

Vista Winds

Retirement Community

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

BIRTHDAYS

AUGUST 23 ~ EILEEN

AUGUST 29 ~ CAROL



"HISTORY IN THE MAKING"

On August 28, 1963, Martin Luther King Jr. delivered his historic "I Have a Dream" speech during the March on Washington.

Forgotten Holidays and Celebrations

Hungry? National Mustard Day takes place August 2, with

National Chocolate Chip Cookie Day on August 4, and National Sneak Some Zucchini Onto Your Neighbor's Porch Day each August 8.

Birth Rates: Statistically, August is one of the most popular months for birthdays.

AUGUST 2026



THE VISTA WINDS TEAM

Nora.....Executive Director

Samantha.....Wellness Director

**Courtney.....Resident Care
Coordinator**

Mirek.....Maintenance Director

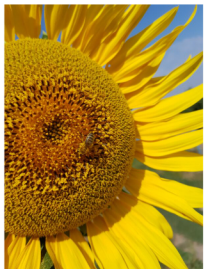
Barbara.....Activities Director

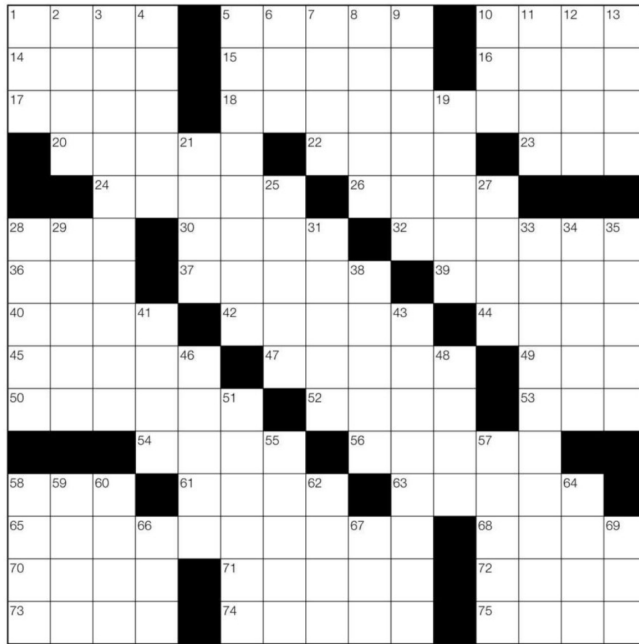
**Chelle.....Resident Enrichment
Coordinator**

