



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 WilkinsNurse
Miatta Anderson....Resident Care Coordinator
Joy Bennett.....Activities Director
Damien Shaffer.....Maintenance Director
Raul Ramos.....Executive Chef

Famous Faces Born in March

March 2, 1968: Daniel Craig
March 3, 1997: Camila Cabello
March 7, 1974: Jenna Fischer
March 9, 1979: Oscar Isaac
March 16, 1986: Alexandra Daddario
March 23, 1973: Jason Kidd
March 27, 1997: Lalisa "Lisa" Manobal
March 31, 1948: Rhea Perlman

A Rhythmic Birthday

A birthday is so much fun; celebrations have begun. Over a century since his birth, his poems still hold their worth. Rhyme along with Dr. Seuss on his 120th birth anniversary, March 2.



Journal Prompt: Creativity

Creative works, like movies, books and games, keep the world interesting and fun! Try this creative exercise: Think of a dream you had recently and write or draw something inspired by it.

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.



March 2024

- AR Activity Room
- MT Movie Theater
- GR Game Room
- Outing
- LB Lobby
- LB Library
- BR Bistro

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>HELLO</div><div>March</div></div>	<div></div>	<div>EVENTS ARE SUBJECT TO CHANGE</div>	<div></div>	<div></div>	<div>1<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>10:00 AR Crafts</div><div>12:30 LB DIME BINGO</div><div>2:00 LB HAPPY HOUR W/ ENTERTAINMENT</div><div>2:30 GR Phase 10 & Card Games</div></div>	<div>2<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>9:00 GR Resident Puzzles</div><div>10:00 LB TV Trivia</div><div>12:30 LB DIME BINGO</div><div>2:00 MT Saturday Movie Matinee</div><div>3:30 GR Cards: Uno, Phase 10, Rummy</div></div>
<div>3<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>10:00 LB CCV Church Streaming Live on TV</div><div>10:30 MT Balloon Games</div><div>10:30 GR Card Games - Uno, Phase 10</div><div>1:00 MT Sunday Movie</div><div>2:00 LB Lobby Games</div></div>	<div>4<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>12:30 LB DIME BINGO</div><div>2:00 AR BAKING TIME</div><div>2:30 GR Phase 10 & Card Games</div></div>	<div>5<div>8:00 Resident Walking</div><div>8:30 MT Resident Chair Tai Chi</div><div>9:00 BR Resident Coffee Social</div><div>10:00 AR Nails / Spa Social</div><div>10:30 LB Building Tour for Residents</div><div>12:30 AR Gardening</div><div>1:30 LB Lobby Games</div><div>2:30 GR Puzzles & Games</div></div>	<div>6<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>9:00 Walmart Shopping Outing -Sign Up</div><div>12:30 LB DIME BINGO</div><div>2:00 LB Wine Wednesday w/ Entertainment</div><div>2:30 GR Phase 10 & Card Games</div></div>	<div>7<div>8:00 Resident Walking</div><div>8:30 MT Resident Chair Tai Chi</div><div>9:00 AR Pen Pal - Writing Club</div><div>9:00 BR Resident Coffee Social</div><div>9:30 MT Bible Study w/ Linda R</div><div>10:00 AR Crafting</div><div>1:00 MT Nintendo Wii Games</div><div>2:00 LB Social Hour w/ Ice Cream</div></div>	<div>8<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>10:00 AR Crafts</div><div>12:30 LB DIME BINGO</div><div>2:00 LB HAPPY HOUR W/ ENTERTAINMENT</div><div>2:30 GR Phase 10 & Card Games</div></div>	<div>9<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>9:00 GR Resident Puzzles</div><div>10:00 LB TV Trivia</div><div>12:30 LB DIME BINGO</div><div>2:00 MT Saturday Movie Matinee</div><div>3:30 GR Cards: Uno, Phase 10, Rummy</div></div>
<div>10<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>10:00 LB CCV Church Streaming Live on TV</div><div>10:30 MT Balloon Games</div><div>10:30 GR Card Games - Uno, Phase 10</div><div>1:00 MT Sunday Movie</div><div>2:00 LB Lobby Games</div></div>	<div>11<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>12:30 LB DIME BINGO</div><div>1:00 LB Movie in the Lobby</div><div>2:30 GR Phase 10 & Card Games</div></div>	<div>12<div>8:00 Resident Walking</div><div>8:30 MT Resident Chair Tai Chi</div><div>9:00 MT Exercises & Stretching</div><div>9:00 BR Resident Coffee Social</div><div>10:00 AR Crafting</div><div>1:30 LB Lobby Games</div><div>2:30 GR Puzzles & Games</div></div>	<div>13<div>8:00 Resident Walking</div><div>9:00 Shopping Outing -Fry's -Sign Up</div><div>9:00 BR Resident Coffee Social</div><div>12:30 LB DIME BINGO</div><div>2:00 LB Wine Wednesday</div><div>2:30 GR Phase 10 & Card Games</div></div>	<div>14<div>Happy Birthday LARRY R.!!!!</div><div>8:00 Resident Walking</div><div>8:30 MT Resident Chair Tai Chi</div><div>9:00 AR Pen Pal - Writing Club</div><div>9:00 BR Resident Coffee Social</div><div>9:30 MT Bible Study w/ Linda R</div><div>1:00 LB Movie in the Lobby</div><div>2:00 LB Hot Cocoa Bar</div></div>	<div>15<div>ST. PATRICK'S DAY CELEBRATION</div><div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>10:00 AR Crafts</div><div>12:30 LB DIME BINGO</div><div>2:00 LB ST. PATRICK'S DAY CELEBRATION W/ ENTERTAINMENT</div><div>2:30 GR Phase 10 & Card Games</div></div>	<div>16<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>9:00 GR Resident Puzzles</div><div>10:00 LB TV Trivia</div><div>12:30 LB DIME BINGO</div><div>2:00 MT Saturday Movie Matinee</div><div>3:30 GR Cards: Uno, Phase 10, Rummy</div></div>
