

Event Highlight

Immersive van GOGH Exhibit Las Vegas

Saturday, May 14th (12:30 - 3:30 pm)
1/2 price tickets \$35 per person
show starts at 2:00 pm

The ORIGINAL Immersive Van Gogh Exhibit is thrilled to announce the once-in-a-lifetime exhibit will be located at the Shops at Crystals adjacent to ARIA Resort & Casino



DESTINATIONS PUEBLO AN OVERTURE® COMMUNITY

NEWSLETTER MAY 2022

Destinations Pueblo Meet the Team

COMMUNITY MANAGER

Annie Shkorupa

ASSISTANT MANAGER

Janet Caro-Lugo

SALES CONSULTANT

Romeo Estrellado

LIFESTYLE COORDINATOR

Rene Carbajal

MAINTENANCE SUPERVISOR

Ricardo Vega

MAINTENANCE TECHNICIAN

Ernesto Vasquez

MAINTENANCE TECHNICIAN

Eddie Quiroga



Friday, May 6th 11-1pm

We want to honor our Mother's and Ladies of Destinations Pueblo. Ladies, be sure to sign up for our Mother's Day event in the sign up book. We will have catered food by Delightful Chef's, Momosa's, and Entertainment by Donna Lynne! We will also have flowers and a tea with a tea press, as our Mother's Day gift to you!

Seating is limited to 60, so please sign up early.

When: Friday, May 6th

Time: 11:00 am - 1:00 pm

Where: The Clubhouse

Sign up required: Yes



Thursday, May 5th 11:00 -12:00 pm
CINCO DE MAYO

We will be passing out Cinco de Mayo Goodie Bags for those who sign up.

Goodie bags will have Chips, Salsa, Cheese, and Mexican Candy!

Amazon Prime is now
streaming in the
Clubhouse when no
events are scheduled.



Event Highlights

Join us this month for the following events:

- 5/4-3-4:30pm-Mother's Day Pen Flower Vase at Zen Coloring
- 5/11-2:30-3:30pm-Speeding Theater Show in the Clubhouse
- 5/13, 5/20, 5/27, 11-4:30pm Taco Cart outside the main lobby. Pay on your own.
- 5/21-2:30-4:30-Make a Memorial Day wreath
- 5/25-2-4pm-Wine Down Wednesday Karaoke with Dawn
- 5/26-2-3pm-Foot Screenings in the Library with Summerlin Hospital

CONTACT US

Office Hours:

Mon-Fri 9:00a-5:00p

Sat 10:00a-5:00p

Sun CLOSED

Phone:

(702)838-0029

Email:

Puebloleasing@greystar.com

Web:

www.DestinationsPueblo.com

GREYSTAR™ 55+ 60+ 61+ 62+

Classic Coconut Carrot Cake

Ingredients: **Cake: #1=** 1 ¼ cups unsweetened applesauce or oil 2 cups granulated sugar
3 eggs room temperature **#2=** 2 cups all-purpose flour 1 tsp baking soda 1 ½ tsp baking powder
½ tsp salt 1 tsp cinnamon **#3=** 2 cups grated carrots 1 cup shredded sweetened coconut
1 cup chopped nuts optional 1 tsp vanilla 1 cup Crushed Pineapple not drained (in JUICE not syrup)
Cream Cheese Frosting: ½ cup butter softened 8 oz. cream cheese softened 1 tsp vanilla
1 lb. powdered sugar Top with toasted pecans or coconut

Directions: Preheat oven to 350°. Combine **#1** ingredients. Add **#2** ingredients. Stir in **#3** ingredients. Pour into lightly greased 9 x 13 , two 9-inch pans, or three 8-inch pans. (Cake is very moist. Use parchment paper or nonstick baking spray with flour on bottom of pans for easy cake removal.) Bake 35-40 minutes for the 9x13 and 9-inch pans, 25-30 minutes for 8-inch pans. Insert a toothpick to come out clean to test if it is done. Let cakes cool 10 minutes in pan. Then remove to a cooling rack and let cool completely.
Frosting: Beat butter and cream cheese until fluffy. Add vanilla and powdered sugar. Beat until smooth. Invert cake onto cake plate or stand. Apply generous dollop of frosting and spread. Gently place second cake on top and continue frosting. Repeat with third cake - if there are three.

Refrigerate for an hour before serving for best results.



