



Ventana Winds

Retirement Community

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

ASSISTED LIVING NEWSLETTER

Staff Directory

Bekah Tena Executive Director
Alex Osorno Compliance Director
Monica Samuels Marketing Director
Mike Burgess Wellness Director
Tristan Cannon RCC
Amanda Lemke Elements RCC
Sherry Walker Housekeeping Supervisor
Jennifer Sims Res. Engagement Coordinator
Nacho Hernandez Culinary Director
Kim Folsom Dutton Resident Liaison
Jon Watson Maintenance Director
Denise B. Receptionist
Christian Sams Transportation
Kathy Bulerin Dining Room Manager

Salute to the Union

Every July 4, a national salute booms out at noon, when military bases across the country fire cannons honoring the United States. A total of 50 rounds, one for each state, is blasted out in a span of roughly 4 minutes. Called the Salute to the Union, the tradition dates back to the first anniversary of Independence Day, when a 13-gun salute was fired to commemorate the original American Colonies.



July 2025



Seasonal Selections



Summer weather often requires plenty of hydration. Why not mix some of the season's best produce with a little carbonated water to make the perfect, refreshing soda? Try limes, blueberries, cherries, raspberries or strawberries. All are in season and offer many combinations to please any palate.

Happy Fourth!

Happy Independence Day to everyone! We hope you have a fun and festive holiday.

