



# Vista Winds

## Retirement Community

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

### Staff Directory

Heather McBride ..... Executive Director  
 Dawn Rizo ..... Marketing Consultant  
 Ciera Lawson ..... Activities Director  
 Joshua Thomas ..... Executive Chef  
 Lani Luna ..... Homecare Coordinator  
 Ronald Hendricks ..... Maintenance

### FEBRUARY HIGHLIGHTS:

#### BIRTHDAYS

Jane C. Feb. 02  
 Brenda P. Feb. 09  
 Katie W. Feb. 18  
 Richard F. Feb. 18  
 JoAnn H. Feb. 25  
 Isabell H. Feb. 28

### Dining Room Hours

Breakfast ..... 7:00am-9:00am  
 Lunch ..... 11:30am-2:30pm  
 Dinner ..... 3:30pm-6:30pm

### 5 Things About: Chocolate

- Chocolate in the form of cocoa beans was used as currency by ancient Mayans.
- It takes about 400 cocoa beans to make 1 pound of chocolate.
- Americans eat about \$21 billion worth of the sweets each year.
- Researchers say eating it can cause the brain to release endorphins, which is why it's so enjoyable for some.
- The world's largest chocolate bar weighed more than 12,000 pounds. It was made by an English candy company in 2011.

### February 2025



### Tart Is Smart

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit's flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.

### Be My Valentine

Each year on Feb. 14, people give cards, candy, gifts or flowers on the day of love and romance called Valentine's Day. The observance dates back to the 5th century.

