



# Desert Winds

## Retirement Community

20545 N Lake Pleasant Rd • Peoria, AZ 85382 • (623) 322-0600

### Staff Directory

Nora Dartoe.....Executive Director  
Courtney Brogdon.....Marketing Director  
Jessie Wilkins .....Nurse  
Miatta Anderson..Resident Care Coordinator  
Joy Bennett.....Activities Director  
Damien Shaffer.....Maintenance Director  
Raul Ramos.....Executive Chef

### Wild World: Cockatiel

Gray, white and yellow feathers, orange cheeks and tall crests identify these parrots. In the wild, cockatiels are only found in Australia, where they lead a nomadic lifestyle. Preferring open areas near water, they go where the wind takes them and the weather is favorable. These birds are also common and loved pets; they create deep bonds with their owners and are very communicative and emotional birds, whistling at the things and people they like. The males are able to mimic speech and sounds and enjoy performing, while the females are gentle and cuddly.

### Popular Pages: 'Pride and Prejudice'

Romance author extraordinaire Jane Austen is well known for her beautiful works of fiction. Her 1813 novel about Elizabeth Bennet and Mr. Fitzwilliam Darcy shows that you can't judge a person by a first impression. With a rocky start to their relationship, will Miss Bennet and Mr. Darcy let love slip through their fingers? Or can they overcome their own pride and prejudices to truly see one another? One of the most popular novels of all time, "Pride and Prejudice" has many modern adaptations in various media.

### January 2024



### Warm Up With Ginger Tea

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.

### Celebrating MLK Jr. Day

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.

### Walk and Talk

Walking is a convenient, low-intensity workout that can improve or maintain your overall health. Follow the talk test to gauge how hard you're working. If you can comfortably talk while walking, then you are successfully completing a moderate workout. But if you're able to sing, then you should up your pace.





