



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

Sweet Spring Flower

Violets are among the first flowers to bloom in the spring, offering cheer to all who see them.

The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests.

Most types of violets have green heart-shaped leaves and flowers made of five petals. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face.

The violet was a favorite of ancient Greeks, who used the flower for food, medicine and decoration. Violets are said to symbolize love, loyalty, nobility and humility.

The flower's sweet fragrance has been a staple scent in the perfume industry. In cuisine, edible violet petals are sometimes used to garnish cakes and other desserts, and as an ingredient in salads and savory dishes.

April 2024



Welcome to April

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools' Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!

Dabble in Scrabble

Have some F-U-N on April 13, National Scrabble Day. Fans of the popular board game often turn to "The Official Scrabble Players Dictionary," which was most recently updated in 2022 and now contains more than 100,000 words. Improve your Scrabble strategy by brushing up on two-letter words—they can often be placed to take advantage of double or triple score squares.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>EVENTS ARE SUBJECT TO CHANGE.</p>	<p>1</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 12:30 AR DIME BINGO 2:00 AR BAKING TIME 2:30 GR Phase 10 & Card Games</p>	<p>2</p> <p>8:00 Resident Walking 8:30 MT Resident Chair Tai Chi 9:00 BR Resident Coffee Social 10:00 AR Nails / Spa Social 10:30 LB Building Tour for Residents 1:00 LB Lobby Games 2:30 GR Puzzles & Games</p>	<p>3</p> <p>8:00 Resident Walking 8:30 Walmart Shopping Outing - Sign Up 9:00 BR Resident Coffee Social 12:30 AR DIME BINGO 2:00 LB Wine Wednesday w/ Entertainment 2:30 GR Phase 10 & Card Games</p>	<p>4</p> <p>Happy Birthday Patricia M. & Myrna T. 8:00 Resident Walking 8:30 MT Resident Chair Tai Chi 9:00 AR Pen Pal - Writing Club 9:00 BR Resident Coffee Social 9:30 MT Communion W/ Linda R 10:00 AR Crafting 1:00 MT Nintendo Wii Games 2:00 LB Social Hour w/ Ice Cream</p>	<p>5</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 10:30 AR Crafts 12:30 AR DIME BINGO 2:00 LB Happy Hour 2:30 GR Phase 10 & Card Games</p>	<p>6</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 9:00 GR Resident Puzzles 10:30 LB TV Trivia 12:30 AR DIME BINGO 2:00 LB Saturday Movie Matinee 3:30 GR Cards: Uno, Phase 10, Rummy</p>
<p>7</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 10:00 LB CCV Church Streaming Live on TV 10:30 GR Card Games - Uno, Phase 10, 12:30 LB Sunday Movie 1:30 MT Balloon Games</p>	<p>8</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 12:30 AR DIME BINGO 2:00 AR GARDENING 2:30 GR Phase 10 & Card Games</p>	<p>9</p> <p>8:00 Resident Walking 8:30 MT Resident Chair Tai Chi 9:00 MT Exercises & Stretching 9:00 BR Resident Coffee Social 10:00 AR Crafting 1:00 LB Lobby Games 2:00 Chris - Haas Medical Equip Tune Up 2:30 GR Puzzles & Games</p>	<p>10</p> <p>8:00 Resident Walking 8:30 OUTING - Sign up at Front Desk 9:00 BR Resident Coffee Social 12:30 AR DIME BINGO 2:00 LB Wine Wednesday w/ Entertainment 2:30 GR Phase 10 & Card Games</p>	<p>11</p> <p>8:00 Resident Walking 8:30 MT Resident Chair Tai Chi 9:00 AR Pen Pal - Writing Club 9:00 BR Resident Coffee Social 9:30 MT Bible Study W/ Linda R 1:00 LB Movie Time 2:00 LB Hot Cocoa Bar 3:00 LB TV Trivia</p>	<p>12</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 10:30 AR Crafts 12:30 AR DIME BINGO 2:00 LB Happy Hour w/ Entertainment 2:30 GR Phase 10 & Card Games</p>	<p>13</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 9:00 GR Resident Puzzles 10:30 LB TV Trivia 12:30 AR DIME BINGO 2:00 LB Saturday Movie Matinee 3:30 GR Cards: Uno, Phase 10, Rummy</p>