### Weekly News

The first issue of Newsweek magazine came out on Feb. 17, 1933. The publication, founded by Thomas J.C. Martyn, a former foreign editor at Time magazine, cost 10 cents a copy and had a circulation of 50,000. At its height in the early 2000s, Newsweek had a worldwide circulation of more than 4 million.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						<p>10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Kings in a Corner          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Poker          12:00 <span style="background-color: #800080; color: white; padding: 2px;">A4</span> Chess &amp; Checkers          6:30 <span style="background-color: #FF8C00; color: white; padding: 2px;">M</span> MOVIE: To Be Determined</p>
<p>2          10:00 <span style="background-color: #800080; color: white; padding: 2px;">A4</span> Adult Coloring          11:30 <span style="background-color: #008080; color: white; padding: 2px;">F</span> Billiards &amp; Pool          12:00 <span style="background-color: #800080; color: white; padding: 2px;">A4</span> Chess and Checkers          1:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Board Games</p>	<p>3          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          10:00 <span style="background-color: #FF0000; color: white; padding: 2px;">OUTING</span> Shopping: Dollar General          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Trivia          1:00 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Bridge          1:30 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Hand and Foot          1:30 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Hand and Foot</p>	<p>4          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Balance Exercise Class          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Mahjong          11:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Diamond Art with Barbara          1:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Dime Bingo          2:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Mexican Dominos</p>	<p>5          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Cardio Drumming Class          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          10:00 <span style="background-color: #FF0000; color: white; padding: 2px;">OUTING</span> Shopping Trip to Safeway          11:00 <span style="background-color: #000080; color: white; padding: 2px;">C</span> Bible Study with Karen          1:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Pinochle          1:30 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Hand and Foot          1:30 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Hand and Foot          6:30 <span style="background-color: #FF8C00; color: white; padding: 2px;">M</span> MOVIE TIME</p>	<p>6          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          1:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Dime Bingo          6:00 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Hand and Foot</p>	<p>7          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Mahjong          11:00 <span style="background-color: #FF0000; color: white; padding: 2px;">OUTING</span> LUNCH BUNCH-Cracker Barrel          1:00 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Bridge          1:30 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Hand and Foot          3:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> HAPPY HOUR</p>	<p>8          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Kings in a Corner          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Poker          12:00 <span style="background-color: #800080; color: white; padding: 2px;">A4</span> Chess &amp; Checkers          6:30 <span style="background-color: #FF8C00; color: white; padding: 2px;">M</span> MOVIE: To Be Determined</p>
<p>9          Super Bowl Sunday          10:00 <span style="background-color: #800080; color: white; padding: 2px;">A4</span> Adult Coloring          11:30 <span style="background-color: #008080; color: white; padding: 2px;">F</span> Billiards &amp; Pool          12:00 <span style="background-color: #800080; color: white; padding: 2px;">A4</span> Chess and Checkers          1:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Board Games          4:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Super Bowl Party</p>	<p>10          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          10:00 <span style="background-color: #FF0000; color: white; padding: 2px;">OUTING</span> LUNCH BUNCH - IHOP          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Trivia          1:00 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Bridge          1:30 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Hand and Foot          1:30 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Hand and Foot</p>	<p>11          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Balance Exercise Class          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Mahjong          11:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Diamond Art with Barbara          1:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Dime Bingo          2:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Mexican Dominos</p>	<p>12          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Cardio Drumming Class          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          10:00 <span style="background-color: #FF0000; color: white; padding: 2px;">OUTING</span> Surprise Farmers Market          11:00 <span style="background-color: #000080; color: white; padding: 2px;">C</span> Bible Study with Karen          1:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Pinochle          1:30 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Hand and Foot          1:30 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Hand and Foot          6:30 <span style="background-color: #FF8C00; color: white; padding: 2px;">M</span> MOVIE TIME</p>	<p>13          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          1:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Dime Bingo          6:00 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Hand and Foot</p>	<p>14          Happy Valentine's Day          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Mahjong          11:00 <span style="background-color: #FF0000; color: white; padding: 2px;">OUTING</span> LUNCH BUNCH- Barrio Queen          1:00 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Bridge          1:30 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Hand and Foot          3:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Entertainment: Sun City Poms          3:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> HAPPY HOUR          4:00 <span style="background-color: #808080; color: white; padding: 2px;">D</span> Friends and Family Night</p>	<p>15          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Kings in a Corner          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Poker          12:00 <span style="background-color: #800080; color: white; padding: 2px;">A4</span> Chess &amp; Checkers          6:30 <span style="background-color: #FF8C00; color: white; padding: 2px;">M</span> MOVIE: To Be Determined</p>
<p>16          10:00 <span style="background-color: #800080; color: white; padding: 2px;">A4</span> Adult Coloring          11:30 <span style="background-color: #008080; color: white; padding: 2px;">F</span> Billiards &amp; Pool          12:00 <span style="background-color: #800080; color: white; padding: 2px;">A4</span> Chess and Checkers          1:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Board Games</p>	<p>17          Presidents Day          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Trivia          1:00 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Bridge          1:30 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Hand and Foot          1:30 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Hand and Foot</p>	<p>18          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Balance Exercise Class          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Mahjong          11:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Diamond Art with Barbara          1:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Dime Bingo          2:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Mexican Dominos          6:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> BUNCO</p>	<p>19          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Cardio Drumming Class          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          11:00 <span style="background-color: #000080; color: white; padding: 2px;">C</span> Bible Study with Karen          11:00 <span style="background-color: #FF0000; color: white; padding: 2px;">OUTING</span> Bowling at Uptown Alley          1:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Pinochle          1:30 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Hand and Foot          1:30 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Hand and Foot          6:30 <span style="background-color: #FF8C00; color: white; padding: 2px;">M</span> MOVIE TIME</p>	<p>20          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          1:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Dime Bingo          6:00 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Hand and Foot</p>	<p>21          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Mahjong          11:00 <span style="background-color: #FF0000; color: white; padding: 2px;">OUTING</span> LUNCH BUNCH- Big Buddha          1:00 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Bridge          1:30 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Hand and Foot          3:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> HAPPY HOUR</p>	<p>22          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Kings in a Corner          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Poker          12:00 <span style="background-color: #800080; color: white; padding: 2px;">A4</span> Chess &amp; Checkers          6:30 <span style="background-color: #FF8C00; color: white; padding: 2px;">M</span> MOVIE: To Be Determined</p>
<p>23          10:00 <span style="background-color: #800080; color: white; padding: 2px;">A4</span> Adult Coloring          11:30 <span style="background-color: #008080; color: white; padding: 2px;">F</span> Billiards &amp; Pool          12:00 <span style="background-color: #800080; color: white; padding: 2px;">A4</span> Chess and Checkers          1:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Board Games</p>	<p>24          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          10:00 <span style="background-color: #FF0000; color: white; padding: 2px;">OUTING</span> SHOPPING: TARGET          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Trivia          1:00 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Bridge          1:30 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Hand and Foot          1:30 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Hand and Foot</p>	<p>25          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Balance Exercise Class          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Mahjong          11:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Diamond Art with Barbara          1:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Dime Bingo          2:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Mexican Dominos</p>	<p>26          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Cardio Drumming Class          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          11:00 <span style="background-color: #000080; color: white; padding: 2px;">C</span> Bible Study with Karen          11:00 <span style="background-color: #FF0000; color: white; padding: 2px;">OUTING</span> LUNCH BUNCH- Chili's          1:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Pinochle          1:30 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Hand and Foot          1:30 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Hand and Foot          6:30 <span style="background-color: #FF8C00; color: white; padding: 2px;">M</span> MOVIE TIME</p>	<p>27          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          1:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Dime Bingo          2:30 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> RESIDENT COUNCIL MEETING          6:00 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Hand and Foot</p>	<p>28          9:00 <span style="background-color: #FFD700; color: white; padding: 2px;"></span> Wii Chair Exercises          10:00 <span style="background-color: #FF0000; color: white; padding: 2px;">OUTING</span> Desert Diamond Casino Outing          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Kings in a Corner          10:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> Mahjong          1:00 <span style="background-color: #008000; color: white; padding: 2px;">LB</span> Bridge          1:30 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> Hand and Foot          2:00 <span style="background-color: #008080; color: white; padding: 2px;">A3</span> ENTERTAINMENT: HOOTERS BLUES          3:00 <span style="background-color: #800080; color: white; padding: 2px;">L</span> HAPPY HOUR</p>	

