



Vista Winds

Retirement Community

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

Staff Directory

Keri McCormick Executive Director
Kim Selzler Marketing Consultant
Joshua Thomas Executive Chef
Ronald Hendricks Maintenance

JULY BIRTHDAY HIGHLIGHTS: BIRTHDAYS

Doris S. July 3rd
Naomi W. July 3rd
LeeAnn O. July 13th
Jason K. July 19th
Idora M. July 24th
Pat A. July 25th



Meet Your NEW DIRECTOR! KERI MCCORMICK

Keri brings robust experience and a deep commitment to excellence as a dedicated leader in healthcare and senior living.

With over two decades in senior living operations and management, Keri is known for her collaborative approach. Stop by the Executive Director's office and say Hi!

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.



July 2025

- A4

Game/Billiard Room
- O

OUTING
- LB

Lobby
- C

Chapel
- M

Media Room
- D

Dining Room
- F

Fitness Room
- 3L

3rd Floor Lobby
- A3

3rd Floor Activity Room
- P

POOL
- PA

3rd Floor Patio
- EW

Entryway

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	Independence Day 4	5
		10:00 3L Kings in a Corner 10:00 P Water Aerobics 11:00 A4 Diamond Art w/ Barbara 1:00 A3 Dime Bingo 2:00 A4 Poker	10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 C Bible Study with Karen 11:30 O SHOPPING: FRY'S 1:00 LB Hand and Foot 1:30 LB Bridge 2:00 A4 Billiards Club 2:00 A3 Pinochle 3:00 A3 Bingo w/ Devoted	10:00 A4 Kings in a Corner 10:00 P Water Aerobics 11:00 PA Garden Club 1:00 A3 Dime Bingo 6:00 LB Hand and Foot	10:00 A3 Chair Yoga 10:00 A4 Kings in a Corner 1:00 LB Bridge 4:00 D Fourth of July BBQ Buffet	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! TBD
6	7	8	9	10	11	12
10:00 C Church Service w/ Everett 11:30 A4 Billiards & Pool 12:00 A4 Chess and Checkers 1:00 A3 Board Games	10:00 A3 Chair Yoga 10:00 A4 Kings in a Corner 11:00 O SHOPPING: KOHL'S 12:00 LB Hand and Foot 1:00 LB Bridge 2:00 A4 Billiards Club 3:00 A4 Craft Club	9:00 F The Benefit of Exercise w/ Regeneration Fitness 10:00 3L Kings in a Corner 10:00 P Water Aerobics 11:00 A4 Diamond Art w/ Barbara 1:00 A3 Dime Bingo 2:00 A4 Poker	10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 C Bible Study with Karen 1:00 LB Hand and Foot 1:30 LB Bridge 2:00 A4 Billiards Club 2:00 A3 Pinochle 3:00 A3 Bingo w/ Devoted	10:00 A4 Kings in a Corner 10:00 P Water Aerobics 11:00 PA Garden Club 1:00 A3 Dime Bingo 6:00 LB Hand and Foot	10:00 A3 Chair Yoga 10:00 A4 Kings in a Corner 11:30 O LUNCH BUNCH: Lakeside Bar & Grill 1:00 LB Bridge 3:00 3L HAPPY HOUR	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! TBD
13	14	15	16	17	18	19
10:00 C Church Service w/ Everett 11:30 A4 Billiards & Pool 12:00 A4 Chess and Checkers 1:00 A3 Board Games	10:00 A3 Chair Yoga 10:00 A4 Kings in a Corner 11:00 O SHOPPING: WALMART 12:00 LB Hand and Foot 1:00 LB Bridge 2:00 A4 Billiards Club 3:00 A4 Craft Club	10:00 3L Kings in a Corner 10:00 3L Recognizing Medicare Scams w/ Robin Harrison 10:00 P Water Aerobics 11:00 A4 Diamond Art w/ Barbara 1:00 A3 Dime Bingo 2:00 A4 Poker 5:30 A3 BUNCO	10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 C Bible Study with Karen 1:00 LB Hand and Foot 1:30 LB Bridge 2:00 A4 Billiards Club 2:00 A3 Pinochle 3:00 A3 Bingo w/ Devoted	10:00 A4 Kings in a Corner 10:00 P Water Aerobics 11:00 PA Garden Club 11:30 O LUNCH BUNCH: Olive Garden 1:00 A3 Dime Bingo 6:00 LB Hand and Foot	10:00 A3 Chair Yoga 10:00 A4 Kings in a Corner 11:30 O LUNCH BUNCH: Cantina Guero 1:00 LB Bridge 3:00 3L HAPPY HOUR	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! TBD
20	21	22	23	24	25	26
10:00 C Church Service w/ Everett 11:30 A4 Billiards & Pool 12:00 A4 Chess and Checkers 1:00 A3 Board Games	10:00 A3 Chair Yoga 10:00 A4 Kings in a Corner 11:00 O SHOPPING: SAFEWAY 12:00 LB Hand and Foot 1:00 LB Bridge 2:00 A4 Billiards Club 3:00 A4 Craft Club	10:00 3L Kings in a Corner 10:00 P Water Aerobics 11:00 A4 Diamond Art w/ Barbara 1:00 A3 Dime Bingo 2:00 A4 Poker	10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 C Bible Study with Karen 1:00 LB Hand and Foot 1:30 LB Bridge 2:00 A4 Billiards Club 2:00 A3 Pinochle 3:00 A3 Bingo w/ Devoted	10:00 A4 Kings in a Corner 10:00 P Water Aerobics 11:00 PA Garden Club 1:00 A3 Dime Bingo 6:00 LB Hand and Foot	10:00 A3 Chair Yoga 10:00 A4 Kings in a Corner 11:30 O LUNCH BUNCH: Char Pizzeria w/ Keri McCormick your Executive Director 1:00 LB Bridge 3:00 3L HAPPY HOUR	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! TBD
27	28	29	30	31		
10:00 C Church Service w/ Everett 11:30 A4 Billiards & Pool 12:00 A4 Chess and Checkers 1:00 A3 Board Games	10:00 A3 Chair Yoga 10:00 A4 Kings in a Corner 11:00 O SHOPPING: SPROUTS 12:00 LB Hand and Foot 1:00 LB Bridge 2:00 A4 Billiards Club 3:00 A4 Craft Club	10:00 3L Kings in a Corner 10:00 P Water Aerobics 11:00 A4 Diamond Art w/ Barbara 1:00 A3 Dime Bingo 2:00 A4 Poker	10:00 A3 Balance Exercise Class 10:00 A4 Kings in a Corner 11:00 C Bible Study with Karen 1:00 LB Hand and Foot 1:30 LB Bridge 2:00 A4 Billiards Club 2:00 A3 Pinochle 3:00 A3 Bingo w/ Devoted	10:00 A4 Kings in a Corner 10:00 P Water Aerobics 11:00 PA Garden Club 1:00 A3 Dime Bingo 6:00 LB Hand and Foot		



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.