HaileyCompliance Manager

Lyn.....Marketing Director

Drew.....Culinary Director

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:30 Mini Golf 10:00 50 States Memory Game - White Board Challenge 11:00 Baking Club ~ Toaster Oven S'mores 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 The Daily Chronicle 3:00 Bingo & Refreshments 5:30 Red Carpet Movie Premiere
9:30 Chair Aerobics 10:00 Sunday Devotional with Les 10:30 Walk the Halls with Pat 11:00 Sunday Stretch & Smile 11:30 Color Me Happy 2:30 This Day In History 5:30 Popcorn & Pictures	9:30 Morning Movement Club & Refreshments 10:30 The Daily Chronicle 11:00 Memory Match Game 11:30 Creative Coloring Cafe' 2:30 Summer Bingo Bash 3:30 Sing Along To Your Favorite Songs on You Tube 5:30 Cinema Social	9:30 Resistance Training with Hydration & Snacks 11:00 National Chocolate Chip Cookie Day 1:30 March of the Mighty Steppers 2:30 Beachball Volleyball 3:30 The Daily Chronicle 5:00 After Dinner Evening Stroll 5:30 Hollywood Memories	9:30 Muscle Strengthening with Dumbbells 10:00 Cookies, Coffee & Scripture 11:00 Karaoke Cafe' 1:30 Melodies & Manicures 2:30 Music Bingo 3:30 Jeopardy 5:30 Popcorn & Pictures	9:30 Red Band Workout 10:00 We All Scream for Icecream Scenic Drive 1:30 "Break Bread Then Tread" 2:00 Tina's Collection of Short Stories 2:30 Elements Neighborhood Volleyball Practice 3:30 Sweet Treat Boogie Social 5:30 Cinema Social	9:30 Seated Zumba 10:00 Catholic Communion Service 10:00 Hallway Walking Club 10:30 Activity Room Fun with Your Caregivers 11:30 Walk Courageously w/ God 3:00 Happy Hour Dance Party 4:00 Tommy Buffa Dinner Entertainment 5:30 Hollywood Memories	9:30 Dancing to the Oldies w/ Richard Simmons 10:00 Week One: Painted Flower Pots 11:00 Let's Remember Together - The 60's & 70's 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 The Daily Chronicle 3:00 Bingo & Refreshments 5:30 Red Carpet Movie Premiere
9:30 Core Strength 10:00 Sunday Devotional with Les 10:30 Walk the Halls of Elements Neighborhood 11:00 Sit Back and Relax to Short Stories 11:30 Coloring for a Calmer Day 2:30 This Day In History 5:30 Musical At the Theatre	9:30 Yoga Movements & Refreshments 10:30 The Daily Chronicle 11:00 Memory Match Game 11:30 Creative Coloring Cafe' 2:30 Summer Bingo Bash 3:30 Sing Along To Your Favorite Songs on You Tube 5:30 Monday Night at the Movies	9:30 Chair Dancing, with Hydration & Snacks 11:00 Beachball Volleyball 1:30 Brisk Walking 2:30 Elements Neighborhood Volleyball Practice 3:30 The Daily Chronicle 5:00 Evening Stroll for Better Digestion 5:30 Hollywood Memories	9:30 Strength Training with Dumbbells 10:00 Walk Courageously w/ God 10:30 Music Bingo 11:30 Name That Tune 1:30 Heel To Toe Walking 2:30 Country Classics 5:30 Popcorn & Pictures	9:30 Ball Toss Workout 10:00 We All Scream for Icecream Scenic Drive 1:30 The Walkaholics 2:00 Tina's Collection of Short Stories 2:30 Elements Neighborhood Volleyball Practice 3:30 Comedy 1/2 Hour ~ LOL! 5:30 Cinema Social	9:30 Balance and Strength 10:00 Catholic Communion Service 10:00 Walk for Fun 10:30 Pick Your Activity Fun with Your Caregivers 1:00 Board Game Fun 2:00 Practice Daily Activities 3:00 Happy Hour Dance Party 5:30 Hollywood Memories	9:30 POW! Keep the Ball Going Challenge 10:00 Week Two: Plant Our Seeds 11:00 Creative Crafts 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 The Daily Chronicle 3:00 Bingo & Refreshments 5:30 Red Carpet Movie Premiere
9:30 Rise & Stretch 10:00 Sunday Devotional with Les 10:30 Walk the Halls with Pat 11:00 Daily Creative Moments 11:30 Daily Doodle for Seniors 2:30 This Day In History 5:30 Evening Blockbuster	9:30 Fit & Fab with Refreshments 10:30 The Daily Chronicle 11:00 Memory Match Game 11:30 Creative Coloring Cafe' 2:30 Summer Bingo Bash 3:30 Sing Along To Your Favorite Songs on You Tube 5:30 Disney in the Movie Room	9:30 Exercises for Mobility, with Hydration & Snacks 11:00 Social Mixer 1:30 On the Move Challenge 2:30 Elements Neighborhood Volleyball Practice 3:30 The Daily Chronicle 5:00 Indoor Evening Stroll 5:30 Hollywood Memories	9:30 Training with 1 lb. Dumbbells 10:00 Walk With A Loving God 11:00 Travel Around the World 1:00 Nails & Hand Massages 2:30 Music Bingo 3:30 Paul Harvey ~ The Rest of the Story 5:30 Popcorn & Pictures	9:30 Light Resistance Bands 10:00 We All Scream for Icecream Scenic Drive 1:30 Walk To AL Bicycles for a Ride 2:00 Tina's Collection of Short Stories 2:30 Elements Neighborhood Volleyball Practice 3:30 Life Story Interviews 5:30 Cinema Social	9:30 Flexibility Training 10:00 Catholic Communion Service 10:30 Activity Room Fun with Your Caregivers 11:30 Tic Tac Toe Competition 1:30 The Walking Warriors 2:30 Mexico Dice Game 3:00 Happy Hour Dance Party 5:30 Hollywood Memories	9:30 Endurance Exercises 10:00 Easels, Canvas & Paint 11:00 Rock Painting & Affirmations 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 The Daily Chronicle 3:00 Bingo & Refreshments 5:30 Red Carpet Movie Premiere
9:30 Get Moving Challenge 10:00 Sunday Devotional with Les 10:30 Walk the Halls of Elements Neighborhood 11:00 Puzzle Palooza 11:30 Coloring for a Little Peace 2:30 This Day In History 5:30 Comedy At the Box Office	9:30 Seated Dance & Refreshments 10:30 The Daily Chronicle 11:00 Memory Match Game 11:30 Creative Coloring Cafe' 2:30 Summer Bingo Bash 3:30 Sing Along To Your Favorite Songs on You Tube 5:30 Tonight Enjoy Our Classic Cinema Pick	9:30 Chair Fitness, Hydration & Snacks 11:00 Scavenger Hunt 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 Elements Neighborhood Volleyball Practice 3:30 The Daily Chronicle 5:00 Evening Stroll 5:30 Hollywood Memories	9:30 Morning Dumbbell Lift 10:00 Finding Joy in the Journey 11:00 Water Blaster 1:30 Walking with Friends 2:30 Music Bingo 3:30 Finish The Lyrics 5:30 Popcorn & Pictures	9:30 Giant Blue Ball Workout 10:00 We All Scream for Icecream Scenic Drive 1:30 Let's Take A Stroll After Lunch 2:00 Tina's Collection of Short Stories 2:30 Elements Neighborhood Volleyball Practice 3:30 Charades 5:30 Cinema Social	9:30 Stretch Out for Zumba 10:00 Catholic Communion Service 10:00 Zumba in the Lobby 10:30 Activity Room Fun with Your Caregivers 11:00 Corn Hole & Table Tennis Challenge 3:00 Happy Hour Dance Party 5:30 Hollywood Memories	9:30 Pilates in Our Seats 10:00 Brain Twisters & Memory Joggers 11:00 Seashell Ocean Frames 1:30 Walking Club ~Let's Walk Off Our Lunch 2:30 The Daily Chronicle 3:00 Bingo & Refreshments 5:30 Red Carpet Movie Premiere
9:30 Mindful Movements 10:00 Sunday Devotional with Les 10:30 Walk the Halls with Pat 11:00 Sunday Stretch & Smile 11:30 Creative Coloring Cafe' 2:30 This Day In History 5:30 Mystery At the Movies	9:30 Chair Fitness, Hydration & Snacks 10:30 The Daily Chronicle 11:00 Memory Match Game 11:30 Creative Coloring Cafe' 2:30 Summer Bingo Bash 3:30 Sing Along To Your Favorite Songs on You Tube					ALL EVENTS ARE SUBJECT TO CHANGE



