



# Desert Winds

## Retirement Community

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

### Looking for Luck

"Four-leaf clovers aren't rare ... People who look for them are." —Christy Jordan

### Rainy Day Wonder

If you're looking for a rainbow after a spring shower, make sure you're facing away from the sun. The best time of day to see one is just after sunrise or just before sunset.

### Memorable Melody: 'Green Onions'

You've likely heard this instrumental number by Booker T. & the MGs, even if you're unfamiliar with its title. Featured in countless films, TV shows and advertisements, the bluesy tune came about almost by accident! A group of studio musicians were jamming in the recording booth while waiting for a singer to arrive, and keyboardist Booker T. Jones began riffing a melody on the electric organ. Within 20 minutes, they had recorded the final take of the track, naming it "Green Onions" because of the "funky" bassline.

### America's Barn Quilts

An emblem of Americana, bright and colorful quilt blocks are cropping up across the country—on the sides of barns! Painted on wooden or aluminum squares, barn quilts are large-scale versions of traditional patterns used in fabric quilting. Preserving history and heritage while beautifying the landscape, these unique works of art invite travelers to discover them on one of the many barn quilt trails throughout the U.S.

## 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I - Library 1nl - 1st Floor North Lounge t - Theater 1sl - 1st Floor South Lounge	bh - Bingo Hall lb - Lobby dr - Dining Room m - Meeting Room	Birthstone - Aquamarine Flowers - Jonquil or Daffodil Color - White		All Events Are Subject to Change	No Transportation 1 9:00 Bus to Talking Stick Casino (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	2 10:00 Knitting and Loom Ladies (m) 1:00 Movie (cc) (t) 1:00 Pokeno (m) 2:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
3 9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (l)	4 No Transportation 9:00 Mini Manicures (m) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	5 10:00 Hand and Foot Card Game (1nl) 10:30 Chair Exercise with Lynn (bh) 12:00 Groceries at Fry's or Bashas' (lb) 1:00 Mexican Train (1sl) 1:00 Movie (cc) (t) 2:00 Entertainment with Guitarist/Singer Ronny Lee (lb) 2:00 Skip-Bo Card Game (m)	6 10:00 Chair Exercise with Lynn (bh) 10:30 Bible Fellowship (t) 12:00 Groceries at Fry's or Bashas' (lb) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	7 8:45 Groceries at Fry's or Bashas' (lb) 10:00 Coloring with Lynn (m) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to Arrowhead Mall (lb) 2:00 "Golf" Card Game (m) 2:00 It's Smoothie Time (lb)	8 9:00 Resident Appreciation Breakfast (dr) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	9 10:00 Knitting and Loom Ladies (m) 1:00 Movie (cc) (t) 1:00 Pokeno (m) 2:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
10 Daylight Saving Time Begins 9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (l)	11 No Transportation 9:00 Mini Manicures (m) 1:00 Community Rosary (t) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	12 10:00 Hand and Foot Card Game (1nl) 10:00 Jewelry Show by Dorothy (lb) 10:30 Chair Exercise with Lynn (bh) 12:00 Groceries at Fry's or Bashas' (lb) 12:30 Red Hat Ladies Luncheon (dr) 1:00 Mexican Train (1sl) 1:00 Movie (cc) (t) 2:00 Skip-Bo Card Game (m)	13 10:00 Chair Exercise with Lynn (bh) 12:00 Groceries at Fry's or Bashas' (lb) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	14 8:45 Groceries at Fry's or Bashas' (lb) 9:30 Men's Coffee (m) 10:00 Hand and Foot Card Game (1nl) 10:00 Sew Lovely with Karen--Hand Sewn Crafts (lb) 11:30 Bus to Walmart (lb) 2:00 "Golf" Card Game (m)	15 No Transportation Dining Room Will Close at 2:00 2:00 Scrabble (bh) 3:00 St. Patrick's Day Dinner with Entertainment by Dale Mathis (dr) 5:00 Texas Hold 'em Poker (1nl)	16 10:00 Knitting and Loom Ladies (m) 1:00 Movie (cc) (t) 1:00 Pokeno (m) 2:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
17 St. Patrick's Day 9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (l)	18 No Transportation 9:00 Mini Manicures (m) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	19 First Day of Spring 10:00 Hand and Foot Card Game (1nl) 10:30 Chair Exercise with Lynn (bh) 12:00 Groceries at Fry's or Bashas' (lb) 1:00 Mexican Train (1sl) 1:00 Movie (cc) (t) 2:00 Entertainment with Singer T.A. Burrows (lb) 2:00 Skip-Bo Card Game (m)	20 10:00 Bean Bag Toss (l) 10:30 Bible Fellowship (t) 12:00 Groceries at Fry's or Bashas' (lb) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	21 8:45 Groceries at Fry's or Bashas' (lb) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to 99 Cent Store/Sprouts (lb) 1:00 Sunrise Mountain Library (lb) 2:00 "Golf" Card Game (m) 2:00 Spring Fling Social (lb)	22 10:00 Chair Exercise with Lynn (bh) 11:00 Famous Dave's Bar-B-Que (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	23 10:00 Knitting and Loom Ladies (m) 1:00 Movie (cc) (t) 1:00 Pokeno (m) 2:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
24 Palm Sunday 9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (l)	25 No Transportation 9:00 Mini Manicures (m) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	26 10:00 Hand and Foot Card Game (1nl) 11:00 Red Hat Ladies Lunch at Cheesecake Factory (lb) 12:00 Groceries at Fry's or Bashas' (lb) 1:00 Mexican Train (1sl) 1:00 Movie (cc) (t) 2:00 Skip-Bo Card Game (m) 2:30 Catholic Mass (t)	27 10:00 Trivia with Lynn (m) 12:00 Groceries at Fry's or Bashas' (lb) 12:00 March Birthday Luncheon (dr) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	28 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 Happy Hour (lb)	29 No Transportation - Good Friday 10:00 Chair Exercise with Lynn (bh) 11:00 Handel's Homemade Ice Cream (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	30 10:00 Knitting and Loom Ladies (m) 1:00 Movie (cc) (t) 1:00 Pokeno (m) 2:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
31 Easter 9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (l)						





## 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.