Ma	Matriarch	S	M	N	M	X	Y	R	H	C	S	N	J	M	T	O	M	A
Madre	May	W	H	C	M	I	T	R	F	C	X	T	L	Z	I	G	H	H
Mae	Meme	L	I	O	T	G	O	E	I	F	F	D	H	C	D	C	J	N
Majka	Mere	K	Q	A	R	W	N	S	O	A	C	A	H	K	R	Z	B	A
Mam	Mitera	R	Y	M	N	M	O	C	A	A	H	V	M	A	T	O	K	V
Mama	Moeder	C	E	X	B	I	S	I	K	M	S	T	I	E	M	J	U	N
Maman	Mom	A	B	H	I	K	T	J	T	X	J	R	A	Y	A	Q	A	R
Mami	Momma	Q	M	X	T	R	R	O	A	I	T	G	O	M	A	Y	E	O
Mamma	Mommy	C	E	A	A	O	J	W	M	A	M	A	N	M	A	T	R	I
Mammy	Mor	E	M	B	M	O	M	A	M	A	E	U	P	A	U	H	Q	T
Mana	Morsa	H	E	E	A	K	U	E	A	I	M	U	M	M	Y	Q	R	P
Mathair	Mother	E	R	N	D	D	M	O	M	M	A	O	I	G	Y	X	Z	U
Mati	Motina	E	R	T	R	F	O	A	I	F	Q	T	E	Z	B	Q	Z	H
Matka	Mum	T	H	O	E	O	M	U	T	T	E	R	E	D	K	U	M	G
Matri	Mummy	S	Y	D	Z	A	M	F	H	R	M	Y	V	H	E	L	T	A
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		Q	R	A	T	X	H	P	G	Z	E	R	V	R	Z	Q	Y	U

DESTINATIONS
PUEBLO

AN OVERTURE® COMMUNITY

		ON THE STRIP ½ PRICE TICKETS \$35.00 PER PERSON		
		SHOW STARTS AT 2:00 PM		
5/15	SUNDAY	NO BUS	-	-
5/16	MONDAY	SMITH'S / BANKS / PHARMACY	9:00 AM	10:30 AM
		SUNSET STATION / GALLERIA MALL	11:00 AM	4:00 PM
		(RESTAURANTS / MOVIES)		
5/17	TUESDAY	NO BUS	-	-
5/18	WEDNESDAY	WALMART / SAM'S CLUB	9:00 AM	11:30 AM
		ALIANTE CASINO / TGIF HAS STEAK & LOBSTER 2 SIDES	12:30 PM	4:30 PM
		STARTING AT 3PM FOR \$20		
5/19	THURSDAY	TRADER JOE'S / WINCO	9:00 AM	10:30 AM
		ALBERTSON'S / CVS / COOK ON WOK CHINESE FOOD	11:00 AM	1:00 PM
		FREMONT STREET / CONTAINER PARK	2:00 PM	6:00 PM
5/20	FRIDAY	NO BUS	-	-
5/21	SATURDAY	NO BUS	-	-
5/22	SUNDAY	NO BUS	-	-
5/23	MONDAY	PEG'S HAM & EGGS (SAHARA)	9:00 AM	11:30 AM
		SMITH'S / BANKS / PHARMACY	12:30 PM	2:00 PM
		SPROUT'S / .99 STORE / QUEST LABS / WINDY CITY	2:30 PM	4:00 PM
		HOT DOGS / MICHAEL'S CRAFTS / PANDA EXPRESS		
		ITALIAN GELATO (FAR RIGHT END NEAR QUEST)		
5/24	TUESDAY	NO BUS	-	-
5/25	WEDNESDAY	(LATE START DUE TO DINNER)	-	-
		WALMART / SAM'S CLUB	11:00 AM	1:00 PM
		SMITH'S / BANKS / PHARMACY	1:30 PM	3:00 PM
		MY MOTHER'S HOUSE (ITALIAN FOOD)	3:45 PM	6:00 PM
		OPENS AT 4:00 PM		
5/26	THURSDAY	ALBERTSON'S / POST OFFICE / CVS	9:00 AM	10:30 AM
		DOLLAR TREE (DEL WEBB)	11:00	12:00
		SOUTHPOINT CASINO	1:00 PM	5:00 PM
5/27	FRIDAY	NO BUS	-	-
5/28	SATURDAY	NO BUS	-	-
5/29	SUNDAY	NO BUS	-	-
5/30	MONDAY	HAPPY MEMORIAL DAY	-	-
		SMITH'S (BANKS MAY BE CLOSED)	9:00 AM	10:30 AM
		SILVERTON CASINO	11:00 AM	4:00 PM
5/31	TUESDAY	NO BUS	-	-

BUS TRIPS AND ACTIVITIES ARE SUBJECT TO CHANGE!!!

