

Vista Winds

Retirement Community

28783 N Vistancia Blvd | Peoria, AZ 85383 | 623-253-6690

JULY QUOTE

**"JULY IS LIKE THE SUNNIEST
HOUR OF THE DAY"**



"Dog Days of Summer"

In the Northern Hemisphere, July is typically the warmest month, associated with long, sunny days, outdoor activities, and the “dog days of summer,” which begin in early July

JULY FACTS

July is the seventh month of the year, named after Julius Caesar, and is known for summer celebrations, Independence Day, and the birthstone ruby.

July 4 – The Declaration of Independence was adopted in 1776, marking the birth of the United States. Thomas Jefferson and John Adams both died on this day in 1826. The Louisiana Purchase was announced, expanding U.S. territory

JULY 2026



THE VISTA WINDS TEAM

Nora.....Executive Director
Samantha.....Wellness Director
Courtney.....Resident Care Coordinator
Mirek.....Maintenance Director
Barbara.....Activities Director
**Chelle.....Resident Enrichment
Coordinator**
HaileyCompliance Manager
Lyn.....Marketing Director
Drew.....Culinary Director

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Strength Training with Dumbells 1 10:00 Hydration & Snacks 10:30 Bouncy Ball Volleyball 2:00 Pet Therapy with Lamby 2:30 NATIONAL CREATIVE ICE CREAM FLAVORS DAY 3:30 Let's Explore Our Senses & Read The Daily Chronicle 4:00 Bingo 5:00 Evening Breeze In the Courtyard 5:30 Evening At the Movies	9:30 Activity Room Fun 2 10:00 We All Scream for Icecream Scenic Drive 2:30 Thank You! Helen ~ Hospice of the West 3:30 Let's Explore Our Senses 4:00 Read The Daily Chronicle 5:00 Water the Garden 5:30 Evening At the Movies	9:30 Red Band Workout 3 10:00 Catholic Communion Service 10:00 Hydration & Snacks 10:30 Puzzle Challenge 11:30 Life Story Interviews 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 The Daily Chronicle 3:00 Happy Hour Dance Party 3:00 Whiteboard Mediterranean Trivia 5:30 Evening At the Movies	9:30 Chair Fitness 4 10:00 Hydration & Snacks 10:30 INDEPENDENCE DAY ~ History & Commemoration 11:30 The Daily Chronicle 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 Beachball Volleyball 3:30 Bingo & Snacks 5:30 Evening At the Movies
9:30 Chair Fitness 5 10:00 Sunday Devotional with Les 10:30 Hydration & Snacks 11:00 Puzzle Mania 11:30 Adult Coloring For Relaxation 2:30 The Daily Chronicle & Snacks 3:30 Bingo 5:30 Evening At the Movies	9:30 Chair Fitness 6 10:00 Sing Along To Your Favorite Songs on You Tube 10:30 Hydration & Snacks 11:00 Puzzle Mania 11:30 Adult Coloring For Relaxation 2:30 The Daily Chronicle & Snacks 3:30 Bingo 5:30 Evening At the Movies	9:30 Intentional Movement 7 10:00 Hydration & Snacks 10:30 Activity Room Fun 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 NATIONAL STRAWBERRY SUNDAE DAY 3:30 Let's Explore Our Senses w/ The Daily Chronicle 4:00 Bingo 5:00 Water the Garden 5:30 Evening At the Movies	9:30 Strength Training with Dumbells 8 10:00 Hydration & Snacks 10:30 Let's Explore Our Senses & Read The Daily Chronicle 11:30 Paul Harvey ~ The Rest of the Story 2:00 Pet Therapy with Lamby 2:30 National SCUD Day 5:00 Evening Breeze In the Courtyard 5:30 Evening At the Movies	9:30 Activity Room Fun 9 10:00 We All Scream for Icecream Scenic Drive 2:30 