



Vista Winds

Retirement Community

28775 N Vistancia Blvd • Peoria, AZ 85383 • (623) 253-6680

Staff Directory

Jim Lillis Executive Director
 Lea Speake Marketing Consultant
 Susan Kast Activities Director
 Gwen Thomas Executive Chef
 Zac Schaff Maintenance



Happy Birthday!!!

Cynthia Haggard March 6th
 Phyllis Talacynski March 9th
 Inez Guy March 25th
 Jan Goeller March 25th



March 2024



Spare a Moment for Sparrows

Cheep along with our small, feathered friends on March 20 for World Sparrow Day!

MLB's Opening Day

For baseball fans, spring begins on Opening Day, the first game of the MLB season. This year, America's pastime will actually begin on foreign shores. As part of the MLB World Tour, the first regular-season games will take place on March 20 and 21 in Seoul, South Korea, between the Los Angeles Dodgers and San Diego Padres. All 30 major league teams will then play stateside on March 28.

A Better You

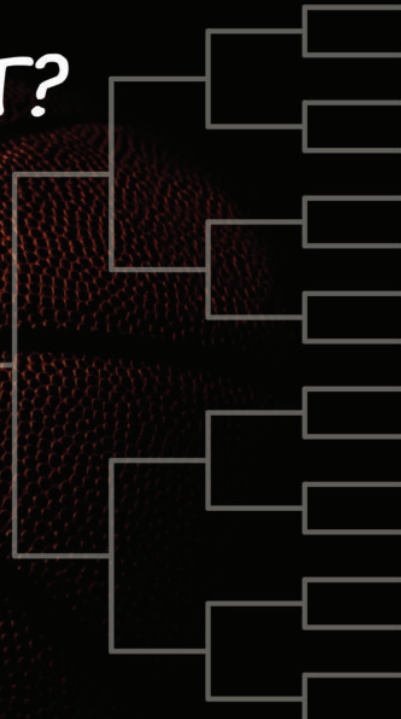
Taking care of yourself mentally can lower stress levels and risk of illness, leading to better physical health and increased energy. You are never done growing as a person, so do all you can to continue to learn, challenge yourself, prioritize your well-being and focus on the positive.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SPRING</p>	<p>All Events Are Subject to Change</p>		<p>St Patrick's Day 2023</p>			
3	4	5	6	7	8	9
<p>10:00 Adult Coloring 11:30 F Billiards/Pool 12:00 A4 Chess - Checkers 1:00 A4 Wii Bowling 2:00 A3 Board Games</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 LB Bridge 1:30 LB Hand and Foot 3:30 L Scattergories</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 4:00 LB Happy Hour</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Bible Study with John 1:30 LB Hand and Foot 2:30 M Matinee Movie 6:30 M Movie 6:30 A3 Trilogy Troubadours Practice</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 3:30 L Trivia w/ Susan</p>	<p>9:30 A4 Chair Exercises 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 4:00 L Happy Hour 5:15 D Resident Feb. B-day Celebration (After Dinner) 6:00 LB Hand and Foot</p>	<p>10:00 A3 Poker 10:15 A4 Exercise w/ Don 12:00 A4 Chess - Checkers 1:00 LB Bridge 2:30 M Matinee 6:30 M Movie</p>
10	11	12	13	14	15	16
<p>10:00 Adult Coloring 11:30 F Billiards/Pool 12:00 A4 Chess - Checkers 1:00 A4 Wii Bowling 2:00 A3 Board Games</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 LB Bridge 1:30 LB Hand and Foot 2:00 LB Bookmobile</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 4:00 LB Happy Hour</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Bible Study with John 1:30 LB Hand and Foot 2:30 M Matinee Movie 6:30 M Movie 6:30 A3 Trilogy Troubadours Practice</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 2:30 D Resident Council Meeting</p>	<p>9:30 A4 Chair Exercises 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 4:00 L St. Patty's Happy Hour 6:00 LB Hand and Foot 6:30 A3 Shabbat Service</p>	<p>10:00 A3 Poker 10:15 A4 Exercise w/ Don 12:00 A4 Chess - Checkers 1:00 LB Bridge 2:30 M Matinee 6:30 M Movie</p>
17	18	19	20	21	22	23
<p>10:00 Adult Coloring 11:30 F Billiards/Pool 12:00 A4 Chess - Checkers 1:00 A4 Wii Bowling 2:00 A3 Board Games</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 LB Bridge 1:30 LB Hand and Foot 3:30 A3 Mexican Train</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Ecumenical Service/Communion 1:00 A3 Dime Bingo 4:00 LB Happy Hour</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Bible Study with John 1:30 LB Hand and Foot 2:30 M Matinee Movie 6:30 M Movie 6:30 A3 Trilogy Troubadours Practice</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 2:30 LB Entertainment w/ T.A. Burrows</p>	<p>9:30 A4 Chair Exercises 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 4:00 L Happy Hour 6:00 LB Hand and Foot</p>	<p>10:00 A3 Poker 10:15 A4 Exercise w/ Don 12:00 A4 Chess - Checkers 1:00 LB Bridge 2:30 M Matinee 6:30 M Movie</p>
24	25	26	27	28	29	30
<p>10:00 Adult Coloring 11:30 F Billiards/Pool 12:00 A4 Chess - Checkers 1:00 A4 Wii Bowling 2:00 A3 Board Games</p>	<p>Happy Birthday to Inez and Jan G! 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 LB Bridge 1:30 LB Hand and Foot</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 4:00 LB Happy Hour</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Bible Study with John 1:30 LB Hand and Foot 3:00 A3 50/50 Charity Bingo 6:30 M Movie 6:30 A3 Trilogy Troubadours Practice</p>	<p>9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 2:30 A3 Entertainment w/ Shana</p>	<p>9:30 A4 Chair Exercises 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 4:00 L Happy Hour 6:00 LB Hand and Foot</p>	<p>10:00 A3 Poker 10:15 A4 Exercise w/ Don 12:00 A4 Chess - Checkers 1:00 LB Bridge 2:30 M Matinee 6:30 M Movie</p>
31						
<p>Happy Easter! 10:00 Adult Coloring 11:30 F Billiards/Pool 12:00 A4 Chess - Checkers 1:00 A4 Wii Bowling 2:00 A3 Board Games</p>						

What's all that BRACKET?

It's time for

MARCH MADNESS!



Word Search

Category: Seafood

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

1. Crab _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
 11. _____
 12. _____
 13. _____
 14. _____
 15. _____
 16. _____
 17. _____
 18. _____
 19. _____
 20. _____

- Word Search Solution:
- 1. Anchovies
 - 2. Calamari
 - 3. Caviar
 - 4. Clams
 - 5. Cod
 - 6. Crab
 - 7. Herring
 - 8. Lobster
 - 9. Mahi mahi
 - 10. Mussels
 - 11. Oysters
 - 12. Pollock
 - 13. Salmon
 - 14. Scallops
 - 15. Seaweed
 - 16. Shrimp
 - 17. Snapper
 - 18. Swordfish
 - 19. Tilapia
 - 20. Tuna

