:30 ■ LUNCH BUNCH -TWISTED ITALIAN</p> <p>1:00 ■ LB Bridge</p> <p>1:30 ■ A3 Hand and Foot</p> <p>3:30 ■ L HAPPY HOUR</p>	

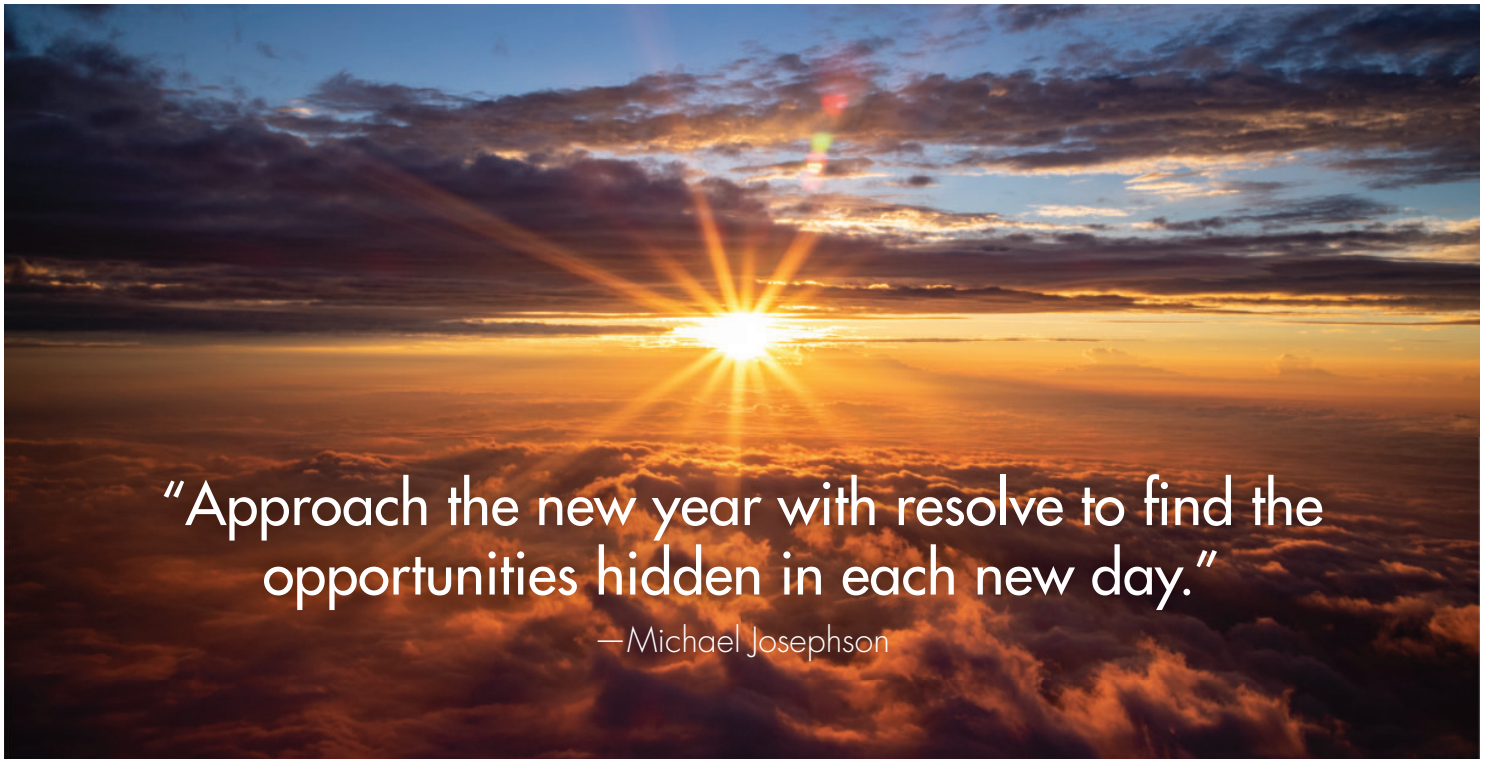


Word Gets Around

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

"Then & Now"



"Approach the new year with resolve to find the opportunities hidden in each new day."

—Michael Josephson