Let's Make Fidget Boards 3:30 Explore a Bible Character ~ Noah 4:00 Armchair Travel ~ Barcelona 5:00 Water the Garden 5:30 Evening At the Movies	9:30 Red Band Workout 10 10:00 Catholic Communion Service 11:30 Life Story Interviews 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 The Daily Chronicle 3:00 Celebrate the Staff Day 3:00 Happy Hour Dance Party 3:30 Whiteboard Argentinean Trivia 5:30 Evening At the Movies	9:30 Cardio for Seniors 11 10:00 Charades 10:30 Hydration & Snacks 11:00 NATIONAL CHEER UP THE LONELY DAY 11:30 Comedy 1/2 Hour ~ LOL! 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 Beachball Volleyball 3:30 Bingo & Snacks 5:30 Evening At the Movies
9:30 Chair Fitness 12 10:00 Sunday Devotional with Les 10:30 Hydration & Snacks 11:00 Puzzle Mania 11:30 Adult Coloring For Relaxation 2:30 The Daily Chronicle & Snacks 3:30 Bingo 5:30 Evening At the Movies	9:30 Chair Fitness 13 10:00 Sing Along To Your Favorite Songs on You Tube 10:30 Hydration & Snacks 11:00 Puzzle Mania 11:30 Adult Coloring For Relaxation 2:30 The Daily Chronicle & Snacks 3:30 Bingo 5:30 Evening At the Movies	9:30 Intentional Movement 14 10:00 Activity Room Fun 11:00 Let's Explore Our Senses & Read The Daily Chronicle 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 50 States Memory Game - White Board Challenge 3:30 Bingo 5:00 Water the Garden 5:30 Evening At the Movies	9:30 Strength Training with Dumbells 15 10:00 Hydration & Snacks 10:30 Let's Explore Our Senses & Read The Daily Chronicle 11:30 Paul Harvey ~ The Rest of the Story 2:00 Pet Therapy with Lamby 2:30 Beachball Volleyball 3:30 Memory Joggers 5:00 Evening Breeze In the Courtyard 5:30 Evening At the Movies	9:30 Activity Room Fun 16 10:00 We All Scream for Icecream Scenic Drive 2:30 Let's Create Canvas Floral Arrangements 3:30 Explore a Bible Character ~ Mary 4:00 Armchair Travel ~ Rome 5:00 Water the Garden 5:30 Evening At the Movies	9:30 Red Band Workout 17 10:00 Catholic Communion Service 11:00 Hand Massages 11:30 Life Story Interviews 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 The Daily Chronicle 3:00 Happy Hour Dance Party 3:30 Whiteboard Brazil Trivia 5:30 Evening At the Movies	9:30 Chair Fitness 18 10:00 Hydration & Snacks 10:30 Let's Explore Our Senses 11:00 The Daily Chronicle 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 Beachball Volleyball 3:30 Bingo & Snacks 5:00 Water the Garden 5:30 Evening At the Movies
9:30 Chair Fitness 19 10:00 Sunday Devotional with Les 10:30 Hydration & Snacks 11:00 Puzzle Mania 11:30 Adult Coloring For Relaxation 2:30 The Daily Chronicle & Snacks 3:30 Bingo 5:30 Evening At the Movies	9:30 Chair Fitness 20 10:00 Sing Along To Your Favorite Songs on You Tube 10:30 Hydration & Snacks 11:00 Puzzle Mania 11:30 Adult Coloring For Relaxation 2:30 The Daily Chronicle & Snacks 3:30 Bingo 5:30 Evening At the Movies	9:30 Intentional Movement 21 10:00 Hydration & Snacks 10:30 Activity Room Fun 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 National Junk Food Day 3:30 Let's Explore Our Senses w/ The Daily Chronicle 4:00 Bingo 5:00 Water the Garden 5:30 Evening At the Movies	9:30 Strength Training with Dumbells 22 10:00 Hydration & Snacks 10:30 Let's Explore Our Senses & Read