



Vista Winds

Retirement Community

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

Staff Directory

Tara Wallace Executive Director
 Ted Powers Marketing Director
 Samm Caballero Nursing Director
 Veronica Smith Resident Care Coordinator
 Patrick Schneider Chef
 Leah Lynch AL Activities Director
 Jimena Vasquez MC Activities Director

Dining Room Hours

Breakfast 7:30AM-9:30AM
 Lunch 11:30AM-2:30PM
 Dinner 3:30PM-6:30PM

Resident Birthdays

03/02 Sue C.
 03/12 Les K.



March 2024



A Better You

Taking care of yourself mentally can lower stress levels and risk of illness, leading to better physical health and increased energy. You are never done growing as a person, so do all you can to continue to learn, challenge yourself, prioritize your well-being and focus on the positive.

Wonders of a Worm

The March full moon is called the Worm Moon. Enjoy these fun facts about the slippery little invertebrate animal known as a worm:

- Earthworms aerate soil, helping plants thrive.
- Found in Australia, giant Gippsland earthworms can reach lengths of over 9 feet.
- Baby worms hatch from cocoons.
- Worms have five single-chambered hearts near their head.
- They are older than dinosaurs and have been around for 600 million years.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>9:30 T Sunday Devotion w/ Les</p> <p>10:30 AR Morning Movement</p> <p>1:30 T Resident Movie Pick</p> <p>2:30 AR Card Games</p>	<p>4</p> <p>9:00 AR Morning Movement</p> <p>10:30 AR Bingo</p> <p>1:00 AR Manicure Monday</p> <p>2:00 AR Happy Hour</p> <p>3:00 AR Life Stories Reminiscing Group</p>	<p>5</p> <p>9:00 AR Farkle</p> <p>10:30 AR Kings in the Corner</p> <p>11:00 FR Caramba's Lunch Outing</p> <p>1:00 AR Zumba Dance Exercise w/ Leah</p> <p>2:00 AR Craft Corner- Rock Painting</p> <p>3:00 T Bible Study Group</p>	<p>6</p> <p>8:30 FR Fry's Shopping Outing</p> <p>10:30 AR Bingo</p> <p>1:00 AR Paint n' Sip- 4 Leaf Clovers</p> <p>2:30 AR Board Game Bonanza</p>	<p>7</p> <p>9:00 AR Uno Attack</p> <p>10:00 T Catholic Mass</p> <p>10:30 AR Resident Council Meeting</p> <p>1:00 AR Balloon Volleyball</p> <p>1:00 T Movie and Popcorn</p> <p>2:30 AR Dime Bingo</p>	<p>8</p> <p>9:00 AR Donuts and Coffee</p> <p>9:30 T Catholic Communion Service</p> <p>9:30 AR Mexican Train</p> <p>1:00 AR Baking w/ Leah</p> <p>2:30 AR Poker</p>	<p>9</p> <p>10:30 AR Bingo</p> <p>1:00 AR Craft Corner</p> <p>1:30 T Resident Movie Pick</p> <p>2:30 AR Poker</p>
<p>10</p> <p>9:30 T Sunday Devotion w/ Les</p> <p>10:30 AR Kings in the Corner</p> <p>1:30 T Resident Movie Pick</p> <p>2:30 AR Card Games</p>	<p>11</p> <p>8:30 FR Dollar Tree Shopping Outing</p> <p>10:30 AR Bingo</p> <p>1:00 AR Manicure Monday</p> <p>2:00 AR Happy Hour</p> <p>3:00 AR Life Stories Reminiscing Group</p>	<p>12</p> <p>Happy Birthday Les!