Memorial Day ~ Monday, May 30th
THANK YOU TO THOSE WHO GAVE THE ULTIMATE SACRIFICE
IN SERVICE TO AMERICA AND TO THE FAMILIES THEY LEFT
BEHIND ~ THE SACRIFICE WILL ALWAYS BE REMEMBERED.

DESTINATIONS

PUEBLO

AN OVERTURE® COMMUNITY

DESTINATIONS PUEBLO BUS SCHEDULE MAY 2022

***Residents are required to be at the bus pickup 10 minutes PRIOR to time of departure. Bus is not required to wait for you.
Residents that miss the pickup are responsible to coordinate their own transportation as needed. ***

18 MAX ON BUS

NO FOOD OR DRINKS ALLOWED ON BUS.

DATE	DAY	DESTINATION	LEAVES COMMUNITY	DEPARTS DESTINATION
5/1	SUNDAY	NO BUS	-	-
5/2	MONDAY	DOLLAR TREE (DEL WEBB)	9:00 AM	10:00 AM
		SMITH'S / BANK / PHARMACY	11:00 AM	12:30 PM
		SUNCOAST & RAMPART CASINO'S	1:30 PM	5:00 PM
		BOCA PARK SHOPPING / KOHL'S / TARGET / ROSS	1:30 PM	3:30 PM
		SUSHI TANUKI / DRILL IT CREAMERY (DOLE WHIP)		
		KONA GRILL / JASON'S DELI / CHEESECAKE FACTORY		
5/3	TUESDAY	NO BUS	-	-
5/4	WEDNESDAY	WALMART / SAM'S CLUB / FARMER BOY'S REST.	9:00 AM	11:30 AM
		SPROUT'S / .99 STORE / QUEST LABS / WINDY CITY	12:30 PM	4:00 PM
		HOT DOGS / PANDA EXPRESS / MICHAEL'S		
		BIG LOTS / SAVERS / BANK	4:30 PM	5:30 PM
5/5	THURSDAY	ALBERTSON'S / POST OFFICE / CVS / HARDWARE	9:00 AM	10:30 AM
		ON THE BORDER (MEXICAN GRILL & CANTINA) OYO	11:30 AM	1:00 PM
		CENNTENNIAL		
		DOLLAR TREE (DEL WEBB)	2:00 PM	3:00 PM
		TRADER JOE'S / WINCO	3:30 PM	5:00 PM
5/6	FRIDAY	NO BUS	-	-
5/7	SATURDAY	NO BUS	-	-
5/8	SUNDAY	NO BUS	-	-
5/9	MONDAY	BREAKFAST CLUB – MR. MAMA'S (JONES) OYO	9:00 AM	11:30 AM
		SMITH'S / BANKS / PHARMACY	12:30 PM	2:00 PM
		SAHARA WEST SHOPPING: BURLINGTON / TJ MAXX	3:00 PM	4:30 PM
		HOME GOODS / STEINMART / SPROUTS / IN & OUT		
		BLAZE PIZZA & MORE		
5/10	TUESDAY	NO BUS	-	-
5/11	WEDNESDAY	SUMMERLIN LIBRARY / DOLLAR TREE	9:00 AM	10:30 AM
		WALMART / SAM'S CLUB / FARMER BOYS REST.	11:00 AM	1:00 PM
		RED ROCK CASINO / DOWNTOWN SUMMERLIN	1:30 PM	5:00 PM
5/12	THURSDAY	ALBERTSON'S / POST OFFICE / CVS / HARDWARE	9:00 AM	10:30 AM
		JUAN'S FLAMING FAJITA'S – MEXICAN FOOD OYO	11:30 PM	2:00 PM
		(TROPICANA)		
		BEST IN THE WEST- ULTA / MARSHALL'S / BURLINGTON	2:30 PM	4:00 PM
		OFFICE MAX / DSW / BEST OF THE WEST / FIVE BELOW		
		JOANNE'S / TJ MAXX / BATH & BODY / OLD NAVY		
		PIER 88 STEAMED SEAFOOD		
5/13	FRIDAY	NO BUS	-	-
5/14	SATURDAY	IMMERSIVE VAN GOGH EXPERIENCE EXHIBIT/SHOW	12:30 PM	4:00 PM

Exercise with Pain?

