



Vista Winds

Retirement Community

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

Staff Directory

Jae Ondigo Executive Director
 Steven Gomez Compliance Manager
 Terrence Baker Chef
 Tina Gaibor MC Activities Director
 Hailey Crutchfield AL Activities Director

Dining Room Hours

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

October Birthdays!

Rachel R. Oct. 13th
 Shirley B. Oct. 3rd
 (MC) Jessie L. Oct. 26th
 (MC) Daniel L. Oct. 10th
 (MC) James G. Oct. 8th

October 2024



Twisty Treat

From ballgames to happy hours to Oktoberfest celebrations, pretzels are a staple of the snacking world. Since their invention sometime in the Middle Ages, the baked treats' twisted knots have held multiple meanings, including good fortune and new beginnings.

Stretch Your Toes

Give your toes some wiggle room after wearing shoes all day. Sit in a chair with your feet flat on the floor, and then cross one foot across your lap. Hold your toes and pull them toward your ankle until you feel a gentle stretch along the bottom of your foot. Use your other hand to massage the arch of your foot for about 10 seconds. Repeat 10 times for each foot.

Happy October!

"Autumn leaves are falling, filling up the streets;
 Golden colors on the lawn, nature's trick or treat!"
 —Rusty Fischer



October 2024

- LY Lobby
- AR Activity Room
- T Theater Room
- PR 2nd Floor Art Room
- FR Front Desk
- CY Courtyard
- SL Second Floor Lobby
- MC Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>9:00 AR Chair Exercise Weight Training</p> <p>10:30 AR Halloween Painting</p> <p>12:00 T Communion (Nondenominational)</p> <p>1:00 AR Craft Corner - Clay Ghosts</p> <p>2:00 T Horse Racing Tournament</p> <p>3:00 AR Farkle</p> <p>6:00 T Movie and Popcorn</p>	<p>8:30 LY Fry's Shopping Outing (sign-up)</p> <p>10:30 MC National Coffee with a Cop Day in MC</p> <p>12:30 AR Registration and Voting Assistance w/ Maricopa County Clerk</p> <p>1:00 AR Music and Manicures</p> <p>2:00 AR Haunted Bingo</p> <p>3:00 AR Happy Hour</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR TheraBand Therapy</p> <p>10:00 T Catholic Mass</p> <p>10:30 SL Chair Volleyball</p> <p>1:00 AR Minute To Win it Halloween Games</p> <p>2:00 AR Soft Pretzel Bar</p> <p>3:00 AR Seated Exercise - Tai Chi</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Treats and Coffee</p> <p>9:30 AR Morning Trivia</p> <p>10:30 AR Mexican Train</p> <p>1:00 AR Activity Calendar Meeting with Hailey</p> <p>2:00 AR Resident Council Meeting</p> <p>3:00 AR Uno</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Saturday Morning Coffee and Catch Up</p> <p>9:30 AR Scrabble</p> <p>1:00 AR Resident Led Bingo</p> <p>2:00 AR Kings in the Corner</p> <p>6:00 T Movie and Popcorn</p>
<p>Sunday Fun Day 6</p> <p>9:30 T Sunday Devotion w/ Les</p> <p>10:00 AR Mexican Train</p> <p>1:00 AR Bingo</p> <p>2:00 AR Left, Right, Center</p> <p>3:00 AR Kings in the Corner</p> <p>6:00 T Movie and Popcorn</p>	<p>Puzzles All Day 7</p> <p>9:00 LY Morning Outdoor Walk</p> <p>10:30 AR Board Games</p> <p>1:00 AR Dime Bingo</p> <p>2:30 FR Safeway Shopping Outing (sign-up)</p> <p>3:00 PR Resident Led - Kings in the Corner</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Chair Exercise Weight Training</p> <p>10:30 AR Halloween Painting</p> <p>1:00 PR Craft Corner - Decoupage Clay Ghosts</p> <p>2:00 T Horse Racing Tournament</p> <p>3:00 AR Farkle</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Morning Stretches</p> <p>10:30 AR Smartphone Help with Hailey</p> <p>1:00 AR Music and Manicures</p> <p>2:00 AR Haunted Bingo</p> <p>3:00 AR Happy Hour</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR TheraBand Therapy</p> <p>10:30 SL Chair Volleyball</p> <p>1:00 AR Minute To Win it Halloween Games</p> <p>2:00 AR Caramel Apple Bar</p> <p>3:00 AR Seated Exercise - Yoga</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Treats and Coffee</p> <p>9:30 T Catholic Communion Service</p> <p>10:30 AR Mexican Train</p> <p>2:00 AR Resident Birthday Bash</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Saturday Morning Coffee and Catch Up</p> <p>9:30 AR Scrabble</p> <p>1:00 AR Resident Led Bingo</p> <p>2:00 AR Kings in the Corner</p> <p>6:00 T Movie and Popcorn</p>