The Daily Chronicle 11:30 Paul Harvey ~ The Rest of the Story 2:00 Pet Therapy with Lamby 2:30 Beachball Volleyball 3:30 Memory Joggers 5:00 Evening Breeze In the Courtyard 5:30 Evening At the Movies	9:30 Activity Room Fun 23 10:00 We All Scream for Icecream Scenic Drive 2:30 The 3 Word Game 3:00 Finish The Lyrics 3:30 Explore a Bible Character ~ Peter 4:00 Armchair Travel ~ Philippines 5:00 Water the Garden 5:30 Evening At the Movies	9:30 Red Band Workout 24 10:00 Catholic Communion Service 10:00 Zumba in the Lobby 10:30 Sing Along To Your Favorite Songs on You Tube 11:30 Life Story Interviews 11:30 National Tell an Old Joke Day: 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 The Daily Chronicle 3:00 Happy Hour Dance Party 3:30 Whiteboard Australian Trivia 5:30 Evening At the Movies	10:00 Hydration & Snacks 25 10:30 Let's Explore Our Senses 11:00 The Daily Chronicle 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 Beachball Volleyball 3:30 Bingo & Snacks 5:00 Water the Garden 5:30 Evening At the Movies
9:30 Chair Fitness 26 10:00 Sunday Devotional with Les 10:30 Hydration & Snacks 11:00 Puzzle Mania 11:30 Adult Coloring For Relaxation 2:30 The Daily Chronicle & Snacks 3:30 Bingo 5:30 Evening At the Movies	9:30 Chair Fitness 27 10:00 Sing Along To Your Favorite Songs on You Tube 10:30 Hydration & Snacks 11:00 Puzzle Mania 11:30 Adult Coloring For Relaxation 2:30 The Daily Chronicle & Snacks 3:30 Bingo 5:30 Evening At the Movies	9:30 Intentional Movement 28 10:00 Hydration & Snacks 10:30 Activity Room Fun 1:30 Walking Club ~Let's Walk Off Our Lunch 3:30 Let's Explore Our Senses w/ The Daily Chronicle 4:00 Bingo 5:00 Water the Garden 5:30 Evening At the Movies	9:30 Strength Training with Dumbells 29 10:00 Hydration & Snacks 10:30 Let's Explore Our Senses & Read The Daily Chronicle 11:30 Paul Harvey ~ The Rest of the Story 2:00 Pet Therapy with Lamby 2:30 Beachball Volleyball 3:30 Memory Joggers 5:00 Evening Breeze In the Courtyard 5:30 Evening At the Movies	9:30 Activity Room Fun 30 10:00 We All Scream for Icecream Scenic Drive 2:30 The Daily Chronicle 3:30 Explore a Bible Character ~ Jonah 4:00 Armchair Travel ~ Ireland 5:00 Water the Garden 5:30 Evening At the Movies	9:30 Red Band Workout 31 10:00 Catholic Communion Service 10:00 Hydration & Snacks 10:30 Puzzle Hour 11:30 Life Story Interviews 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 The Daily Chronicle 3:00 Happy Hour Dance Party 3:30 Whiteboard Korean Trivia 5:30 Evening At the Movies	ALL EVENTS ARE SUBJECT TO CHANGE 

4th of July FACTS



CONTINENTAL CONGRESS
VOTED IN FAVOUR OF
INDEPENDENCE FROM GREAT
BRITAIN ON JULY 2, 1776



CONEY ISLAND, NEW
YORK HOSTS THE
FAMOUS NATHAN'S
HOT DOGS EATING
CONTEST EVERY
YEAR TO MARK JULY
FOURTH
CELEBRATIONS.

NEW ENGLAND
FOLLOWS THE
TRADITION OF EATING
SALMON ON THE 4TH
JULY



MASSACHUSETTS
WAS THE FIRST
STATE TO DECLARE
FOURTH OF JULY AN
OFFICIAL STATE
HOLIDAY IN 1781



NEW YORK CITY HOSTS
THE BIGGEST
INDEPENDENCE DAY
FIREWORKS SHOW!



THE ORIGINAL AMERICAN
FLAG HAD 13 STARS AND
STRIPES



THE NATIONAL ARCHIVES
MUSEUM, WASHINGTON DC
HOUSES THE DECLARATION OF
INDEPENDENCE.



POET FRANCIS SCOTT KEY
WROTE THE NATIONAL
ANTHEM OF THE UNITED
STATES ON SEPTEMBER 14,

1814