## Welcoming Ciera to Our Team!



Hello and welcome! My name is Ciera Lawson, and I am thrilled to serve as your new Activities Director here at Vista Winds. It's an honor to be part of this wonderful community, and I am excited to get to know each of you. My goal is to provide a variety of fun, engaging, and meaningful activities that enrich your daily lives, promote social connections, and foster a sense of belonging. Whether it's a creative workshop, fitness class, or simply a moment of laughter with friends, I'm here to ensure there's something for everyone. Please feel free to reach out with any ideas, suggestions, or just to say hello - I'm looking forward to making wonderful memories with you all!



- |           |           |
|-----------|-----------|
| Arrow     | Heart     |
| Candy     | Hug       |
| Card      | Kiss      |
| Cupid     | Love      |
| February  | Red       |
| Flowers   | Roses     |
| Friends   | Sweet     |
| Groundhog | Valentine |

G	V	A	L	E	N	T	I	N	E	F	D	R	A	C
O	F	R	U	O	X	C	O	S	R	E	W	O	L	F
H	E	P	J	V	V	R	Q	P	B	A	S	A	R	
D	E	W	R	D	N	E	R	I	C	R	J	E	F	I
N	K	A	N	S	B	B	I	X	R	U	C	S	J	E
U	X	D	R	I	N	F	U	O	S	A	P	X	O	N
O	R	L	S	T	A	K	W	V	N	R	B	I	K	D
R	X	I	L	I	E	T	O	D	E	Y	G	M	D	S
G	U	H	H	T	L	E	Y	S	A	F	H	C	T	O
S	F	C	P	D	I	U	W	S	Z	K	D	E	M	R
G	F	O	B	X	Y	I	V	S	I	U	T	K	K	P
U	K	Y	Z	S	B	D	R	K	S	T	J	C	K	K
W	W	Z	K	U	B	L	I	D	U	I	G	O	B	X
C	E	Z	X	P	X	F	H	K	B	U	K	C	A	A