- 31 Nice extra
33 Introverted
34 Two-finger sign
35 British earldom
38 Fix, as a hem
41 Ivan IV, for one
43 Movie houses
46 Trail left by an animal
48 1/12 of a ruler
51 Annoy repeatedly
55 Holy city of Islam
57 Murders
58 Practice boxing
59 Like Shamu of SeaWorld
60 Lengthy
62 For men only
64 Kansas Lottery name
66 Golf peg
67 One of 61-across
69 Morning moisture

For or Against?

Across

- 1 Health resorts
5 Black and white animal
10 Recipe amt.
14 Thick piece
15 Blunder
16 ____ vera
17 Like some museums
18 Capitalized name or place
20 Shred
22 ____ good example (2 words)
23 Sandwich known by its initials
24 Mayo y junio
26 Religious faction
28 By way of
30 See 14-across
32 Mexican blanket
36 Picnic insect
37 Extreme hardship
39 Sand formations
40 Mongrel dog
42 Composition for nine
44 Greek H's
45 Word with some buttons
47 Japanese menu item
49 Solid water
50 Angel with six wings
52 Viewed
53 Gender synonym
54 Wander
56 Bananas

58 "Do re mi fa ____..."

- 61 Mine finds
63 Dense
65 Angle measurer
68 Wasn't truthful
70 Skin breakout
71 Spook
72 Narrow street
73 Vent violently
74 Savants
75 Like a sloth

Down

- 1 Doo-wop's ____ Na Na
2 Cat's sound
3 You can't touch this
4 Video chat company
5 The Hindenburg, e.g.
6 "To ____ is human"
7 Super Mario ____
8 Lassos
9 Ridges on ranges
10 Sunbather's goal
11 Formless lump
12 Type of mate or food
13 ____-up (confined)
19 Participated in a three-legged event
21 Cold War country (abbr.)
25 Kind of trees used for flour
27 Not made up
28 Improvises
29 Get used to