Regular exercise can help ease joint pain and other symptoms. People who exercise have improved daily function, decreased depression and fatigue, reduced pain, and improved sleep. Do low-impact aero-bic exercises, such as walking, swimming, or biking, three to five times a week eventually working up to sessions of 30 to 60 minutes each. Walking can help you maintain a healthy weight, resulting in less stress on your joints, and can improve your heart and bone health. Swim laps, do water walking or water aerobics as the water is a great place to stretch muscles and soothe joints. Swimming helps control weight, boost mood, improve sleep, and is good for overall health. Aerobic and resistance exercises combined can improve aerobic capacity, endurance, and strength. The stronger your muscles are, the less strain there is on your joints. Yoga and Tai Chi are examples of exercises that improve body awareness, which can increase coordination, balance, a sense of where joints are positioned, and relaxation. The flexibility and range-of-motion moves boost joint flexibility and function. Pilates focuses on strengthening and improving control of muscles, giving you a low-impact workout that may ease pressure on your hips and other joints. Pilates can also be helpful in managing pain and coping. Balance exercises such as walking backward or standing on one foot are also valuable for boosting balance and avoid-ing falls. Just be aware that you may need to modify some postures. You don't have to hit the gym for a good workout. There are plenty of activities you can do around your home; cleaning, balancing on one leg, improvise strengthening exercises by using a chair to move from sitting to standing, or lift hand weights. Remember to always check with your physician first.

Be Aware of Cyber Scamming

Be on the lookout for suspicious messages. Don't click the links inside a suspicious text or otherwise engage the sender. Instead, report the message by forwarding it to 7726 (SPAM). If you think a link might be legitimate, go directly to the company's website instead of clicking on the included link.

Don't mess with the scammers. Some people like to mess with the people behind the scams by texting them back and leading them on. This is a very bad idea. If nothing else, it lets the scammer know that you're a real person. But don't worry if you open up a scam text on your phone. Unless you click on a link or download an attachment, you're not in danger of being hacked.

Think before you hand over your number. Retailers and other companies love to collect them, but do they really need yours? Like your email addresses, if your phone number is in a company database that gets hacked, it'll likely end up sold to cybercriminals for use in these kinds of attacks. Just like the rest of your personal information, the fewer people who have it, the better.

Keep your private info private. Never provide personal or financial information in response to an SMS request.

Don't sideload. Stick with apps from your phone's official app store. The Apple or Google stores aren't perfect, but they do vet the apps in them for security and privacy. Cybersecurity Privacy Phones Tech Hard News Hacking Privacy Google Apple.



