



Ventana Winds

Retirement Community

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ELEMENTS MEMORY SUPPORT NEWSLETTER

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March 2025



A Cheery Sight

Wearing a chest of bold orange feathers and chirping a cheery song, the robin is known as the herald of spring. This hardy North American bird is often a year-round resident that spends the winter roosting in trees to conserve energy. As the weather warms, robins become a more noticeable sight as they come out to search for food and begin nesting.


Famous Firsts: Academy Awards

Unlike today's spectacle, the first Academy Awards celebration in 1929 was a small affair with just 270 people. A private dinner at a Hollywood hotel honored the film industry's best in 12 categories, and the winners had been announced months earlier.

Lucky Charms

Do you have a lucky coin or a pair of socks that you believe brings you good fortune? You may be on to something. Studies show that simply believing a lucky charm works can boost a person's confidence, helping them perform a task better.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Events Are Subject To Change.		hello <i>March</i>				10:30 Chair exercise- YouTube 1:30 Sensory bins- touch 3:00 Puzzle/ matching games 5:30 Coloring/ painting with friends and music
2 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 10:00 Hair and nails with friends 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks 5:30 Coloring/ painting with friends and music	3 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 Whiteboard- animals 11:00 Sensory bins- colors 5:30 Coloring/ painting with friends and music	4 9:30 Chair Yoga 10:30 Whiteboard- desserts 11:30 Sensory bin- matching 1:30 Music with Andy 5:30 Coloring/ painting with friends and music	5 9:30 Chair exercise- stretching outside 10:30 Whiteboard- animals 11:30 Sensory bins- textured 1:30 Picnic in the courtyard 3:00 Gardening/ water flowers 5:30 Coloring/ painting with friends and music	6 9:30 Chair exercise- move to the music 12:00 Chef day- cookies 3:00 Hand Massage/ nail painting 5:30 Coloring/ painting with friends and music	7 9:30 Chair exercise pool noodle workout 10:30 Whiteboard- Food 11:30 Paint and Sip 2:00 Pet Visits 3:00 Bingo 5:30 Coloring/ painting with friends and music	8 10:30 Chair exercise- YouTube 1:30 Sensory bins- touch 3:00 Puzzle/ matching games 5:30 Coloring/ painting with friends and music
9 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 5:30 Coloring/ painting with friends and music	10 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 Whiteboard- animals 11:00 Sensory bins- colors 5:30 Coloring/ painting with friends and music	11 9:30 Chair Yoga 10:30 Whiteboard- desserts 11:30 Sensory bin- matching 1:30 Hand massage 5:30 Coloring/ painting with friends and music	12 9:30 Chair exercise- stretching outside 10:30 Whiteboard- animals 11:30 Sensory bins- textured 1:30 Picnic in the courtyard 3:00 Gardening/ water flowers 5:30 Coloring/ painting with friends and music	13 9:30 Chair exercise- move to the music 1:30 Monthly birthday party with Tom 3:00 Hand Massage/ nail painting 5:30 Coloring/ painting with friends and music	14 9:30 Chair exercise pool noodle workout 10:30 Whiteboard- Food 11:30 Paint and Sip 3:00 Bingo 5:30 Coloring/ painting with friends and music	15 10:30 Chair exercise- YouTube 1:30 Sensory bins- touch 3:00 Puzzle/ matching games 5:30 Coloring/ painting with friends and music
16 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 5:30 Coloring/ painting with friends and music	17 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 Whiteboard- animals 11:00 Sensory bins- colors 5:30 Coloring/ painting with friends and music	18 9:30 Chair Yoga 10:30 Whiteboard- desserts 11:30 Sensory bin- matching 1:30 Hand massage 5:30 Coloring/ painting with friends and music	19 9:30 Chair exercise- stretching outside 10:30 Whiteboard- animals 11:30 Sensory bins- textured 1:30 Picnic in the courtyard 3:00 Gardening/ water flowers 5:30 Coloring/ painting with friends and music	20 9:30 Chair exercise- move to the music 10:30 Chef day- yogurt parfait 11:30 Sensory bins- matching 3:00 Hand Massage/ nail painting 5:30 Coloring/ painting with friends and music	21 9:30 Chair exercise pool noodle workout 10:30 Whiteboard- Food 11:30 Paint and Sip 2:00 Pet Visits 3:00 Bingo 4:00 Family support group 5:30 Coloring/ painting with friends and music	22 10:30 Chair exercise- YouTube 1:30 Sensory bins- touch 3:00 Puzzle/ matching games 5:30 Coloring/ painting with friends and music
23 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 5:30 Coloring/ painting with friends and music	24 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 Whiteboard- animals 11:00 Sensory bins- colors 5:30 Coloring/ painting with friends and music	25 9:30 Chair Yoga 10:30 Whiteboard- desserts 11:30 Sensory bin- matching 1:30 Hand massage 5:30 Coloring/ painting with friends and music	26 9:30 Chair exercise- stretching outside 10:30 Whiteboard- animals 11:30 Sensory bins- textured 1:30 Picnic in the courtyard 3:00 Gardening/ water flowers 5:30 Coloring/ painting with friends and music	27 9:30 Chair exercise- move to the music 10:30 Chef day- Strawberry shortcake 3:00 Hand Massage/ nail painting 5:30 Coloring/ painting with friends and music	28 9:30 Chair exercise pool noodle workout 10:30 Whiteboard- Food 11:30 Paint and Sip 3:00 Bingo 5:30 Coloring/ painting with friends and music	29 10:30 Chair exercise- YouTube 1:30 Sensory bins- touch 3:00 Puzzle/ matching games 5:30 Coloring/ painting with friends and music
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Cartoon Characters

The world of animation has brought to life a wide range of characters over the years—everything from a Jazz Age flapper and a talking bear to a crime-solving dog and a sea sponge. Take a look at these popular cartoon characters and when they made their screen debuts.

Year	Character	Debut Cartoon/Series
1928	Mickey Mouse	“Steamboat Willie”
1930	Betty Boop	“Dizzy Dishes”
1940	Bugs Bunny	“A Wild Hare”
1958	Yogi Bear	“The Huckleberry Hound Show”
1969	Scooby-Doo	“Scooby-Doo, Where Are You!”
1989	Homer Simpson	“The Simpsons”
1999	SpongeBob SquarePants	“SpongeBob SquarePants”
2000	Dora	“Dora the Explorer”
2004	Peppa	“Peppa Pig”
2012	Daniel Tiger	“Daniel Tiger’s Neighborhood”

“This Month In History”

MARCH

1790: The first U.S. census is taken and records a population of 3.9 million.

1899: A German pharmaceutical company patents aspirin.

1912: Oreos, the cream-filled chocolate sandwich cookies, are introduced by the National Biscuit Company.

1923: Time magazine debuts.

1933: Frances Perkins is appointed secretary of labor, becoming the first woman to serve in the Cabinet.

1941: The National Gallery of Art opens in Washington, D.C.

1951: The comic strip “Dennis the Menace” by Hank Ketcham begins syndication in 16 newspapers.

1968: Country music singers Johnny Cash and June Carter marry.

1981: TV anchorman Walter Cronkite, often called “the most trusted man in America,” retires from the “CBS Evening News.”

1994: Hockey great Wayne Gretzky nets his 802nd NHL goal, breaking the previous record held by legend Gordie Howe.

1997: Singer, songwriter and former Beatle Paul McCartney is knighted by Queen Elizabeth II.

2002: Halle Berry wins the Oscar for best actress for her role in “Monster’s Ball.” She was the first African-American to receive the award.

2006: The first tweet goes out at the launch of social media website Twitter.