



# Desert Winds

## Retirement Community

20554 N 101st Ave • Peoria, AZ 85382 • (623) 362-1200

### Knock-Knock, New Year

January gets its name from the Latin word for door, since it opens the new year.

### Special Snowflakes

You've probably heard that no two snowflakes are the same. But how do we know this for sure? Scientists say it's a matter of probability: A fully formed snowflake has about a quintillion molecules (a quintillion is the number 1 followed by 18 zeroes). The chance of these molecules arranging themselves in the exact same way more than once is incredibly slim, especially when affected by constantly changing factors like temperature and humidity.

### Arriving in America

Historians estimate that over two-thirds of Americans can trace their ancestry to Ellis Island, the immigration station in New York Harbor that opened 130 years ago on Jan. 1, 1892. During the checkpoint's 62 years of operation, more than 12 million people passed through its doors on their way to a new life in the U.S.

### Cozy by the Fire

There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.

## January 2022



### Artful Inspiration

Pick up a pencil or paintbrush, visit a virtual gallery, listen to a symphony or explore another branch of creativity on Jan. 31, Inspire Your Heart With Art Day.

### Day of Service


Martin Luther King Jr. once proposed, "Life's most persistent and urgent question is: 'What are you doing for others?'" Honor King's legacy by volunteering on the annual holiday and national day of service.

### Logical Lunges for Your Brain

Happy World Logic Day on Jan. 14! Teasers and puzzles such as riddles, sudoku, word problems and rebus clues are all fun ways to challenge the brain. Because these types of puzzles involve creative problem-solving techniques that are different than everyday thoughts, solving them is like taking your brain to the gym, ensuring that your mental muscles are stretched.



