



# Ventana Winds

## Retirement Community

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### ELEMENTS MEMORY SUPPORT NEWSLETTER

#### MEMORY SUPPORT STAFF DIRECTORY

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#### An Official Fourth

With the adoption of the Declaration of Independence, America's identity as a free nation famously began on July 4, 1776. But Independence Day didn't actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition.



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
 <i>Happy 4th of July!</i>	ALL EVENTS ARE SUBJECT TO CHANGE	1 10:30 Chair Yoga 1:30 Art and Crafts 2:30 Happy Hour 3:30 Bingo/ Table Games 6:00 Painting/ Coloring	2 10:30 Chair Exercise- Stretching Outside 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals	3 10:30 Chair Exercise- Move to the Music 11:00 Chef Day 3:00 Hand Massage/ Nail Painting 6:00 Movie with Popcorn	4 Independence Day 10:30 Chair Exercise Pool Noodle Workout 1:30 4th of July Party 3:00 Bingo	5 10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Water Colors 6:00 Game Shows
6 9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks	7 8:45 Catholic Communion (P) 9:30 Chair Exercise- Stretching Outside 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching	8 10:30 Chair Yoga 1:30 Art and Crafts 2:30 Happy Hour 3:30 Bingo/ Table Games 6:00 Painting/ Coloring	9 10:30 Chair Exercise- Stretching Outside 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 3:00 Live Music with David 6:00 White Board- Animals	10 10:30 Chair Exercise- Move to the Music 11:00 Chef Day 1:30 Monthly Birthday Party with Tom 3:00 Hand Massage/ Nail Painting 6:00 Movie with Popcorn	11 10:30 Chair Exercise Pool Noodle Workout 11:30 Paint and Sip 1:30 Memory Exercises 3:00 Bingo	12 10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Water Colors 6:00 Game Shows
13 9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks	14 8:45 Catholic Communion (P) 9:30 Chair Exercise- Stretching Outside 10:30 Whiteboard- Food 1:30 Bingo 6:00 Table Games- Puzzles/ Matching	15 10:30 Chair Yoga 1:30 Art and Crafts 2:30 Happy Hour 3:30 Bingo/ Table Games 6:00 Painting/ Coloring	16 10:30 Chair Exercise- Stretching Outside 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals	17 10:30 Chair Exercise- Move to the Music 11:00 Chef Day 11:30 Sensory Bins- Matching 3:00 Hand Massage/ Nail Painting 6:00 Movie with Popcorn	18 10:30 Chair Exercise Pool Noodle Workout 11:30 Paint and Sip 1:30 Memory Exercises 3:00 Bingo	19 10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Water Colors 6:00 Game Shows
20 9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks	21 8:45 Catholic Communion (P) 9:30 Chair Exercise- Stretching Outside 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching	22 10:30 Chair Yoga 1:30 Art and Crafts 2:30 Happy Hour 3:30 Bingo/ Table Games 6:00 Painting/ Coloring	23 10:30 Chair Exercise- Stretching Outside 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals	24 10:30 Chair Exercise- Move to the Music 11:00 Chef Day 3:00 Hand Massage/ Nail Painting 6:00 Movie with Popcorn	25 10:30 Chair Exercise Pool Noodle Workout 11:30 Paint and Sip 1:30 Memory Exercises 3:00 Bingo	26 10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Water Colors 6:00 Game Shows
27 9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks	28 8:45 Catholic Communion (P) 9:30 Chair Exercise- Stretching Outside 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching	29 10:30 Chair Yoga 1:30 Art and Crafts 2:30 Happy Hour 3:30 Bingo/ Table Games 6:00 Painting/ Coloring	30 10:30 Chair Exercise- Stretching Outside 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals	31 10:30 Chair Exercise- Move to the Music 11:00 Chef Day 3:00 Hand Massage/ Nail Painting 6:00 Movie with Popcorn		





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