



Ventana Winds

Retirement Community

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ELEMENTS MEMORY SUPPORT NEWSLETTER

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Music and Memory: 'Veronica'

Elvis Costello and Paul McCartney teamed up to write "Veronica," a 1989 song inspired by Costello's grandmother, who had Alzheimer's. The "Veronica" music video features Costello reminiscing about his grandmother. The research and treatment of Alzheimer's and dementia continues today, and we recognize World Alzheimer's Day on Sept. 21 to bring awareness to a disease affecting too many loved ones.



September 2025

Happy Grandparents Day!

We want to wish a happy Grandparents Day to all the grandmothers and grandfathers in our community! The bond between a grandparent and grandchild is like no other. Enjoy your special day!






Dancing Leaves

"Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day."

—Shira Tamir



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day 1 8:45 Catholic Communion (P) 9:00 Walking group 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching	2 9:00 Walking group 11:00 Art and Crafts 1:30 Bingo/ Table Games 6:00 Painting/ Coloring	3 9:30 Storytelling with exercise 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals	4 9:00 Walking group 10:30 Hand Massage/ nail painting 11:00 Chef Day 1:30 Bingo/ Table games 6:00 Movie with Popcorn	5 9:00 Walking group 11:30 Paint and Sip 1:30 Live Music 6:00 Card games/ matching	6 10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Watercolors 6:00 Game Shows
7 9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks	8 8:45 Catholic Communion (P) 9:00 Walking group 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching	9 9:00 Walking group 11:00 Art and Crafts 1:30 Bingo/ Table Games 6:00 Painting/ Coloring	10 9:30 Storytelling with exercise 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals	11 9:00 Walking group 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	12 9:00 Walking group 11:30 Paint and Sip 1:30 Matching game/ puzzles 2:30 Bingo	13 10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Watercolors 6:00 Game Shows
14 9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks	15 8:45 Catholic Communion (P) 9:00 Walking group 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching	16 9:00 Walking group 11:00 Art and Crafts 1:30 Bingo/ Table Games 6:00 Painting/ Coloring	17 9:30 Storytelling with exercise 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals	18 9:00 Walking group 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	19 9:00 Walking group 11:30 Paint and Sip 1:30 Matching game/ puzzles 2:30 Bingo	20 10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Watercolors 6:00 Game Shows
21 9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks	22 8:45 Catholic Communion (P) 9:00 Walking group 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching	23 9:00 Walking group 11:00 Art and Crafts 1:30 Bingo/ Table Games 6:00 Painting/ Coloring	24 9:30 Storytelling with exercise 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals	25 9:00 Walking group 10:30 Hand Massage/ nail painting 11:00 Chef Day 1:30 Bingo/ Table games 6:00 Movie with Popcorn	26 9:00 Walking group 11:30 Paint and Sip 1:30 Matching game/ puzzles 2:30 Bingo	27 10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Watercolors 6:00 Game Shows
28 9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks	29 8:45 Catholic Communion (P) 9:00 Walking group 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching	30 9:00 Walking group 11:00 Art and Crafts 1:30 Bingo/ Table Games 6:00 Painting/ Coloring				ALL EVENTS ARE SUBJECT TO CHANGE.



School Tools

Pencils, pens, paper and paint—students use these items and more in school. Study this list to see when some school supplies were newcomers to the classroom.

<u>Years</u>	<u>School Supplies</u>
1850s	Prang watercolor sets
1900s	Crayola crayons
1940s	Pee-Chee pocket folders
1950s	Metal lunchboxes featuring characters
1960s	Spiral notebooks
1970s	Pocket calculators
1980s	Trapper Keeper binders
2000s	Laptop computers
2010s	Tablet computers

"This Month In History" SEPTEMBER

1846: German astronomer Johann Galle first observes the planet Neptune.

1957: The Little Rock Nine face mobs and rioting in their attempts to attend previously segregated Little Rock Central High School. President Eisenhower eventually sends the 101st Army Airborne to escort the children safely to school.

1965: Satchel Paige becomes the oldest player in Major League Baseball history at 59 years old when he pitches three innings against the Boston Red Sox. Paige

was the first Negro Leagues veteran to be inducted to the National Baseball Hall of Fame six years later.

1966: The sci-fi TV series "Star Trek" premieres, inviting audiences "to boldly go where no man has gone before."

1972: Bobby Fischer defeats Boris Spassky in "the match of the century" to become the world chess champion. Fischer was only 29 years old.

1984: Joe Kittinger completes the first solo balloon crossing of the Atlantic Ocean. He launched from Maine and crash landed on the Italian coast 86 hours later, breaking his ankle and a record for distance in a solo balloon flight.

1986: "The Oprah Winfrey Show" debuts nationwide, running until May 25, 2011.

1998: Google is founded in Menlo Park, Calif., and receives 10,000 queries in its initial beta phase.