# January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	bh = Bingo Hall lb = Lobby l = Library dr = Dining Room	m = Meeting Room 1nl = 1st Floor North Lounge t = Theater 2fn = 2nd Floor North	Beauty Salon Open Wednesdays and Thursdays	<b>All Events            Are Subject            to Change</b>	Birthstone - Garnet Flower - Carnation Color - Black and Dark Blue	<b>New Year's Day Dining Room</b> <b>Hours 11:30 - 6:00</b> 10:00 Knitting and Loom Ladies (bh) 10:00 Wii Bowling/Golf (t) 1:00 Pokeno (m) 3:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
2 9:15 Bus to Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (2fn)	3 2:00 Bingo (bh) 5:00 Texas Hold 'Em Poker (1nl)	4 10:00 Hand and Foot Card Game (1nl) 12:00 Groceries at Fry's or Bashas (lb) 2:00 Skip-Bo Card Game (m) 5:00 Mexican Train (m)	5 9:30 Tai Chi with Diane (bh) 10:30 Bible Fellowship (t) 12:00 Groceries at Fry's or Bashas (lb) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	6 8:45 Groceries at Fry's or Bashas (lb) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to Arrowhead Mall 2:00 "Golf" Card Game (m)	7 10:00 Breakfast at The Haymaker (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'Em Poker (1nl)	8 10:00 Knitting and Loom Ladies (bh) 10:00 Wii Bowling/Golf (t) 1:00 Pokeno (m) 3:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
9 9:15 Bus to Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (2fn)	10 9:00 Mini Manicures (m) 10:30 Chair Exercise with Lynn (bh) 11:30 Red Hat's Luncheon (pdr) 2:00 Bingo (bh) 5:00 Texas Hold 'Em Poker (1nl)	11 10:00 Hand and Foot Card Game (1nl) 12:00 Groceries at Fry's or Bashas (lb) 2:00 Entertainment with Singer Ronny Lee (lb) 2:00 Skip-Bo Card Game (m) 5:00 Mexican Train (m)	12 9:30 Tai Chi with Diane (bh) 10:30 Chair Exercise with Lynn (bh) 12:00 Groceries at Fry's or Bashas (lb) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	13 8:45 Groceries at Fry's or Bashas (lb) 9:30 Men's Coffee - Breakfast at Charley's Sports Grill (lb) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to Walmart (lb) 2:00 "Golf" Card Game (m) 2:00 It's Smoothie Time (lb)	14 <b>No Transportation</b> 8:45 Tour of Scottsdale Museum of the West then lunch at Oregano's (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'Em Poker (1nl)	15 10:00 Knitting and Loom Ladies (bh) 10:00 Wii Bowling/Golf (t) 1:00 Pokeno (m) 3:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
16 9:15 Bus to Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (2fn)	<b>Martin Luther King Jr. Day</b> 17 9:00 Harkins Movie Day (lb) 10:00 Trivia with Lynn (m) 2:00 Bingo (bh) 5:00 Texas Hold 'Em Poker (1nl)	18 9:00 Painting with Lynn and Jessica (m) 10:00 Hand and Foot Card Game (1nl) 12:00 Groceries at Fry's or Bashas (lb) 2:00 Skip-Bo Card Game (m) 5:00 Mexican Train (m)	19 9:30 Tai Chi with Diane (bh) 10:30 Bible Fellowship (t) 10:30 Chair Exercise with Lynn (bh) 12:00 Groceries at Fry's or Bashas (lb) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	20 8:45 Groceries at Fry's or Bashas (lb) 10:00 Chair Exercise with Lynn (bh) 10:00 Hand and Foot Card Game (1nl) 12:00 Bus to 99cent Store/Sprouts (lb) 2:00 "Golf" Card Game (m) 2:00 Happy Hour (lb)	21 10:00 Bean Bag Toss (l) 11:00 Lunch at Famous Dave's BBQ 2:00 Scrabble (bh) 5:00 Texas Hold 'Em Poker (1nl)	22 10:00 Knitting and Loom Ladies (bh) 10:00 Wii Bowling/Golf (t) 1:00 Pokeno (m) 3:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
23 9:15 Bus to Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (2fn)	24 9:00 Mini Manicures (m) 10:30 Chair Exercise with Lynn (bh) 2:00 Bingo (bh) 5:00 Texas Hold 'Em Poker (1nl)	25 10:00 Coloring with Lynn (m) 10:00 Hand and Foot Card Game (1nl) 12:00 Groceries at Fry's or Bashas (lb) 2:00 Live Jeopardy (lb) 2:00 Skip-Bo Card Game (m) 2:30 Catholic Mass (t) 5:00 Mexican Train (m)	26 9:30 Tai Chi with Diane (bh) 10:30 Chair Exercise with Lynn (bh) 12:00 Groceries at Fry's or Bashas (lb) 12:00 January Birthday Luncheon (dr) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	27 8:45 Groceries at Fry's or Bashas (lb) 10:00 Hand and Foot Card Game (1nl) 10:00 Ladies Social (bh) 11:30 Bus to Walmart (lb) 2:00 "Golf" Card Game (m) 2:00 Warm Winter Social (lb)	28 <b>No Transportation</b> 9:00 Bus to Talking Stick Casino (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'Em Poker (1nl)	29 10:00 Knitting and Loom Ladies (bh) 10:00 Wii Bowling/Golf (t) 1:00 Pokeno (m) 3:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
30 9:15 Bus to Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (2fn)	31 9:00 Mini Manicures (m) 2:00 Bingo (bh) 5:00 Texas Hold 'Em Poker (1nl)					



## ‘Speech, Speech!’

Many powerful words have been spoken throughout history, and they continue to inspire future generations. Give a round of applause to some of the most iconic addresses of all time:

Year	Speech	Speaker
1588	“Speech to the Troops at Tilbury”	Elizabeth I
1775	“Give Me Liberty or Give Me Death!”	Patrick Henry
1851	“Ain’t I a Woman?”	Sojourner Truth
1863	“The Gettysburg Address”	Abraham Lincoln
1877	“Surrender Speech”	Chief Joseph
1939	“Farewell to Baseball Address”	Lou Gehrig
1940	“Their Finest Hour”	Winston Churchill
1961	“Inaugural Address”	John F. Kennedy
1963	“I Have a Dream”	Martin Luther King Jr.
1987	“Remarks at the Brandenburg Gate”	Ronald Reagan
1993	“On the Pulse of Morning”	Maya Angelou

## “This Month In History” JANUARY

**1906:** The sport of football is forever changed when a new game rule makes the forward pass a legal play.

**1912:** New Mexico joins the union as the 47th state.

**1924:** The first Winter Olympics are held in Chamonix, France.

**1943:** Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

**1955:** Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African American to perform a leading role with the company.

**1968:** Country music star Johnny Cash records a live album by playing two concerts at California’s Folsom State Prison.

**1972:** U.S. President Richard M. Nixon orders the development of a “new type of space transportation system,” the space shuttle program.

**1986:** The first national Martin Luther King Jr. holiday is observed.

**1994:** A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

**2000:** Celebrations worldwide mark the turn of the new millennium.

**2011:** Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

**2015:** At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.