



# Ventana Winds

## Retirement Community

12322 N 113th Ave • Youngtown, AZ 85363 • (623) 583-2460

### ELEMENTS MEMORY SUPPORT NEWSLETTER

#### MEMORY SUPPORT STAFF DIRECTORY

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 Alex Osono.....Compliance Director  
 Monica Samuels..... Marketing Director  
 Mike Burgess.....Wellness Director  
 Amanda Lemke.....Elements RCC  
 Jennifer Sims.....Resident Engagement  
 Jon Watson.....Maintenance Director



#### Famous Faces Born in April

April 2, 1975: Pedro Pascal  
 April 5, 1982: Hayley Atwell  
 April 9, 1966: Cynthia Nixon  
 April 16, 1996: Anya Taylor-Joy  
 April 18, 1984: America Ferrera  
 April 23, 1939: Lee Majors  
 April 24, 1994: Jordan Fisher  
 April 26, 1992: Aaron Judge  
 April 29, 1954: Jerry Seinfeld

### April 2025





#### Wild World: Mallard Duck

The most common wild duck in the U.S., the mallard is also thought to be the most abundant and wide-ranging duck in the world. It is found in fresh bodies of water throughout North America, Europe and Asia. Male mallards, called drakes, have a green head, a white neckband and a brown and gray body. Females have mottled brown and white feathers all over their bodies except for an iridescent blue patch on their wings. Mallards are dabbling ducks, meaning they tip their bodies vertically into the water, with their tail in the air, to feed on fish, frogs and plants. Female mallards quack, but males do not; instead, they make a soft, raspy sound.

#### Blown Away by Spring

Spring and strong winds often go hand in hand. This is due to shifting atmospheric pressure and temperature changes. According to the World Meteorological Organization, the maximum natural wind gust ever recorded clocked in at 253 mph on April 10, 1996, in Barrow Island, Australia.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Events Are Subject To Change.		<p>1</p> <p><b>9:30 Chair Yoga</b> <b>10:30 Whiteboard- Brain exercises</b> 1:30 Art and Crafts 5:30 Coloring/ painting with friends and music</p>	<p>2</p> <p><b>9:30 Chair exercise- stretching outside</b> 10:30 Whiteboard- animals 11:30 Sensory bins- textured <b>3:00 Gardening/ water flowers</b> 5:30 Coloring/ painting with friends and music</p>	<p>3</p> <p><b>9:30 Chair exercise- move to the music</b> 10:30 Chef day 1:30 Happy Hour In the Courtyard <b>3:00 Hand Massage/ nail painting</b> 5:30 Coloring/ painting with friends and music</p>	<p>4</p> <p><b>9:30 Chair exercise pool noodle workout</b> 10:30 Whiteboard- Food <b>11:30 Paint and Sip</b> <b>3:00 Bingo</b> 5:30 Coloring/ painting with friends and music</p>	<p>5</p> <p>10:30 Chair exercise- YouTube 1:30 Sensory bins- touch <b>3:00 Puzzle/ matching games</b> 5:30 Coloring/ painting with friends and music</p>
<p>6</p> <p><b>9:00 Chair exercise- YouTube move to the music</b> <b>9:30 Virtual Church- YouTube</b> <b>2:30 Movie with snacks and drinks</b> 5:30 Coloring/ painting with friends and music</p>	<p>7</p> <p><b>8:45 Catholic Communion (P)</b> <b>9:30 Chair exercise- stretching outside</b> 10:30 Whiteboard- animals 11:00 Sensory bins- colors 5:30 Coloring/ painting with friends and music</p>	<p>8</p> <p><b>9:30 Chair Yoga</b> <b>10:30 Whiteboard- Brain exercises</b> 1:30 Art and Crafts 5:30 Coloring/ painting with friends and music</p>	<p>9</p> <p><b>9:30 Chair exercise- stretching outside</b> 10:30 Whiteboard- animals 11:30 Sensory bins- textured <b>3:00 Gardening/ water flowers</b> 5:30 Coloring/ painting with friends and music</p>	<p>10</p> <p><b>9:30 Chair exercise- move to the music</b> 11:00 Chef Day 1:30 Monthly birthday party with Tom <b>3:00 Hand Massage/ nail painting</b> 5:30 Coloring/ painting with friends and music</p>	<p>11</p> <p><b>9:30 Chair exercise pool noodle workout</b> 10:30 Whiteboard- Food <b>11:30 Paint and Sip</b> <b>3:00 Bingo</b> 5:30 Coloring/ painting with friends and music</p>	<p>12</p> <p>10:30 Chair exercise- YouTube 1:30 Sensory bins- touch <b>3:00 Puzzle/ matching games</b> 5:30 Coloring/ painting with friends and music</p>
<p>13</p> <p><b>9:00 Chair exercise- YouTube move to the music</b> <b>9:30 Virtual Church- YouTube</b> <b>2:30 Movie with snacks and drinks</b> 5:30 Coloring/ painting with friends and music</p>	<p>14</p> <p><b>8:45 Catholic Communion (P)</b> <b>9:30 Chair exercise- stretching outside</b> 10:30 Whiteboard- animals 11:00 Sensory bins- colors 5:30 Coloring/ painting with friends and music</p>	<p>15</p> <p><b>9:30 Chair Yoga</b> <b>10:30 Whiteboard- Brain exercises</b> 1:30 Art and Crafts 5:30 Coloring/ painting with friends and music</p>	<p>16</p> <p><b>9:30 Chair exercise- stretching outside</b> 10:30 Whiteboard- animals 11:30 Sensory bins- textured <b>3:00 Gardening/ water flowers</b> 5:30 Coloring/ painting with friends and music</p>	<p>17</p> <p><b>9:30 Chair exercise- move to the music</b> 11:00 Chef Day 11:30 Sensory bins- matching <b>3:00 Hand Massage/ nail painting</b> 5:30 Coloring/ painting with friends and music</p>	<p>18</p> <p><b>9:30 Chair exercise pool noodle workout</b> 10:30 Whiteboard- Food <b>11:30 Paint and Sip</b> <b>2:00 Color Easter eggs</b> <b>3:00 Bingo</b> 5:30 Coloring/ painting with friends and music</p>	<p>19</p> <p>10:30 Chair exercise- YouTube 1:30 Sensory bins- touch <b>3:00 Puzzle/ matching games</b> 5:30 Coloring/ painting with friends and music</p>
<p>20</p> <p><b>9:00 Chair exercise- YouTube move to the music</b> <b>9:30 Virtual Church- YouTube</b> <b>2:30 Movie with snacks and drinks</b> 5:30 Coloring/ painting with friends and music</p>	<p>21</p> <p><b>8:45 Catholic Communion (P)</b> <b>9:30 Chair exercise- stretching outside</b> 10:30 Whiteboard- animals 11:00 Sensory bins- colors 5:30 Coloring/ painting with friends and music</p>	<p>22</p> <p><b>9:30 Chair Yoga</b> <b>10:30 Whiteboard- Brain exercises</b> 1:30 Art and Crafts 5:30 Coloring/ painting with friends and music</p>	<p>23</p> <p><b>9:30 Chair exercise- stretching outside</b> 10:30 Whiteboard- animals 11:30 Sensory bins- textured <b>3:00 Gardening/ water flowers</b> 5:30 Coloring/ painting with friends and music</p>	<p>24</p> <p><b>9:30 Chair exercise- move to the music</b> 11:00 Chef day 1:30 Live Music <b>3:00 Hand Massage/ nail painting</b> 5:30 Coloring/ painting with friends and music</p>	<p>25</p> <p><b>9:30 Chair exercise pool noodle workout</b> 10:30 Whiteboard- Food <b>11:30 Paint and Sip</b> 1:30 Birthday Party- Live music <b>3:00 Bingo</b> 5:30 Coloring/ painting with friends and music</p>	<p>26</p> <p>10:30 Chair exercise- YouTube 1:30 Sensory bins- touch <b>3:00 Puzzle/ matching games</b> 5:30 Coloring/ painting with friends and music</p>
<p>27</p> <p><b>9:00 Chair exercise- YouTube move to the music</b> <b>9:30 Virtual Church- YouTube</b> <b>2:30 Movie with snacks and drinks</b> 5:30 Coloring/ painting with friends and music</p>	<p>28</p> <p><b>8:45 Catholic Communion (P)</b> <b>9:30 Chair exercise- stretching outside</b> 10:30 Whiteboard- animals 11:00 Sensory bins- colors 1:30 Birdwatching In the courtyard 5:30 Coloring/ painting with friends and music</p>	<p>29</p> <p><b>9:30 Chair Yoga</b> <b>10:30 Whiteboard- Brain exercises</b> 1:30 Art and Crafts 5:30 Coloring/ painting with friends and music</p>	<p>30</p> <p><b>9:30 Chair exercise- stretching outside</b> 10:30 Whiteboard- animals 11:30 Sensory bins- textured <b>3:00 Gardening/ water flowers</b> 5:30 Coloring/ painting with friends and music</p>		<p>Come Celebrate with us as ADELINE turns 100: Cake, music and fun!</p>	