January 2024

- FR

Fitness Room
- BR

Bistro
- AR

Activity Room
- MT

Movie Theater
- GR

Game Room
- FR

Fitness Room
- LB

Lobby
- LB

Library
- FR

Fitness Room

FR

Fitness Room

BR

Bistro

AR

Activity Room

MT

Movie Theater

GR

Game Room

FR

Fitness Room

LB




Lobby

LB

Library

FR

Fitness Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div><b>New Year's Day</b> 1</div> <div>9:00 <span>FR</span> Walking Club </div> <div>9:30 <span>BR</span> <b>Coffee Social Hour</b></div> <div>12:30 <span>AR</span> Dime Bingo</div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>3:00 <span>MT</span> Balloon Tennis</div> <div>3:00 <span>LB</span> Hot Cocoa Bar</div> <div>5:00 <span>LB</span> Fireside Chat</div>	<div>2</div> <div>8:30 <span>MT</span> Chair Tai Chi and Meditation </div> <div>9:30 <span>LB</span> Bible Study</div> <div>9:30 <span>BR</span> <b>Coffee Social Hour</b></div> <div>10:30 <span>LB</span> Readers' Club</div> <div>12:00 <span>MT</span> Movie Time</div> <div>3:00 <span>LB</span> <b>Lobby Games</b></div> <div>3:00 <span>GR</span> Puzzles &amp; Games</div>	<div>3</div> <div>8:30 <span>FR</span> Workout Wednesdays </div> <div>9:00 <b>Shopping Outing - Sign Up</b> </div> <div>10:00 <span>BR</span> Girl Talk - Women's Support Group</div> <div>12:30 <span>AR</span> Bingo</div> <div>2:00 <span>LB</span> <b>Wine Wednesday</b></div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>5:00 <span>LB</span> Fireside Chat</div>	<div>4</div> <div>8:30 <span>MT</span> Chair Tai Chi and Meditation </div> <div>9:30 <span>AR</span> Spa &amp; Relax Time</div> <div>12:00 <span>MT</span> <b>Movie Time</b></div> <div>3:00 <span>MT</span> Balloon Tennis</div> <div>3:00 <span>GR</span> Puzzles</div>	<div>5</div> <div>9:00 <span>BR</span> Coffee Social w/ Pastries</div> <div>10:00 <span>AR</span> Crafts</div> <div>12:30 <span>AR</span> Bingo</div> <div>2:00 <span>LB</span> <b>Happy Hour w/ Entertainment</b></div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>5:00 <span>LB</span> Fireside Chat</div>	<div>6</div> <div>8:00 Walking Club </div> <div>9:00 <span>AR</span> Puzzles</div> <div>2:00 <span>MT</span> Saturday Movie Matinee</div> <div>3:30 <span>GR</span> Cards: Uno, Phase 10, Rummy</div>
<div>7</div> <div>8:00 Courtyard Chats</div> <div>9:00 <span>BR</span> Coffee Corner - Coffee Bar</div> <div>10:00 <span>LB</span> CCV Church Streaming Live on TV</div> <div>10:30 <span>GR</span> Uno</div> <div>2:00 <span>MT</span> Sunday Movie</div> <div>2:30 <span>GR</span> Phase 10</div>	<div>8</div> <div>9:00 <span>FR</span> Walking Club </div> <div>9:30 <span>BR</span> <b>Coffee Social Hour</b></div> <div>12:30 <span>AR</span> Dime Bingo</div> <div>2:00 <span>AR</span> <b>Baking Time</b></div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>5:00 <span>LB</span> Fireside Chat</div>	<div>9</div> <div>8:30 <span>MT</span> Chair Tai Chi and Meditation </div> <div>9:30 <span>LB</span> Bible Study</div> <div>9:30 <span>BR</span> <b>Coffee Social Hour</b></div> <div>10:30 <span>LB</span> Readers' Club</div> <div>12:00 <span>MT</span> Movie Time</div> <div>2:00 <span>LB</span> <b>Music by Freddy G as ELVIS!</b></div> <div>3:00 <span>GR</span> Puzzles &amp; Games</div>	<div>10</div> <div>8:30 <span>FR</span> Workout Wednesdays </div> <div>9:00 <b>Walmart Shopping Outing - Sign Up</b> </div> <div>10:00 <span>BR</span> Girl Talk - Women's Support Group</div> <div>12:30 <span>AR</span> Bingo</div> <div>2:00 <span>LB</span> <b>Wine Wednesday</b></div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>5:00 <span>LB</span> Fireside Chat</div>	<div>11</div> <div>8:30 <span>MT</span> Chair Tai Chi and Meditation </div> <div>9:30 <span>AR</span> Spa &amp; Relax Time</div> <div>12:00 <span>MT</span> <b>Movie Time</b></div> <div>2:00 <span>LB</span> <b>Social Hour w/ Ice Cream</b></div> <div>3:00 <span>GR</span> Puzzles</div>	<div>12</div> <div>9:00 <span>BR</span> Coffee Social w/ Pastries</div> <div>10:00 <span>AR</span> Crafts</div> <div>12:30 <span>AR</span> Bingo</div> <div>2:00 <span>LB</span> <b>Happy Hour</b></div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>5:00 <span>LB</span> Fireside Chat</div>	<div>13</div> <div>8:00 Walking Club </div> <div>9:00 <span>AR</span> Puzzles</div> <div>2:00 <span>MT</span> Saturday Movie Matinee</div> <div>3:30 <span>GR</span> Cards: Uno, Phase 10, Rummy</div>