MAY



SUN	MON	TUE	WED	THU	FRI	SAT
1 10:00 - 1:00 Craft Club 12:00 - 3:00 Mahjong Group 1:00 - 3:00 Ping Pong Practice 1:00 - 4:00 Poker in the Clubhouse	2 9:00 - 10:00 Coffee Hour 10:00-11:00 Tai Chi 1:00-4:00 Craft Club & Crochet 1:30 -5:00 Suncoast/Rampart/Boca	3 9:00 -10:00 Coffee Hour 11:00-12:30 Wii Bowling 2:00-3:00 Calendar Chat 3:15-4:00 Ambassador Meeting (Library)	4 9:00 - 10:00 Coffee Hour 10:30 - 11:30 Strength & Conditioning 3:00 - 4:30 Zen Coloring - Make a Mother's Day Pen Flowers w/vase	5 9:00 - 10:00 Coffee Hour 9:00 - 10:00 Water Aerobics 11:00 - 12:00 Cinco de Mayo - Chips & Salsa Goodie Bags 11:30-1:00 On the Border Mexican Grill 12:00-1:30 Mobile Library (Clubhouse) 2:00-4:30 Poker Group (Library)	6 9:00 - 10:00 Coffee Hour NO FITNESS CLASS 11:00 -1:00 Momosa & Brunch for Mother's Day w/Donna Lynne (Ladies Only) 3:00-5:00 Bingo Cash & Prizes!	7 10:00 - 11:00 Catered Breakfast 1:00 - 2:00 Zumba Dance Class 2:30 -4:30 Craft & Crochet Club (See Rene if you need a craft)
8 10:00 - 1:00 Craft Club 12:00 - 3:00 Mahjong Group 1:00 - 3:00 Ping Pong Practice 1:00 - 4:00 Poker in the Clubhouse	9 9:00 - 10:00 Coffee Hour 9:00-11:30 Breakfast-Mr. Mama's (Jones) 10:00-11:00 Tai Chi 1:00-4:00 Craft Club & Crochet	10 9:00 -10:00 Coffee Hour 11:00-12:30 Wii Bowling 1:00-4:00 Craft & Crochet Club 1:00-4:00 Board & Card Games (Clubhouse)	11 9:00 - 10:00 Coffee Hour 10:30 - 11:30 Strength & Conditioning 2:30-3:30 Speeding Theater Show (Clubhouse)	12 9:00 - 10:00 Coffee Hour 9:00 - 10:00 Water Aerobic 11:30-2:00 Juan's Flaming Fajita's 12:00-1:30 Mobile Library (Library) 1:00-2:00 Line Dancing 2:00-4:00 Poker Group (Library)	13 9:00 - 10:00 Coffee Hour 10:30-11:30 Balance & Flexibility 11:00-4:30 Taco Cart (Outside Lobby) Pay OYO 3:00-5:00 Bingo Cash & Prizes	14 10:00 - 11:00 Catered Breakfast 12:30-3:30 Immersive Van Gogh Exhibit/Show on Strip \$35 1:00 - 2:00 Zumba Dance Class
15 10:00 - 1:00 Craft Club 12:00 - 3:00 Mahjong Group 1:00 - 3:00 Ping Pong Practice 1:00 - 4:00 Poker in the Clubhouse	16 9:00 - 10:00 Coffee Hour 11:00-4:00 Sunset Station / Galleria Mall 10:00-11:00 Tai Chi 1:00-4:00 Craft Club & Crochet	17 9:00 - 10:00 Coffee Hour 11:00-12:30 Wii Bowling 2:00 - 4:00 May Resident Birthday Party for All! With Donna Lynne	18 9:00 - 10:00 Coffee Hour 9:00 - 10:00 Eienstein Bagels 10:30 - 11:30 Strength & Conditioning 12:30-4:30 Aliante Casino	19 9:00 - 10:00 Coffee Hour 9:00 - 10:00 Water Aerobic 12:00-1:30 Mobile Library (Clubhouse) 2:00-6:00 Freemont Street 2:00-4:00 Poker Group (Library)	20 9:00 - 10:00 Coffee Hour 10:30-11:30 Balance & Flexibility 11:00-4:30 Taco Cart (Outside Lobby) Pay OYO 3:00-5:00 Bingo Cash & Prizes	21 10:00 - 11:00 Catered Breakfast 1:00 - 2:00 Zumba Dance Class 2:30-4:30 Make a Memorial Day Wreath with Rene
22 10:00 - 1:00 Craft Club 12:00 - 3:00 Mahjong Group 1:00 - 3:00 Ping Pong Practice 1:00 - 4:00 Poker in the Clubhouse	23 9:00 - 10:00 Coffee Hour 9:00-11:30 Peg's Ham & Eggs 10:00-11:00 Tai Chi 1:00-4:00 Craft Club & Crochet	24 9:00 -10:00 Coffee Hour 11:00-12:30 Wii Bowling 2:00-3:00 New Resident Meet & Greet for all	25 9:00 - 10:00 Coffee Hour 10:30 - 11:30 Strength & Conditioning 2:00-4:00 Wine Down Wednesday Karaoke w/Dawn	26 9:00 - 10:00 Coffee Hour 9:00 - 10:00 Water Aerobics 12:00-1:30 Mobile Library (Library) 1:00-2:00 Line Dancing 2:00-3:00 Foot Screenings w/Summerlin Hospital (Library)	27 9:00 - 10:00 Coffee Hour 10:30-11:30 Balance & Flexibility 11:00-4:30 Taco Cart (Outside Lobby) Pay OYO 3:00-5:00 Bingo Cash & Prizes	28 10:00 - 11:00 Catered Breakfast 1:00 -2:00 Zumba Dance Class 2:00-4:00 Catered Memorial Day Party with EC Adams
29 10:00 - 1:00 Craft Club 12:00 - 3:00 Mahjong Group 1:00 - 3:00 Ping Pong Practice 1:00 - 4:00 Poker in the Clubhouse	30 HAPPY MEMORIAL DAY 9:00 - 10:00 Coffee Hour 10:00-11:00 Tai Chi 1:00-4:00 Craft Club & Crochet	31 9:00 -10:00 Coffee Hour 11:00-12:30 Wii Bowling 1:00-4:00 Craft & Crochet Club 1:00-4:00 Board & Card Games (Clubhouse)			CALENDAR AND BUS SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME.	HAPPY Memorial Day