## No Fooling!

Instead of playing a prank on April Fools' Day, play one of the dozens of songs with the word "fool" in the title. Here are some of the most notable hits. Can you think of others?

Year	Song	Artist
1956	"Why Do Fools Fall in Love?"	Frankie Lymon and the Teenagers
1958	"Poor Little Fool"	Ricky Nelson
1961	"Fool #1"	Brenda Lee
1967	"Chain of Fools"	Aretha Franklin
1972	"Everybody Plays the Fool"	The Main Ingredient
1979	"What a Fool Believes"	Doobie Brothers
1981	"What Kind of Fool"	Barbra Streisand and Barry Gibb
1988	"Famous Last Words of a Fool"	George Strait
1991	"Don't Want to Be a Fool"	Luther Vandross

# "This Month In History"

## APRIL

**1902:** Tally's Electric Theater in Los Angeles opens. It was the first theater in the U.S. to be built with the sole purpose to show movies, not stage shows.

**1917:** The United States formally enters World War I, marking a turning point in the conflict that had been ongoing for nearly three years. The Great War ended just over a year and a half later.

**1923:** Yankee Stadium in New York City hosts its first baseball game. The Yankees defeated the Red Sox 4-1.

**1938:** Bugs Bunny makes his first cartoon appearance in "Porky's Hare Hunt."

**1954:** The United States Air Force Academy is established just north of Colorado Springs, Colo. Cadets attend the academy to receive military training for either the Air Force or Space Force.

**1969:** The first temporary artificial heart is used to successfully sustain a patient for 65 hours while waiting for a human heart to become available.

**1977:** Fifteen women in the House of Representatives hold the first Women's Caucus meeting. The bipartisan organization is now known as the Congressional Caucus for Women's Issues.

**1997:** At age 21, golfer Tiger Woods takes the title of Masters champion, becoming the tournament's youngest winner—a record he still holds today.

**2004:** Google launches the free email service Gmail. Since the announcement was made on April Fools' Day, the public was skeptical of its authenticity. Today, Gmail is actively used by 1.8 billion people around the globe.