



Ventana Winds

Retirement Community

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ELEMENTS MEMORY SUPPORT NEWSLETTER

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Happy October!

"Autumn leaves are falling, filling up
the streets;

Golden colors on the lawn, nature's trick
or treat!"

—Rusty Fischer

October 2025



October Pleasures

"There is no season when such pleasant and sunny
spots may be lighted on, and produce so pleasant an
effect on the feelings, as now in October."

—Nathaniel Hawthorne

Wild World: Monarchs

Monarch butterflies may only live a few months, but
in that time, some will make a 3,000-mile journey
south to Mexico. They are the only butterflies to
migrate such a long distance, and later generations will
make the same trip, sometimes returning to the exact
tree as their ancestors. Monarch caterpillars eat
milkweed almost exclusively, but reduced acreage of
the plant—as well as natural disasters in Mexico—are
threatening the butterflies' population.

Goose Bumps

Goose bumps develop on the skin as an involuntary
response to cold temperatures or strong emotions such
as fear, pleasure or excitement. They are caused by tiny
muscles connected to each hair follicle contracting and
pulling the hair erect. The same thing happens in other
mammals for the same reasons; for example, a cat's fur
stands up when it is frightened or angry.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 hello October	ALL EVENTS ARE SUBJECT TO CHANGE		1 9:30 Storytelling with exercise 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals	2 9:00 Walking group 10:30 Hand Massage/ nail painting 11:00 Chef Day 1:30 Bingo/ Table games 6:00 Movie with Popcorn	3 9:00 Walking group 11:30 Paint and Sip 1:30 Matching game/ puzzles 6:00 Card games/ matching	4 10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Watercolors 6:00 Game Shows
5 9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks	6 8:45 Catholic Communion (P) 9:00 Walking group 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching	7 9:00 Walking group 11:00 Art and Crafts 1:30 Bingo/ Table Games 6:00 Painting/ Coloring	8 9:30 Storytelling with exercise 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals	9 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	10 9:00 Walking group 11:30 Paint and Sip 1:30 Matching game/ puzzles 6:00 Card games/ matching	11 10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Watercolors 6:00 Game Shows
12 9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks	13 Columbus Day 8:45 Catholic Communion (P) 9:00 Walking group 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching	14 9:00 Walking group 11:00 Art and Crafts 1:30 Bingo/ Table Games 6:00 Painting/ Coloring	15 9:30 Storytelling with exercise 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals	16 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	17 9:00 Walking group 11:30 Paint and Sip 1:30 Matching game/ puzzles 6:00 Card games/ matching	18 10:30 Chair Exercise- YouTube 1:30 Table Games- Puzzles/ Bingo 3:00 Painting Watercolors 6:00 Game Shows
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26 9:00 Chair Exercise- YouTube Move to the Music 9:30 Virtual Church- YouTube 2:30 Movie with Snacks and Drinks	27 8:45 Catholic Communion (P) 9:00 Walking group 10:30 Whiteboard- Animals 1:30 Bingo 6:00 Table Games- Puzzles/ Matching	28 9:00 Walking group 11:00 Art and Crafts 1:30 Bingo/ Table Games 6:00 Painting/ Coloring	29 9:30 Storytelling with exercise 11:30 Gardening/ Water Flowers 1:30 Bingo/ Table Games 6:00 White Board- Animals	30 9:00 Walking group 10:30 Hand Massage/ nail painting 11:00 Chef Day 1:30 Bingo/ Table games 6:00 Movie with Popcorn	31 9:00 Walking group 11:30 Paint and Sip 1:30 Halloween get together 6:00 Card games/ matching	



Board Game Fun

From backgammon, which can be traced to about 3000 B.C., to today's newest offerings, board games have long been a way for families and friends to bond and play. Take a look at some of the most popular board games of modern times and think about all the fun had around the table. How many have you played?

1930s: Monopoly, Scrabble, Rummikub, Sorry!

1940s: Clue, Candy Land, Chutes and Ladders

1950s: Risk, Yahtzee, Diplomacy

1960s: Mouse Trap, Battleship, Hungry Hungry Hippos, Operation

1970s: 221B Baker Street, Perfection, Black Box, Dungeons & Dragons

1980s: Trivial Pursuit, Pictionary, Outburst, Taboo

1990s: Mad Gab, Pretty Pretty Princess, Cranium, Mars 2020

2000s: Blokus, Carcassonne, Dicecapades, Bezzerwizzer

2010s: Azul, Patchwork, 7 Wonders, Splendor

"Then & Now"

"This Month In History"

OCTOBER

1792: In the nation's new capital city, Washington, D.C., the cornerstone of the White House is laid.

1903: The Boston Americans defeat the Pittsburgh Pirates five games to three to win the first World Series.

1931: Comic strip crime fighter "Dick Tracy" debuts.

1949: At a ceremony in Beijing, revolutionary leader Mao Zedong formally announces the creation of the People's Republic of China.

1955: Children's TV shows "Captain Kangaroo" and "The Mickey Mouse Club" air their first episodes.

1957: The Space Age begins when the Soviet Union launches Sputnik I, the first man-made satellite, into orbit.

1962: "Dr. No," the first in the popular James Bond spy film franchise, premieres in London.

1979: Mother Teresa wins the Nobel Peace Prize for her work with the poor in India.

1982: The musical "Cats" opens on Broadway, beginning a record run of more than 7,000 performances.

1995: Rallying for unity and family values, hundreds of thousands gather in Washington, D.C., for the Million Man March.

2000: An American astronaut and two Russian cosmonauts arrive for a four-month stay as the first residents of the International Space Station.

2003: Supersonic jet travel comes to an end when the final flights of three Concorde passenger jets land at London's Heathrow Airport.

2011: The Martin Luther King Jr. Memorial is formally dedicated in Washington, D.C., after a postponement due to Hurricane Irene.