<div>14</div> <div>8:00 Courtyard Chats</div> <div>9:00 <span>BR</span> Coffee Corner - Coffee Bar</div> <div>10:00 <span>LB</span> CCV Church Streaming Live on TV</div> <div>10:30 <span>GR</span> Uno</div> <div>2:00 <span>MT</span> Sunday Movie</div> <div>2:30 <span>GR</span> Phase 10</div>	<div>15</div> <div><b>Martin Luther King Jr. Day</b></div> <div>9:00 <span>FR</span> Walking Club </div> <div>9:30 <span>BR</span> <b>Coffee Social Hour</b></div> <div>12:30 <span>AR</span> Dime Bingo</div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>3:00 <span>MT</span> Balloon Tennis</div> <div>3:00 <span>LB</span> Hot Cocoa Bar</div> <div>5:00 <span>LB</span> Fireside Chat</div>	<div>16</div> <div>8:30 <span>MT</span> Chair Tai Chi and Meditation </div> <div>9:30 <span>LB</span> Bible Study</div> <div>9:30 <span>BR</span> <b>Coffee Social Hour</b></div> <div>10:30 <span>LB</span> Readers' Club</div> <div>12:00 <span>MT</span> Movie Time</div> <div>2:00 <b>Resident Council Meeting</b></div> <div>3:00 <span>GR</span> Puzzles &amp; Games</div>	<div>17</div> <div>8:30 <span>FR</span> Workout Wednesdays </div> <div>9:00 <b>Shopping Outing - Sign Up</b> </div> <div>10:00 <span>BR</span> Girl Talk - Women's Support Group</div> <div>12:30 <span>AR</span> Bingo</div> <div>2:00 <span>LB</span> <b>Wine Wednesday w/ Entertainment</b></div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>5:00 <span>LB</span> Fireside Chat</div>	<div>18</div> <div>8:30 <span>MT</span> Chair Tai Chi and Meditation </div> <div>9:30 <span>AR</span> Spa &amp; Relax Time</div> <div>12:00 <span>MT</span> <b>Movie Time</b></div> <div>3:00 <span>MT</span> Balloon Tennis</div> <div>3:00 <span>GR</span> Puzzles</div>	<div>19</div> <div>9:00 <span>BR</span> Coffee Social w/ Pastries</div> <div>10:00 <span>AR</span> Crafts</div> <div>12:30 <span>AR</span> Bingo</div> <div>2:00 <span>LB</span> <b>Happy Hour w/ Entertainment</b></div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>5:00 <span>LB</span> Fireside Chat</div>	<div>20</div> <div>8:00 Walking Club </div> <div>9:00 <span>AR</span> Puzzles</div> <div>2:00 <span>MT</span> Saturday Movie Matinee</div> <div>3:30 <span>GR</span> Cards: Uno, Phase 10, Rummy</div>
<div>21</div> <div>8:00 Courtyard Chats</div> <div>9:00 <span>BR</span> Coffee Corner - Coffee Bar</div> <div>10:00 <span>LB</span> CCV Church Streaming Live on TV</div> <div>10:30 <span>GR</span> Uno</div> <div>2:00 <span>MT</span> Sunday Movie</div> <div>2:30 <span>GR</span> Phase 10</div>	<div>22</div> <div>9:00 <span>FR</span> Walking Club </div> <div>9:30 <span>BR</span> <b>Coffee Social Hour</b></div> <div>12:30 <span>AR</span> Dime Bingo</div> <div>2:00 <span>AR</span> <b>Baking Time</b></div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>5:00 <span>LB</span> Fireside Chat</div>	<div>23</div> <div>8:30 <span>MT</span> Chair Tai Chi and Meditation </div> <div>9:30 <span>LB</span> Bible Study</div> <div>9:30 <span>BR</span> <b>Coffee Social Hour</b></div> <div>10:30 <span>LB</span> Readers' Club</div> <div>12:00 <span>MT</span> Movie Time</div> <div>3:00 <span>LB</span> <b>Lobby Games</b></div> <div>3:00 <span>GR</span> Puzzles &amp; Games</div>	<div>24</div> <div>8:30 <span>FR</span> Workout Wednesdays </div> <div>9:00 <b>Walmart Shopping Outing - Sign Up</b> </div> <div>10:00 <span>BR</span> Girl Talk - Women's Support Group</div> <div>12:30 <span>AR</span> Bingo</div> <div>2:00 <span>LB</span> <b>Wine Wednesday w/ Entertainment</b></div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>5:00 <span>LB</span> Fireside Chat</div>	<div>25</div> <div>8:30 <span>MT</span> Chair Tai Chi and Meditation </div> <div>9:30 <span>AR</span> Spa &amp; Relax Time</div> <div>10:00 <span>LB</span> <b>Zumba -With Nora &amp; Patience</b></div> <div>12:00 <span>MT</span> <b>Movie Time</b></div> <div>2:00 <span>LB</span> <b>Social Hour w/ Ice Cream</b></div> <div>3:00 <span>GR</span> Puzzles</div>	<div>26</div> <div>9:00 <span>BR</span> Coffee Social w/ Pastries</div> <div>10:00 <span>AR</span> Crafts</div> <div>12:30 <span>AR</span> Bingo</div> <div>2:00 <span>LB</span> <b>Happy Hour</b></div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>5:00 <span>LB</span> Fireside Chat</div>	<div>27</div> <div>8:00 Walking Club </div> <div>9:00 <span>AR</span> Puzzles</div> <div>2:00 <span>MT</span> Saturday Movie Matinee</div> <div>3:30 <span>GR</span> Cards: Uno, Phase 10, Rummy</div>
<div>28</div> <div>8:00 Courtyard Chats</div> <div>9:00 <span>BR</span> Coffee Corner - Coffee Bar</div> <div>10:00 <span>LB</span> CCV Church Streaming Live on TV</div> <div>10:30 <span>GR</span> Uno</div> <div>2:00 <span>MT</span> Sunday Movie</div> <div>2:30 <span>GR</span> Phase 10</div>	<div>29</div> <div>9:00 <span>FR</span> Walking Club </div> <div>9:30 <span>BR</span> <b>Coffee Social Hour</b></div> <div>12:30 <span>AR</span> Dime Bingo</div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>3:00 <span>MT</span> Balloon Tennis</div> <div>3:00 <span>LB</span> Hot Cocoa Bar</div> <div>5:00 <span>LB</span> Fireside Chat</div>	<div>30</div> <div>8:30 <span>MT</span> Chair Tai Chi and Meditation </div> <div>9:30 <span>LB</span> Bible Study</div> <div>9:30 <span>BR</span> <b>Coffee Social Hour</b></div> <div>10:30 <span>LB</span> Readers' Club</div> <div>12:00 <span>MT</span> Movie Time</div> <div>3:00 <span>LB</span> <b>Lobby Games</b></div> <div>3:00 <span>GR</span> Puzzles &amp; Games</div>	<div>31</div> <div>8:30 <span>FR</span> Workout Wednesdays </div> <div>9:00 <b>Shopping Outing - Sign Up</b> </div> <div>10:00 <span>BR</span> Girl Talk - Women's Support Group</div> <div>12:30 <span>AR</span> Bingo</div> <div>2:00 <span>LB</span> <b>Wine Wednesday</b></div> <div>2:30 <span>GR</span> Phase 10 &amp; Card Games</div> <div>5:00 <span>LB</span> Fireside Chat</div>			



