



Ventana Winds

Retirement Community

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

ELEMENTS MEMORY SUPPORT NEWSLETTER

MEMORY SUPPORT STAFF DIRECTORY

Bekah TenaExecutive Director
Alex Osono.....Compliance Director
Monica Samuels..... Marketing Director
Amanda Lemke.....Elements RCC
Jennifer Sims.....Resident Engagement
Jon Watson.....Maintenance Director

Sit Back and Relax

Recognized for their reclined back and wide armrests, Adirondack chairs invite you to lean back and lounge awhile. This popular design has been copied since it was first created in 1903 by Thomas Lee. He used wood from local evergreen trees to build a comfortable yet sturdy outdoor chair for his home in New York's Adirondack Mountains, giving the chair its name.



August 2025

Summer Song

"In summer, the song sings itself."
—William Carlos Williams



A Summer Light Show

Looking for a summer showstopper? Step outside in the early morning hours of Aug. 12-13, when the Perseid meteor shower reaches its peak. Viewers can potentially see more than 50 shooting stars each hour. Finding a dark place to watch increases your chances of getting to wish on a falling star.



A Tall Flower

Bright yellow sunflowers are a cheerful sight in summer. While most varieties are 5 to 8 feet tall, a world-record specimen grew to a whopping 30 feet.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL EVENTS ARE SUBJECT TO CHANGE.					<div>1</div> <div>10:30 Chair Exercise Pool Noodle Workout 11:30 Paint and Sip 1:30 Memory Exercises 2:30 Bingo</div>	<div>2</div> <div>10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Watercolors 6:00 Game Shows</div>
<div>3</div> <div>9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks</div>	<div>4</div> <div>8:45 Catholic Communion (P) 9:30 Chair Exercise- Stretching Outside 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching</div>	<div>5</div> <div>10:30 Chair Yoga 11:00 Art and Crafts 1:30 Bingo/ Table Games 6:00 Painting/ Coloring</div>	<div>6</div> <div>10:30 Chair Exercise- Stretching Outside 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals</div>	<div>7</div> <div>10:30 Hand Massage/ nail painting 11:00 Chef Day 1:30 Bingo/ Table games 6:00 Movie with Popcorn</div>	<div>8</div> <div>10:30 Chair Exercise Pool Noodle Workout 11:30 Paint and Sip 1:30 Memory Exercises 2:30 Bingo</div>	<div>9</div> <div>10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Watercolors 6:00 Game Shows</div>
<div>10</div> <div>9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks</div>	<div>11</div> <div>8:45 Catholic Communion (P) 9:30 Chair Exercise- Stretching Outside 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching</div>	<div>12</div> <div>10:30 Chair Yoga 11:00 Art and Crafts 1:30 Bingo/ Table Games 6:00 Painting/ Coloring</div>	<div>13</div> <div>10:30 Chair Exercise- Stretching Outside 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals</div>	<div>14</div> <div>10:30 Hand Massage/ nail painting 11:00 Chef Day 1:30 Bingo/ Table games 1:30 Monthly Birthday Party with Tom 6:00 Movie with Popcorn</div>	<div>15</div> <div>10:30 Chair Exercise Pool Noodle Workout 11:30 Paint and Sip 1:30 Memory Exercises 2:30 Bingo</div>	<div>16</div> <div>10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Watercolors 6:00 Game Shows</div>
<div>17</div> <div>9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks</div>	<div>18</div> <div>8:45 Catholic Communion (P) 9:30 Chair Exercise- Stretching Outside 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching</div>	<div>19</div> <div>10:30 Chair Yoga 11:00 Art and Crafts 1:30 Bingo/ Table Games 6:00 Painting/ Coloring</div>	<div>20</div> <div>10:30 Chair Exercise- Stretching Outside 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals</div>	<div>21</div> <div>10:30 Hand Massage/ nail painting 11:00 Chef Day 11:30 Sensory Bins- Matching 1:30 Bingo/ Table games 6:00 Movie with Popcorn</div>	<div>22</div> <div>10:30 Chair Exercise Pool Noodle Workout 11:30 Paint and Sip 1:30 Memory Exercises 2:30 Bingo</div>	<div>23</div> <div>10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Watercolors 6:00 Game Shows</div>
<div>24</div> <div>9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks</div>	<div>25</div> <div>8:45 Catholic Communion (P) 9:30 Chair Exercise- Stretching Outside 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching</div>	<div>26</div> <div>10:30 Chair Yoga 11:00 Art and Crafts 1:30 Bingo/ Table Games 6:00 Painting/ Coloring</div>	<div>27</div> <div>10:30 Chair Exercise- Stretching Outside 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals</div>	<div>28</div> <div>10:30 Hand Massage/ nail painting 11:00 Chef Day 1:30 Bingo/ Table games 6:00 Movie with Popcorn</div>	<div>29</div> <div>10:30 Chair Exercise Pool Noodle Workout 11:30 Paint and Sip 1:30 Memory Exercises 2:30 Bingo</div>	<div>30</div> <div>10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Watercolors 6:00 Game Shows</div>
<div>31</div> <div>9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks</div>						



Pulitzer-Winning Pages

Bookworms celebrate their love of literature on National Book Lovers Day, Aug. 9. Here's a brief and not comprehensive selection of Pulitzer Prize-winning novels from each decade.

Decade	Names
1950s	"The Old Man and the Sea," by Ernest Hemingway
1960s	"To Kill a Mockingbird," by Harper Lee
1970s	"Elbow Room," by James Alan McPherson
1980s	"Beloved," by Toni Morrison
1990s	"A Thousand Acres," by Jane Smiley
2000s	"The Known World," by Edward P. Jones
2010s	"The Sympathizer," by Viet Thanh Nguyen
2020s	"Trust," by Hernan Diaz

"This Month In History"

AUGUST

1492: The Niña, Pinta and Santa Maria leave Spanish port for their accidental destination of the Americas.

1790: The first U.S. census begins. The population count has been repeated every ten years since then.

1914: Cleveland, Ohio, installs the world's first electric traffic signal. The manually operated light directed traffic at Euclid Avenue and East 105th Street.

1926: New York athlete Gertrude Ederle swims the English Channel, becoming the first woman to do so.

1949: The Basketball Association of America and the National Basketball League merge to form the National Basketball Association (NBA).

1957: "American Bandstand," a TV show of teens dancing to rock and roll, premieres with host Dick Clark.

1969: Woodstock opens in a New York field, bringing more than 400,000 people to see its three days of concerts featuring Joan Baez, Santana, The Grateful Dead, Creedence Clearwater Revival, Janis Joplin, Jimi Hendrix and more.

1978: The first transatlantic balloon flight is completed successfully when the Double Eagle II lands near Paris, France, after traversing more than 3,200 miles from Presque Isle, Maine.

2009: Usain Bolt breaks his own 100-meter dash record at the World Championships in Berlin by completing the race in 9.58 seconds.