



Vista Winds

Retirement Community

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

Staff Directory

Heather McBride Executive Director
 Kim Selzler Marketing Consultant
 Ciera Lawson Activities Director
 Joshua Thomas Executive Chef
 Lani Luna Homecare Coordinator
 Ronald Hendricks Maintenance

APRIL BIRTHDAY HIGHLIGHTS:

BIRTHDAYS

Alice S. April 3rd
 Roger G. April 12th
 Everett S. April 15th
 Tony C. April 18th
 Bev B. April 20th
 Janet G. April 21st
 Deloris P. April 24th
 Betty E. April 28th

Homemade Bird Feeder

With spring upon us, flowers begin to bloom and birds begin to tweet. Give those birds a delicious treat with a homemade bird feeder. Simply grab a box of unflavored gelatin and a bag of birdseed at your local grocery store. Mix 1/2 cup hot water and one packet gelatin; once the gelatin is dissolved, pour 1 cup birdseed into the liquid and mix to evenly coat. Next, fill a muffin tin or other fun-shaped molds with the concoction, and allow the mix to harden before “throwing” the snacks to the birds.



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
 <p>10:00 A4 Adult Coloring 10:00 C Church Service w/ Everett 11:30 F Billiards & Pool 12:00 A4 Chess and Checkers 1:00 A3 Board Games</p>	 <p>10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 O Shopping: Michaels 1:00 LB Bridge 2:00 A4 The Billiards Club</p>	<p>APRIL FOOLS' DAY 10:00 A3 Chair Yoga 11:00 A4 Diamond Art with Barbara 1:00 A3 Dime Bingo 2:00 A3 Mexican Dominos</p>	<p>Autism Awareness Day 10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 C Bible Study with Karen & Pat 11:00 O SHOPPING: FRY'S 1:30 LB Bridge 2:00 A3 Pinochle 2:00 A4 The Billiards Club</p>	<p>10:00 A3 Chair Yoga 10:00 A4 Kings in a Corner 11:00 PA Garden Club 1:00 A3 Dime Bingo 6:00 LB Hand and Foot</p>	<p>10:00 A3 Drumming Exercise Class 10:00 A4 Kings in a Corner 1:00 LB Bridge 3:00 3L Entertainment: Sing along With Ginny 3:00 3L HAPPY HOUR</p>	<p>10:00 A3 Kings in a Corner 10:00 A3 Poker 11:30 EW Trike Club 12:00 A4 Chess & Checkers 1:30 LB Bridge 6:30 M MOVIE TIME! When Harry Met Sally</p>
<p>10:00 A4 Adult Coloring 10:00 C Church Service w/ Everett 11:30 F Billiards & Pool 12:00 A4 Chess and Checkers 1:00 A3 Board Games</p>	<p>10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 O Shopping: Michaels 1:00 LB Bridge 2:00 A4 The Billiards Club</p>	<p>10:00 3E Chair Yoga 11:00 A4 Diamond Art with Barbara 1:00 A3 Dime Bingo 2:00 A3 Mexican Dominos</p>	<p>9:30 O OUTING: DESERT DIAMOND CASINO & LUNCH 10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 C Bible Study with Karen & Pat 1:30 LB Bridge 2:00 A3 Pinochle 2:00 A4 The Billiards Club</p>	<p>10:00 A3 Chair Yoga 10:00 A4 Kings in a Corner 11:00 PA Garden Club 1:00 A3 Dime Bingo 6:00 LB Hand and Foot</p>	<p>10:00 A3 Drumming Exercise Class 10:00 A4 Kings in a Corner 11:00 O LUNCH BUNCH: ABUELO'S 1:00 LB Bridge 3:00 3L HAPPY HOUR</p>	<p>PASSOVER BEGINS 10:00 A3 Kings in a Corner 10:00 A3 Poker 11:30 EW Trike Club 12:00 A4 Chess & Checkers 1:00 LB MATZAH HUNT! 1:30 LB Bridge 2:00 LB Entertainment: Dave Swaim 6:30 M MOVIE TIME! The Green Book</p>