## Champions of the Ice

Each January, the country's best skaters take to the ice for the U.S. Figure Skating Championships. Give a round of applause to some previous gold medal winners.

<u>Year</u>	<u>Men's Champion</u>	<u>Ladies' Champion</u>
1946	Dick Button	Gretchen Merrill
1957	David Jenkins	Carol Heiss
1968	Tim Wood	Peggy Fleming
1976	Terry Kubicka	Dorothy Hamill
1984	Scott Hamilton	Rosalynn Sumners
1997	Todd Eldredge	Tara Lipinski
2003	Michael Weiss	Michelle Kwan
2019	Nathan Chen	Alysa Liu

## "This Month In History" JANUARY

**1906:** "M'm! M'm! Good!" Campbell Soup Company registers a trademark for the red and white label design of its canned soups.

**1927:** Outside Chicago, the Harlem Globetrotters exhibition basketball team plays its first game.

**1949:** Honoring the new medium of television, the first Emmy Awards are presented at a ceremony in Hollywood.

**1959:** The jet age takes off as American Airlines begins the first cross-country jet service. Passengers could fly between Los Angeles and New York City in about five hours.

**1961:** John F. Kennedy becomes the first U.S. president to hold a live televised news conference.

**1977:** When a cold front barrels across Florida, snow falls for the first—and only—time in the city of Miami.

**1980:** American Mary Decker becomes the first woman to run a mile in under 4.5 minutes.

**1991:** The Persian Gulf War begins when the U.S. launches Operation Desert Storm.

**2002:** Twelve countries in the European Union officially change their currencies to the new euro.

**2010:** At 2,717 feet, the Burj Khalifa skyscraper in Dubai, United Arab Emirates, opens as the world's tallest building.

**2019:** Missy Elliott makes music history as the first female rapper inducted into the Songwriters Hall of Fame.