America's First Zoo

The first zoo in the United States opened July 1, 1874, in Philadelphia. Although the charter establishing the Zoological Society of Philadelphia had been signed 15 years prior, the Civil War prevented the zoo from opening sooner. Price of admission on opening day was 25 cents for adults and 10 cents for children.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>All events are subject to change. You will be notified by daily activity.</div>	<div><div>Happy 4th of July!</div></div>	<div>1<div>9:00 Knitting & Crocheting Class (AR)</div><div>9:00 PT/OT in the Library</div><div>10:00 Games of choice (AR)</div><div>1:00 Original Bingo (AR)</div><div>2:30 Choir Practice (AR)</div><div>6:00 Poker (L)</div></div>	<div>2<div>9:00 Fry's Senior Discount Day: Sign Up with Denise</div><div>9:00 PT/OT in the Library</div><div>10:00 Table Games (AR)</div><div>1:00 Crazy Double Bingo (AR)</div><div>2:30 Wine Down & Horse Races (L)</div><div>6:30 Bible Study (AR)</div></div>	<div>3<div>9:00 PT/OT in the Library</div><div>10:00 Library Cart from Youngtown Library (L)</div><div>10:00 Table Games (AR)</div><div>1:00 Original Bingo (AR)</div><div>2:30 Planning Meeting (AR)</div><div>6:00 Res. Choice (AR)</div></div>	<div>4<div>Independence Day</div><div>9:00 Dollar Tree Trip: Sign Up with Denise</div><div>9:00 PT/OT in the Library</div><div>10:00 Resident Choice (AR)</div><div>1:00 Crazy Bingo (AR)</div><div>2:00 BIRTHDAY PARTY with Tom (DR)</div><div>6:00 Resident Choice</div></div>	<div>5<div>10:00 Games of Choice: Self-Directed</div><div>1:00 ART CLASS with Kevin (AR)</div><div>3:00 Games Available (AR/L)</div><div>6:00 Poker Night (L)</div></div>
<div>6<div>8:45 Shepherd of the Desert Church</div><div>10:00 Resident Choice (AR)</div><div>2:30 Church Service (AR)</div><div>6:00 Resident Choice</div></div>	<div>7<div>8:40 Catholic Communion (ELS)</div><div>9:00 PT/OT in the Library</div><div>9:00 Trip to Walmart: Sign up</div><div>10:30 Table Games (AR)</div><div>1:00 Arts & Crafts (AR)</div><div>2:30 Pamper Me! Nails (AR)</div><div>3:00 ART CLASS with Kevin (AR)</div><div>6:00 Card Games (Res. Choice)</div></div>	<div>8<div>9:00 Knitting & Crocheting Class (AR)</div><div>9:00 PT/OT in the Library</div><div>10:00 Games of choice (AR)</div><div>1:00 Crazy Bingo (AR)</div><div>2:30 Choir Practice (AR)</div><div>6:00 Poker (L)</div></div>	<div>9<div>9:00 PT/OT in the Library</div><div>10:00 Bingo Cash Store (AR)</div><div>1:00 Original Double Bingo (AR)</div><div>2:30 Putter Par-Tee (AR)</div><div>6:30 Bible Study (AR)</div></div>	<div>10<div>9:00 PT/OT in the Library</div><div>1:00 Crazy Bingo (AR)</div><div>3:00 Resident Council Meeting (AR)</div><div>6:00 Res. Choice (AR)</div></div>	<div>11<div>9:00 PT/OT in the Library</div><div>9:00 Shopping at Deseret Industries: Sign Up with Denise</div><div>10:00 Resident Choice (AR)</div><div>1:00 Original Bingo (AR)</div><div>2:00 Happy Hour with Live Music (DR)</div><div>6:00 Resident Choice</div></div>	<div>12<div>10:00 Games of Choice: Self-Directed</div><div>1:00 ART CLASS with Kevin (AR)</div><div>3:00 Games Available (AR/L)</div><div>6:00 Poker Night (L)</div></div>
<div>13<div>8:45 Shepherd of the Desert Church</div><div>10:00 Resident Choice (AR)</div><div>2:30 Church Service (AR)</div><div>6:00 Resident Choice</div></div>	<div>14<div>8:40 Catholic Communion (ELS)</div><div>9:00 PT/OT in the Library</div><div>9:00 Trip to Fry's: Sign Up with Denise</div><div>10:30 Table Games (AR)</div><div>1:00 Cooking Class- Red, White & Blue Banana Splits (AR)</div><div>2:30 Pamper Me! Nails (AR)</div><div>3:00 ART CLASS with Kevin (AR)</div><div>6:00 Card Games (Res. Choice)</div></div>	<div>15<div>9:00 Knitting & Crocheting Class (AR)</div><div>9:00 PT/OT in the Library</div><div>10:00 Games of choice (AR)</div><div>1:00 Original Bingo (AR)</div><div>2:30 Choir Practice (AR)</div><div>6:00 Poker (L)</div></div>	<div>16<div>9:00 PT/OT in the Library</div><div>10:00 Table Games (AR)</div><div>1:00 Crazy Double Bingo (AR)</div><div>2:30 Corn Hole (AR)</div><div>6:30 Bible Study (AR)</div></div>	<div>17<div>9:00 PT/OT in the Library</div><div>10:00 Games of Choice (AR)</div><div>1:00 Original Bingo (AR)</div><div>2:30 Jumbo Tic Tac Toe (AR)</div><div>6:00 Res. Choice (AR)</div></div>	<div>18<div>9:00 Breakfast Trip to IHOP: Sign up with Denise</div><div>9:00 PT/OT in the Library</div><div>10:00 Resident Choice (AR)</div><div>1:00 Crazy Bingo (AR)</div><div>2:00 Pizza & Beer & Name that Tune with Tom (DR)</div><div>6:00 Resident Choice</div></div>	<div>19<div>10:00 Games of Choice: Self-Directed</div><div>1:00 ART CLASS with Kevin (AR)</div><div>3:00 Games Available (AR/L)</div><div>6:00 Poker Night (L)</div></div>
<div>20<div>8:45 Shepherd of the Desert Church</div><div>10:00 Resident Choice (AR)</div><div>2:30 ART CLASS with Kevin (AR)</div><div>2:30 Church Service (AR)</div><div>6:00 Resident Choice</div></div>	<div>21<div>8:40 Catholic Communion (ELS)</div><div>9:00 PT/OT in the Library</div><div>9:00 Trip to Walmart: Sign up with Denise</div><div>10:00 Table Game Tournament (AR)</div><div>1:00 Arts & Crafts- (AR)</div><div>2:30 Pamper Me! Nails (AR)</div><div>3:00 ART CLASS with Kevin (AR)</div><div>6:00 Card Games (Res. Choice)</div></div>	<div>22<div>9:00 Knitting & Crocheting Class (AR)</div><div>9:00 PT/OT in the Library</div><div>10:00 Table Game Tournament (AR)</div><div>1:00 Crazy Bingo (AR)</div><div>2:30 Choir Practice (AR)</div><div>6:00 Poker (L)</div></div>	<div>23<div>9:00 PT/OT in the Library</div><div>10:00 Table Game Tournament (AR)</div><div>1:00 Original Double Bingo (AR)</div><div>2:30 Tai Chi (AR)</div><div>6:30 Bible Study (AR)</div></div>	<div>24<div>9:00 PT/OT in the Library</div><div>10:00 Table Game Tournament (AR)</div><div>1:00 Crazy Bingo (AR)</div><div>2:30 Movie & Popcorn (AR)</div><div>6:00 Res. Choice (AR)</div></div>	<div>25<div>9:00 PT/OT in the Library</div><div>9:00 Trip to Goodwill: Sign up with Denise</div><div>10:00 Table Game Championship (AR)</div><div>1:00 Original Bingo (AR)</div><div>2:00 Happy Hour & Snacks & Margaritas with Tom (DR)</div><div>6:00 Resident Choice</div></div>	<div>26<div>10:00 Games of Choice: Self-Directed</div><div>1:00 ART CLASS with Kevin (AR)</div><div>3:00 Games Available (AR/L)</div><div>6:00 Poker Night (L)</div></div>
<div>27<div>8:45 Shepherd of the Desert Church</div><div>10:00 Resident Choice (AR)</div><div>2:30 Church Service (AR)</div><div>2:30 Church Service (DR)</div><div>6:00 Resident Choice</div></div>	<div>28<div>8:40 Catholic Communion (ELS)</div><div>9:00 PT/OT in the Library</div><div>9:00 Trip to Fry's: sign up with Denise</div><div>10:30 Table Games (AR)</div><div>1:00 Cooking Class- Strawberry Shortcake Biscuits (AR)</div><div>2:30 Pamper Me! Nails (AR)</div><div>3:00 ART CLASS with Kevin (AR)</div><div>6:00 Card Games (Res. Choice)</div></div>	<div>29<div>9:00 Knitting & Crocheting Class (AR)</div><div>9:00 PT/OT in the Library</div><div>10:00 Games of choice (AR)</div><div>1:00 Original Bingo (AR)</div><div>2:30 Choir Practice (AR)</div><div>6:00 Poker (L)</div></div>	<div>30<div>9:00 PT/OT in the Library</div><div>10:00 Table Games (AR)</div><div>1:00 Crazy Double Bingo (AR)</div><div>2:30 Trivia with Tom (AR)</div><div>6:30 Bible Study (AR)</div></div>	<div>31<div>9:00 PT/OT in the Library</div><div>1:00 Original Bingo (AR)</div><div>2:30 Town Hall Meeting -Staff invited (AR)</div><div>6:00 Res. Choice (AR)</div></div>	<div></div>	