</p> <p>9:00 AR Farkle</p> <p>10:30 AR Kings in the Corner</p> <p>1:00 AR Exercise w/ Leah</p> <p>2:00 AR Craft Corner- St. Patty's Picture Frames</p> <p>3:00 T Bible Study Group</p>	<p>13</p> <p>9:00 AR Board Game Bonanza</p> <p>10:30 AR Bingo</p> <p>1:00 SL Sing-along with Ginny</p> <p>2:00 CY Cornhole in the Courtyard</p>	<p>14</p> <p>9:00 AR Uno</p> <p>10:30 AR Balloon Volleyball</p> <p>1:00 AR Board Game Bonanza</p> <p>1:00 T Movie and Popcorn</p> <p>2:30 AR Dime Bingo</p>	<p>15</p> <p>9:00 AR Donuts and Coffee</p> <p>9:30 T Catholic Communion Service</p> <p>9:30 AR Mexican Train</p> <p>1:00 AR Baking w/ Leah- Shamrock Shakes</p> <p>2:30 AR Poker</p>	<p>16</p> <p>10:30 AR Bingo</p> <p>1:00 AR Craft Corner</p> <p>1:30 T Resident Movie Pick</p> <p>2:30 AR Poker</p>
<p>17</p> <p>Happy St. Patrick's Day!</p> <p>9:30 T Sunday Devotion w/ Les</p> <p>10:30 AR Kings in the Corner</p> <p>1:30 T Resident Movie Pick</p> <p>2:30 AR Card Games</p>	<p>18</p> <p>8:30 FR Walmart Shopping Outing</p> <p>10:30 AR Bingo</p> <p>1:00 AR Manicure Monday</p> <p>2:00 AR St. Patrick's Day Happy Hour</p> <p>3:00 AR Life Stories Reminiscing Group</p>	<p>19</p> <p>9:00 AR Farkle</p> <p>10:30 AR Kings in the Corner</p> <p>11:00 FR Chili's Lunch Outing</p> <p>1:00 AR Zumba Dance Exercise w/ Leah</p> <p>2:00 AR Veteran Chat</p> <p>3:00 T Bible Study Group</p>	<p>20</p> <p>9:00 AR Board Game Bonanza</p> <p>10:30 AR Bingo</p> <p>1:00 AR Relaxing Art</p> <p>2:00 CY Cornhole in the Courtyard</p>	<p>21</p> <p>9:00 AR Uno Attack</p> <p>10:30 AR Balloon Volleyball</p> <p>1:00 AR Learn about Purim!</p> <p>1:00 T Movie and Popcorn</p> <p>2:00 AR Town Hall Meeting</p> <p>3:00 AR Dime Bingo</p>	<p>22</p> <p>9:00 AR Donuts and Coffee</p> <p>9:30 T Catholic Communion Service</p> <p>9:30 AR Mexican Train</p> <p>1:00 AR Baking w/ Leah</p> <p>2:30 AR Poker</p>	<p>23</p> <p>Happy Purim!</p> <p>10:30 AR Bingo</p> <p>1:00 AR Craft Corner</p> <p>1:30 T Resident Movie Pick</p> <p>2:30 AR Poker</p>
<p>24</p> <p>Happy Purim!</p> <p>9:30 T Sunday Devotion w/ Les</p> <p>10:30 AR Kings in the Corner</p> <p>1:30 T Resident Movie Pick</p> <p>2:30 AR Card Games</p>	<p>25</p> <p>8:30 FR Safeway Shopping Outing</p> <p>10:30 AR Bingo</p> <p>1:00 AR Manicure Monday</p> <p>2:00 AR March Birthdays Happy Hour</p> <p>3:00 AR Life Stories Reminiscing Group</p>	<p>26</p> <p>9:00 AR Farkle</p> <p>10:30 AR Kings in the Corner</p> <p>1:00 AR Exercise w/ Leah</p> <p>2:00 AR Craft Corner- Bracelet Beading</p> <p>3:00 T Bible Study Group</p>	<p>27</p> <p>9:00 AR Board Game Bonanza</p> <p>10:30 AR Bingo</p> <p>1:00 AR Relaxing Art</p> <p>2:00 CY Cornhole in the Courtyard</p> <p>4:00 DR Friends and Family Night</p>	<p>28</p> <p>9:00 AR Uno</p> <p>10:30 AR Board Game Bonanza</p> <p>10:30 AR Scrabble</p> <p>1:00 AR Craft Corner: Easter Egg Decorating</p> <p>1:00 T Movie and Popcorn</p> <p>2:30 AR Dime Bingo</p>	<p>29</p> <p>Good Friday</p> <p>9:00 AR Donuts and Coffee</p> <p>9:30 T Catholic Communion Service</p> <p>9:30 AR Mexican Train</p> <p>1:00 AR Relaxing Art</p> <p>2:30 AR Poker</p>	<p>30</p> <p>10:30 AR Bingo</p> <p>1:00 AR Craft Corner</p> <p>1:30 T Resident Movie Pick</p> <p>2:30 AR Poker</p>
<p>31</p> <p>Happy Easter!</p> <p>9:30 T Sunday Devotion w/ Les</p> <p>10:30 AR Kings in the Corner</p> <p>1:30 T Resident Movie Pick</p> <p>2:30 AR Card Games</p>						

Monthly GRATITUDE

I'm *thankful* for...

