



Vista Winds

Retirement Community

28783 N Vistancia Blvd • Peoria, AZ 85383 • Phone: (623) 253-6690

Staff Directory

Jae	Executive Director
Jeff	Marketing Director
Mirek	Maintenance Director
Hailey	Compliance Manager
Evelyn	Chef
Heather	Nurse
	Al Activity Director
Barbara	MC Activity Director
Dani	R.C.C.

Dining Room Hours

Breakfast	7:30AM-9:30AM
Lunch	11:30AM-2:30PM
Dinner	4:00PM-6:30PM



October Birthday!

Barbara A. 10/14

Famous Faces Born in October

Oct. 1, 1924: Jimmy Carter
Oct. 1, 1935: Julie Andrews
Oct. 8, 1956: Gordon Ramsay
Oct. 10, 1925: Richard Burton
Oct. 14, 1927: Roger Moore
Oct. 14, 1936: Bobby Darin
Oct. 16, 1925: Angela Lansbury
Oct. 18, 1926: Chuck Berry
Oct. 22, 1938: Christopher Lloyd
Oct. 29, 1971: Winona Ryder

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
 <div>5</div> <div>9:30 T Sunday Devotion 10:30 T Hymn Singing in the Theater 1:00 AR Board Games 2:30 T Inspirational Movie Matinee 3:00 AR Kings in the Corner 6:00 T Puzzle Night</div>	 <div>6</div> <div>9:00 AR Morning Stretches 10:30 AR Bridge 10:30 AR Mexican Train 1:00 AR Dime Bingo 2:00 AR Poker 3:00 AR Resident Social Hour 6:00 T Movie</div>	 <div>7</div> <div>9:00 LY Morning Walk 10:30 CY Resident Chat 11:30 LY Stevie's Pizza Lunch Outing 1:00 AR Kings in the Corner 2:30 S2 Billiards Club 2:30 AR Bingo 6:00 T Movie</div>	<div>1</div> <div>9:00 CY Morning Outdoor Exercise 10:30 AR Trivia Challenge 1:00 AR Chair Yoga 2:00 AR Word Search Social (Halloween Theme) 3:30 2A Kings in the Corner 3:30 AR Phase 10 6:00 T Movie</div>	<div>2</div> <div>9:00 AR TheraBand Therapy 10:00 T Catholic Mass 10:30 AR Bingo 1:00 AR Baking Club: Pumpkin Bread 2:30 AR Safeway Shopping Outing (sign-up) 3:00 AR Uno 6:00 T Movie</div>	<div>3</div> <div>9:00 CY Morning Chat 10:30 AR Kings in the Corner - Resident Led 1:00 AR Dollar Horse Racing! 2:30 S2 Billiards Club w/ Pro Instructor 3:30 2A Puzzles in the Puzzle Room 6:00 T Movie</div>	<div>4</div> <div>9:00 LY Morning Stroll 9:30 AR Uno 10:00 AR Word Games 1:00 AR Knitting Group 2:30 AR Card Games 6:00 T Movie</div>
<div>12</div> <div>9:30 T Sunday Devotion 10:30 T Hymn Singing in the Theater 1:00 AR Crossword Challenge 2:30 T Comedy Movie Matinee 6:00 AR Game Night</div>	<div>13</div> <div>Columbus Day 9:00 T Chair Exercise 10:30 AR Bridge 1:00 AR Dime Bingo 2:30 AR Arts & Crafts: Autumn Wreaths 3:00 AR Kings in the Corner 3:00 AR Phase 10 6:00 T Movie</div>	<div>14</div> <div>9:00 AR Morning Yoga 10:30 AR Bingo 11:30 LY Cold Beers & Cheeseburgers Lunch Outing 1:00 AR Kings in the Corner 2:30 AR Name that Tune 3:00 S2 Mexican Train 6:00 T Movie</div>	<div>15</div> <div>9:00 AR Morning Walk 10:30 CY Hometown Chat 1:00 SL Mexican Train 2:30 AR Monthly Ladies Tea 3:30 2A Puzzles in the Puzzle Room 6:00 T Movie</div>	<div>16</div> <div>9:00 AR Morning Stretches 10:30 AR Word Games 1:00 AR Arts & Crafts: Fall Card Making 2:30 LY Frys Shopping Outing (sign-up) 3:30 AR Uno 6:00 T Movie</div>	<div>17</div> <div>9:00 AR Donuts and Coffee 9:30 T Catholic Communion Service 10:30 AR Chair Exercise 1:00 S2 Happy Hour 2:30 AR Resident Council Meeting 3:30 S2 Billiards Club 6:00 T Movie</div>	<div>18</div> <div>9:00 LY Morning Stroll 10:00 AR Word Search Social (Halloween Theme) 1:00 L Book Club Chat 1:00 AR Card Games 2:00 AR Bingo 6:00 T Movie</div>
<div>19</div> <div>9:30 T Sunday Devotion 10:30 T Hymn Singing in the Theater 1:00 AR Uno 2:30 T Rom-Com Movie Matinee 6:00 AR Game Night</div>	<div>20</div> <div>9:00 AR Chair Yoga 10:30 AR Bridge 1:00 AR Dime Bingo 2:00 2A Kings in the Corner 3:00 AR Scavenger Hunt 6:00 T Movie</div>	<div>21</div> <div>9:00 CY Morning Outdoor Exercise 10:30 CY Coffee & Chat 10:30 LY Pumpkin Patch Outing 1:00 AR Kings in the Corner 2:30 AR Fashion Show 3:00 AR Name that Tune 6:00 T Movie</div>	<div>22</div> <div>9:00 AR Chair Exercise 10:30 CY Coffee and News 1:00 AR Trivia Challenge! 2:30 AR Line Dance Instruction 3:30 2A Mexican Train 6:00 T Movie</div>	<div>23</div> <div>Crazy Hat and/or Tie Day! 9:00 AR Morning Walk 10:30 AR Crossword Challenge 1:00 AR Kings in the Corner 1:00 AR Phase 10 3:00 DR John Case Live Entertainment 4:00 DR Haunted Family & Friends Night 6:00 T Movie</div>	<div>24</div> <div>9:00 AR Donuts and Coffee 9:30 T Catholic Communion Service 10:30 T Morning Yoga 1:00 S2 New Neighbors Happy Hour 2:30 AR Town Hall Meeting 3:30 S2 Card Games 6:00 T Movie</div>	<div>25</div> <div>9:00 LY Morning Stroll 10:00 AR Board Games 1:00 AR Knitting Group 2:00 T Word Games 6:00 T Movie</div>
<div>26</div> <div>9:30 T Sunday Devotion 10:30 T Hymn Singing in the Theater 1:00 AR Scrabble 2:30 T Drama Movie Matinee 6:00 AR Puzzle Night</div>	<div>27</div> <div>9:00 CY Morning Stretches 10:30 AR Bridge 1:00 AR Dime Bingo 2:30 AR Poker 3:00 AR Name that Tune 6:00 T Movie</div>	<div>28</div> <div>9:00 AR Chair Yoga 10:30 AR Line Dance Instruction 11:30 LY Movie at Harkins - TBD 1:00 AR Kings in the Corner 2:30 2A Puzzles in the Puzzle Room 3:00 T Dollar Horse Racing! 6:00 T Movie</div>	<div>29</div> <div>9:00 AR Chair Exercise Theraband Therapy 10:30 CY Hometown Chat 1:00 AR "Chopped" Cooking Game 2:30 LY Kings in the Corner - Resident Led 3:30 AR Mexican Train 6:00 T Movie</div>	<div>30</div> <div>9:00 LY Morning Walk 10:00 AR Sun City Farmers Market Outing (Sign-Up) 1:00 AR Bingo 2:30 AR Escape the Room 6:00 T Movie</div>	<div>31</div> <div>Happy Halloween! 9:00 AR Donuts and Coffee 9:30 T Catholic Communion Service 10:30 AR Exercise & Balance 1:00 AR Pumpkin Decorating 2:30 AR Halloween Social 3:30 AR Costume Parade! 6:00 T Movie</div>	<div>All Events Are Subject to change</div>