<div>17<div>Happy St. Patrick's Day</div><div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>10:00 LB CCV Church Streaming Live on TV</div><div>10:30 MT Balloon Games</div><div>10:30 GR Card Games - Uno, Phase 10</div><div>1:00 MT Sunday Movie</div><div>2:00 LB Lobby Games</div></div>	<div>18<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>12:30 LB DIME BINGO</div><div>2:00 AR BAKING TIME</div><div>2:30 GR Phase 10 & Card Games</div></div>	<div>19<div>8:00 Resident Walking</div><div>8:30 MT Resident Chair Tai Chi</div><div>9:00 BR Resident Coffee Social</div><div>10:00 AR Nails / Spa Social</div><div>10:30 LB Building Tour for Residents</div><div>12:30 AR Gardening</div><div>1:30 LB Lobby Games</div><div>2:00 Resident Council Meeting</div><div>2:30 GR Puzzles & Games</div></div>	<div>20<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>9:00 Walmart Shopping Outing -Sign Up</div><div>12:30 LB DIME BINGO</div><div>2:00 LB Wine Wednesday</div><div>2:30 GR Phase 10 & Card Games</div></div>	<div>21<div>Happy Birthday NEIL !!!!</div><div>8:00 Resident Walking</div><div>8:30 MT Resident Chair Tai Chi</div><div>9:00 AR Pen Pal - Writing Club</div><div>9:00 BR Resident Coffee Social</div><div>9:30 MT Bible Study w/ Linda R</div><div>10:00 AR Crafting</div><div>1:00 MT Nintendo Wii Games</div><div>2:00 LB Social Hour w/ Ice Cream</div></div>	<div>22<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>10:00 AR Crafts</div><div>12:30 LB DIME BINGO</div><div>2:00 LB HAPPY HOUR W/ ENTERTAINMENT</div><div>2:30 GR Phase 10 & Card Games</div></div>	<div>23<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>9:00 GR Resident Puzzles</div><div>10:00 LB TV Trivia</div><div>12:30 LB DIME BINGO</div><div>2:00 MT Saturday Movie Matinee</div><div>3:30 GR Cards: Uno, Phase 10, Rummy</div></div>
<div>24<div>8:00 Resident Walking</div><div>10:00 LB CCV Church Streaming Live on TV</div><div>10:30 MT Balloon Games</div><div>1:00 MT Sunday Movie</div><div>2:00 LB Lobby Games</div></div>	<div>25<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>12:30 LB DIME BINGO</div><div>1:00 LB Movie in the Lobby</div><div>2:30 GR Phase 10 & Card Games</div></div>	<div>26<div>8:00 Resident Walking</div><div>8:30 MT Resident Chair Tai Chi</div><div>9:00 MT Exercises & Stretching</div><div>9:00 BR Resident Coffee Social</div><div>10:00 AR Crafting</div><div>10:00 BR Meet & Greet New Residents</div><div>1:30 LB Lobby Games</div><div>2:30 GR Puzzles & Games</div></div>	<div>27<div>8:00 Resident Walking</div><div>9:00 Shopping Outing -Goodwill -Sign Up</div><div>9:00 BR Resident Coffee Social</div><div>12:30 LB DIME BINGO</div><div>2:00 LB Wine Wednesday</div><div>2:30 GR Phase 10 & Card Games</div></div>	<div>28<div>8:00 Resident Walking</div><div>8:30 MT Resident Chair Tai Chi</div><div>9:00 AR Pen Pal - Writing Club</div><div>9:00 BR Resident Coffee Social</div><div>9:30 MT Bible Study w/ Linda R</div><div>10:00 LB Zumba -With Nora & Patience</div><div>1:00 LB Movie in the Lobby</div><div>2:00 LB Hot Cocoa Bar</div></div>	<div>29<div>EASTER CELEBRATION</div><div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>10:00 AR Crafts</div><div>1:00 LB EASTER CELEBRATION/ ENTERTAINMENT</div><div>2:30 GR Phase 10 & Card Games</div></div>	<div>30<div>8:00 Resident Walking</div><div>9:00 BR Resident Coffee Social</div><div>9:00 GR Resident Puzzles</div><div>10:00 LB TV Trivia</div><div>12:30 LB DIME BINGO</div><div>2:00 MT Saturday Movie Matinee</div><div>3:30 GR Cards: Uno, Phase 10, Rummy</div></div>
<div>31<div>Happy Easter</div><div>8:00 Resident Walking</div><div>10:00 LB CCV Church Streaming Live on TV</div><div>10:30 MT Balloon Games</div><div>1:00 MT Sunday Movie</div><div>2:00 LB Lobby Games</div></div>						



Fitness Trends

The quest to get and stay fit has taken on many forms over the decades, from Jack LaLanne's TV calisthenics to tracking fitness with technology. Exercise your memories of history's fitness fads.

Decade	Fitness Trends
1950s	Calisthenics, jumping jacks, hula hoops
1960s	5BX (Five Basic Exercises), vibrating belts, stretch classes
1970s	Jazzercise, body building, Nautilus machines
1980s	Aerobics, NordicTrack, workout videos
1990s	Tae Bo, ThighMaster, boot camps, step aerobics
2000s	Pilates, Zumba, Wii and Xbox fitness games, kickboxing
2010s	CrossFit, yoga, wearable fitness trackers

"This Month In History" MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army Airmen is activated for service in World War II.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It's still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.

2020: The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.