<p>Sunday Fun Day 13</p> <p>9:30 T Sunday Devotion w/ Les</p> <p>10:00 AR Mexican Train</p> <p>1:00 AR Bingo</p> <p>2:00 AR Left, Right, Center</p> <p>3:00 AR Kings in the Corner</p> <p>6:00 T Movie and Popcorn</p>	<p>Columbus Day 14</p> <p>9:00 LY Morning Outdoor Walk</p> <p>10:30 AR Board Games</p> <p>1:00 AR Dime Bingo</p> <p>2:30 FR Walmart Shopping Outing (sign-up)</p> <p>3:00 PR Resident Led - Kings in the Corner</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Chair Exercise Weight Training</p> <p>11:00 LY Chili's Lunch Outing (Sign-Up)</p> <p>1:00 PR Craft Corner - Haunted House Decorations</p> <p>2:00 T Veteran Chat</p> <p>3:00 AR Farkle</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Morning Stretches</p> <p>10:30 AR Phase 10 Card Game</p> <p>1:00 LY Tolmachoff Farms Pumpkin Patch Outing (Sign-Up)</p> <p>2:30 AR Resident Led - Mexican Train</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR TheraBand Therapy</p> <p>10:30 SL Chair Volleyball</p> <p>1:00 AR Minute To Win it Halloween Games</p> <p>2:00 AR Pumpkin Painting/Carving</p> <p>3:00 AR Seated Exercise - Mindful Stretching</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Treats and Coffee</p> <p>9:30 T Catholic Communion Service</p> <p>10:30 AR Mexican Train</p> <p>2:00 AR New Resident Social</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Saturday Morning Coffee and Catch Up</p> <p>9:30 AR Scrabble</p> <p>1:00 AR Resident Led Bingo</p> <p>2:00 AR Kings in the Corner</p> <p>6:00 T Movie and Popcorn</p>
<p>Sunday Fun Day 20</p> <p>9:30 T Sunday Devotion w/ Les</p> <p>10:00 AR Mexican Train</p> <p>1:00 AR Bingo</p> <p>2:00 AR Left, Right, Center</p> <p>3:00 AR Kings in the Corner</p> <p>6:00 T Movie and Popcorn</p>	<p>Puzzles All Day 21</p> <p>9:00 LY Morning Outdoor Walk</p> <p>10:30 AR Board Games</p> <p>1:00 AR Dime Bingo</p> <p>2:30 FR Trader Joe's Shopping Outing (Sign-up)</p> <p>3:00 PR Resident Led - Kings in the Corner</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Chair Exercise Weight Training</p> <p>10:30 AR Halloween Painting</p> <p>1:00 PR Craft Corner - Haunted House Decorations</p> <p>2:00 T Horse Racing Tournament</p> <p>3:00 AR Farkle</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Morning Stretches</p> <p>10:30 AR Phase 10 Card Game</p> <p>1:00 AR Music and Manicures</p> <p>2:00 AR Haunted Bingo</p> <p>3:00 AR Happy Hour</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 LY Sun City Farmers Market Outing (Sign-Up)</p> <p>10:30 SL Chair Volleyball</p> <p>1:00 AR Minute To Win it Halloween Games</p> <p>2:00 AR S'mores Bar</p> <p>3:00 AR Seated Exercise - Mindful Stretching</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Treats and Coffee</p> <p>9:30 T Catholic Communion Service</p> <p>10:30 AR Mexican Train</p> <p>2:00 AR DIY Costume Contest w/ Directors!</p> <p>3:00 SL Sing-along with Ginny</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Saturday Morning Coffee and Catch Up</p> <p>9:30 AR Scrabble</p> <p>1:00 AR Resident Led Bingo</p> <p>2:00 AR Kings in the Corner</p> <p>6:00 T Movie and Popcorn</p>
<p>Sunday Fun Day 27</p> <p>9:30 T Sunday Devotion w/ Les</p> <p>10:00 AR Mexican Train</p> <p>1:00 AR Bingo</p> <p>2:00 AR Left, Right, Center</p> <p>3:00 AR Kings in the Corner</p> <p>6:00 T Movie and Popcorn</p>	<p>Puzzles All Day 28</p> <p>9:00 LY Morning Outdoor Walk</p> <p>10:30 AR Board Games</p> <p>1:00 AR Dime Bingo</p> <p>2:30 FR Target Shopping Outing</p> <p>3:00 PR Resident Led - Kings in the Corner</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 AR Chair Exercise Weight Training</p> <p>11:00 LY Longhorn Steakhouse Lunch Outing (Sign-Up)</p> <p>1:00 PR Craft Corner - Haunted House Decorations</p> <p>2:00 T Horse Racing Tournament</p> <p>3:00 AR Farkle</p> <p>6:00 T Movie and Popcorn</p>	<p>9:00 CY Haunted House Construction</p> <p>12:00 LY Lake Pleasant Narrated Cruise (Sign-Up)</p> <p>1:00 AR Kings in the Corner</p> <p>2:30 AR Resident Led - Mexican Train</p> <p>6:00 T Movie and Popcorn</p>	<p>Happy Halloween! 31</p> <p>9:00 CY Haunted House Construction</p> <p>1:00 AR Minute To Win it Halloween Games</p> <p>3:00 AR Seated Exercise - Mindful Stretching</p> <p>6:00 AR Family and Friends Haunted House</p>		