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

8	5	4	9	6	3	1	2	7
9	1	3	8	2	7	5	6	4
2	6	7	1	5	4	8	9	3
1	3	9	6	4	8	2	7	5
6	7	8	5	3	2	9	4	1
5	4	2	7	9	1	6	3	8
4	2	5	3	8	9	7	1	6
7	9	6	4	1	5	3	8	2
3	8	1	2	7	6	4	5	9

2		3	5	1	4			
		7	6	8		5		4
					7			
1			2	3				9
	7					6		1
	6				1	7		
		5	7	2				
			3		6		5	

Word Search

Category: Autumn

L I R A I N C O A T B H E R
T Y I S T S A E F T A T H E
B S T U N R E A C Y L T C H
D O M A I Z E F R I L I O F
N R E T O N E I U C D N R A
W I U T I L D Q R S N E N H
O O K O P E N I Y U R E R A
S T R P G Y S T A O O W C R
R R A C M P M G H U C O Y V
J V E F E U Q L Y D A L M E
W Q A A G R P C H I L L Y S
N E Z M P W A Q M C P A F T
L R Y K P R Q C N E K H B K
M P L G N Z X B S D P X X D

- Raincoat
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- Maize
- Feast
- Gourd
- Halloween
- Harvest
- Hay
- Hayride
- Leaf
- Scarecrow
- Reap
- Raincoat
- Quilt
- Pumpkin
- Nuts

Word Search Solution:

L I R A I N C O A T B H E R
T Y I S T S A E F T A T H E
B S T U N R E A C Y L T C H
D O M A I Z E F R I L I O F
N R E T O N E I U C D N R A
W I U T I L D Q R S N E N H
O O K O P E N I Y U R E R A
S T R P G Y S T A O O W C R
R R A C M P M G H U C O Y V
J V E F E U Q L Y D A L M E
W Q A A G R P C H I L L Y S
N E Z M P W A Q M C P A F T
L R Y K P R Q C N E K H B K
M P L G N Z X B S D P X X D