<p>10:00 A4 Adult Coloring 10:00 C Church Service w/ Everett 11:30 F Billiards & Pool 12:00 A4 Chess and Checkers 1:00 A3 Board Games</p>	<p>10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 O SHOPPING: WALMART 12:00 3L CRAFT: Make Easter Bags 1:00 LB Bridge 2:00 LB Mobile Library 2:00 A4 The Billiards Club</p>	<p>10:00 A3 Chair Yoga 11:00 A4 Diamond Art with Barbara 12:00 3L CRAFT: Color Easter Eggs 1:00 A3 Dime Bingo 2:00 A3 Mexican Dominos</p>	<p>10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 C Bible Study with Karen & Pat 11:00 O OUTING: HARKINS CINÉGRILL 1:00 LB EASTER EGG HUNT! 1:30 LB Bridge 2:00 A3 Pinochle 2:00 A4 The Billiards Club</p>	<p>10:00 A3 Chair Yoga 10:00 A4 Kings in a Corner 11:00 PA Garden Club 1:00 A3 Dime Bingo 6:00 LB Hand and Foot</p>	<p>GOOD FRIDAY 10:00 A3 Drumming Exercise Class 10:00 A4 Kings in a Corner 11:00 O LUNCH BUNCH: FAMOUS DAVE'S 1:00 LB Bridge 3:00 3L HAPPY HOUR</p>	<p>10:00 A3 Kings in a Corner 10:00 A3 Poker 11:30 EW Trike Club 12:00 A4 Chess & Checkers 1:30 LB Bridge 2:00 3L High Tea Party 6:30 M MOVIE TIME! Fried Green Tomatoes</p>
<p>EASTER SUNDAY 9:00 D EASTER BRUNCH 10:00 A4 Adult Coloring 10:00 C Church Service w/ Everett 11:30 F Billiards & Pool 12:00 A4 Chess and Checkers 1:00 A3 Board Games</p>	<p>10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 O SHOPPING: ROSS 1:00 LB Bridge 2:00 A4 The Billiards Club</p>	<p>EARTH DAY 10:00 3E Chair Yoga 11:00 A4 Diamond Art with Barbara 1:00 A3 Dime Bingo 2:00 A3 Mexican Dominos</p>	<p>NATIONAL PICNIC DAY 10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 C Bible Study with Karen & Pat 11:00 O OUTING: WILDLIFE ZOO 1:30 LB Bridge 2:00 A3 Pinochle 2:00 A4 The Billiards Club</p>	<p>10:00 A3 Chair Yoga 10:00 A4 Kings in a Corner 11:00 PA Garden Club 1:00 A3 Dime Bingo 2:30 A3 RESIDENT COUNCIL MEETING 6:00 LB Hand and Foot</p>	<p>FRIENDS & FAMILY "GAME NIGHT" 10:00 A3 Drumming Exercise Class 10:00 A4 Kings in a Corner 11:00 O LUNCH BUNCH: HAYMAKER 1:00 LB Bridge 3:00 3L HAPPY HOUR 4:00 A4 "GAME NIGHT"</p>	<p>10:00 A3 Kings in a Corner 10:00 A3 Poker 11:00 A3 Cork & Canvas 11:30 EW Trike Club 12:00 A4 Chess & Checkers 1:30 LB Bridge 6:30 M MOVIE TIME! The Naked Gun</p>
<p>10:00 A4 Adult Coloring 10:00 C Church Service w/ Everett 11:30 F Billiards & Pool 12:00 A4 Chess and Checkers 1:00 A3 Board Games</p>	<p>10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 O SHOPPING: SAFEWAY 1:00 LB Bridge 2:00 A4 The Billiards Club</p>	<p>10:00 A3 Chair Yoga 11:00 A4 Diamond Art with Barbara 1:00 A3 Dime Bingo 2:00 A3 Mexican Dominos</p>	<p>10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 C Bible Study with Karen & Pat 11:00 O OUTING: THRIFTING 1:30 LB Bridge 2:00 A3 Pinochle 2:00 A4 The Billiards Club</p>			



COLOR Your World



“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.