Thanks for the Meow-mories

As characters in literature, movies, commercials and more, cats entertain us with their adorable antics and cunning charisma. Purr-use this list of fictional felines:

Debut Year	Cat	Bio
1865	Cheshire Cat	This grinning cat is a fixture in Lewis Carroll's "Alice's Adventures in Wonderland" series.
1919	Felix	One of the original cartoon cats, starring in films and comic strips, Felix is a cultural icon.
1933	Chessie	She invited passengers to "sleep like a kitten" on Chesapeake & Ohio Railway trains.
1945	Sylvester	Suffering succotash! This Looney Tunes character would like to make Tweety Bird his lunch.
1968	Morris	This orange tabby is the face of 9Lives cat food.
1978	Garfield	Lover of lasagna, hater of Mondays ... this star of the funny pages is just like us!
1993	Binx	This talking black cat helps defeat a trio of witchy sisters in "Hocus Pocus."
2010	Pusheen	Purr-fectly plump, this sweet gray cartoon cat has left pawprints all over the internet, usually in GIF form!

"This Month In History"

OCTOBER

1900: The U.S. Navy commissions its first modern submarine, the USS Holland, named for its designer, John Philip Holland.

1907: One of the world's landmark hotels, the Plaza opens in New York City.

1915: Woodrow Wilson becomes the first U.S. president to attend a World Series game.

1929: The New York Stock Exchange crashes on what will later be known as "Black Tuesday."

1935: Considered one of the first great American operas, George Gershwin's "Porgy and Bess" premieres on Broadway.

1947: Air Force pilot Chuck Yeager flies an experimental plane and becomes the first person to break the sound barrier.

1950: Charles Schulz's "Peanuts" comic strip debuts in several newspapers.

1962: The Beach Boys release their debut album, "Surfin' Safari."

1972: Called the "Match of the Century," American Bobby Fischer wins the World Chess Championship by defeating Boris Spassky of the Soviet Union.

1986: The International Olympic Committee announces it will change its 70-year tradition and hold the Summer and Winter Games in different years.

1998: Comedian Richard Pryor receives the first Mark Twain Prize for American Humor.

2007: Alex Rodriguez signs a record 10-year, \$275 million contract with the New York Yankees. It was the richest deal in pro sports at the time.

2016: Singer-songwriter Bob Dylan is awarded the Nobel Prize for literature. He was the first songwriter to win the prestigious award.