Popular Baby Names

Take a look at how the most popular baby names have changed over the years. Names are listed from the most popular on.

Decade	Names
1930s	Girls: Mary, Betty, Barbara, Shirley, Patricia, Dorothy, Joan Boys: Robert, James, John, William, Richard, Charles, Donald
1940s	Girls: Mary, Linda, Barbara, Patricia, Carol, Sandra, Nancy Boys: James, Robert, John, William, Richard, David, Charles
1950s	Girls: Mary, Linda, Patricia, Susan, Deborah, Barbara, Debra Boys: James, Michael, Robert, John, David, William, Richard
1960s	Girls: Lisa, Mary, Susan, Karen, Kimberly, Patricia, Linda Boys: Michael, David, John, James, Robert, Mark, William
1970s	Girls: Jennifer, Amy, Melissa, Michelle, Kimberly, Lisa, Angela Boys: Michael, Christopher, Jason, David, James, John, Robert
1980s	Girls: Jessica, Jennifer, Amanda, Ashley, Sarah, Stephanie, Melissa Boys: Michael, Christopher, Matthew, Joshua, David, James, Daniel
1990s	Girls: Jessica, Ashley, Emily, Sarah, Samantha, Amanda, Brittany Boys: Michael, Christopher, Matthew, Joshua, Jacob, Nicholas, Andrew
2000s	Girls: Emily, Madison, Emma, Olivia, Hannah, Abigail, Isabella Boys: Jacob, Michael, Joshua, Matthew, Daniel, Christopher, Andrew

"This Month In History" JULY

1799: French soldiers make a discovery that helps scholars decode Egyptian hieroglyphics. The Rosetta Stone—so named for the town near which it was found—includes the same text in Greek and Egyptian, providing the key necessary to unlock the meaning of the picture-based hieroglyphs.

1826: Former Presidents Thomas Jefferson and John Adams both die on the Fourth of July, half a century after each man signed the Declaration of Independence.

1847: The United States Post Office introduces the first postage stamps: a five-cent stamp featuring Benjamin

Franklin and a 10-cent stamp honoring George Washington.

1903: The Tour de France hosts its first race outside of Paris.

1955: Disneyland welcomes its first guests to "The Happiest Place on Earth" in Anaheim, Calif.

1969: Apollo 11, crewed with astronauts Neil Armstrong, Buzz Aldrin and Michael Collins, lands on the moon.

1979: Sony reveals the first portable cassette player—the Walkman.

1985: More than a billion people tune in to watch Live Aid, a concert featuring stars including David Bowie, Bob Dylan, Elton John and Queen. The concert raised more than \$140 million for famine relief in Ethiopia.

2002: American businessman Steve Fossett becomes the first solo adventurer to fly around the world in a balloon without stopping.