<p>14</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 10:00 LB CCV Church Streaming Live on TV 10:30 GR Card Games - Uno, Phase 10, 12:30 LB Sunday Movie 1:30 MT Games</p>	<p>15</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 12:30 AR DIME BINGO 2:00 AR BAKING TIME 2:30 GR Phase 10 & Card Games</p>	<p>16</p> <p>Happy Birthday Larry S. 8:00 Resident Walking 8:30 MT Resident Chair Tai Chi 9:00 BR Resident Coffee Social 10:00 AR Nails / Spa Social 10:30 LB Building Tour for Residents 1:00 LB Lobby Games 2:00 AR Resident Council Meeting 2:30 GR Puzzles & Games</p>	<p>17</p> <p>8:00 Resident Walking 8:30 Walmart Shopping Outing - Sign Up 9:00 BR Resident Coffee Social 12:30 AR DIME BINGO 2:00 LB Wine Wednesday w/ Entertainment 2:30 GR Phase 10 & Card Games</p>	<p>18</p> <p>8:00 Resident Walking 8:30 MT Resident Chair Tai Chi 9:00 AR Pen Pal - Writing Club 9:00 BR Resident Coffee Social 9:30 MT Bible Study W/ Linda R 10:00 AR Crafting 1:00 LB SPRING FLING & FUN</p>	<p>19</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 10:30 AR Crafts 12:30 AR DIME BINGO 2:00 LB Happy Hour 2:30 GR Phase 10 & Card Games</p>	<p>20</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 9:00 GR Resident Puzzles 10:30 LB TV Trivia 12:30 AR DIME BINGO 2:00 LB Saturday Movie Matinee 3:30 GR Cards: Uno, Phase 10, Rummy</p>
<p>21</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 10:00 LB CCV Church Streaming Live on TV 10:30 GR Card Games - Uno, Phase 10, 12:30 LB Sunday Movie 1:30 MT Balloon Games</p>	<p>22</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 12:30 AR DIME BINGO 2:00 AR GARDENING 2:30 GR Phase 10 & Card Games</p>	<p>23</p> <p>8:00 Resident Walking 8:30 MT Resident Chair Tai Chi 9:00 MT Exercises & Stretching 9:00 BR Resident Coffee Social 10:00 AR Crafting 1:00 LB Meet & Greet New Residents 2:30 LB Lobby Games 2:30 GR Puzzles & Games</p>	<p>24</p> <p>8:00 Resident Walking 8:30 OUTING - Sign up at Front Desk 9:00 BR Resident Coffee Social 12:30 AR DIME BINGO 2:00 LB Wine Wednesday w/ Entertainment 2:30 GR Phase 10 & Card Games</p>	<p>25</p> <p>8:00 Resident Walking 8:30 MT Resident Chair Tai Chi 9:00 AR Pen Pal - Writing Club 9:00 BR Resident Coffee Social 9:30 MT Bible Study W/ Linda R 10:00 LB Zumba -With Nora & Patience 1:00 LB Movie Time 2:00 LB Hot Cocoa Bar 3:00 LB TV Trivia</p>	<p>26</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 10:30 AR Crafts 12:30 AR DIME BINGO 2:00 LB Happy Hour 2:30 GR Phase 10 & Card Games</p>	<p>27</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 9:00 GR Resident Puzzles 10:30 LB TV Trivia 12:30 AR DIME BINGO 2:00 LB Saturday Movie Matinee 3:30 GR Cards: Uno, Phase 10, Rummy</p>
<p>28</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 10:00 LB CCV Church Streaming Live on TV 10:30 GR Card Games - Uno, Phase 10, 12:30 LB Sunday Movie 1:30 MT Games</p>	<p>29</p> <p>8:00 Resident Walking 9:00 BR Resident Coffee Social 12:30 AR DIME BINGO 2:00 AR BAKING TIME 2:30 GR Phase 10 & Card Games</p>	<p>30</p> <p>8:00 Resident Walking 8:30 MT Resident Chair Tai Chi 9:00 BR Resident Coffee Social 10:00 AR Nails / Spa Social 10:30 LB Building Tour for Residents 1:00 LB Lobby Games 2:30 GR Puzzles & Games</p>				



Home Field Advantage

From historic fields to modern spaces, fans of Major League Baseball can see the action play out in 30 different ballparks. Here's a partial lineup of those venues and when they were unveiled.

Year Built	Stadium	Team
1912	Fenway Park	Boston Red Sox
1914	Wrigley Field	Chicago Cubs
1962	Dodger Stadium	Los Angeles Dodgers
1973	Kauffman Stadium	Kansas City Royals
1992	Camden Yards	Baltimore Orioles
2003	Great American Ball Park	Cincinnati Reds
2012	LoanDepot Park	Miami Marlins
2020	Globe Life Field	Texas Rangers

"This Month In History"

APRIL

1860: The first Pony Express rider leaves St. Joseph, Mo.

1908: Home to large sandstone pathways formed over time by flowing water, the Natural Bridges National Monument is established in southeast Utah.

1932: Dr. Charles Glen King, a chemistry professor at the University of Pittsburgh, isolates vitamin C from lemon juice. This breakthrough made it possible to accurately study the nutrient's properties and benefits in medicine.

1956: Daytime soap opera "As the World Turns" premieres on television. It was the first soap to have a half-hour runtime, rather than just 15 minutes.

1970: Almost 56 hours into a mission to the moon, Apollo 13 commander Jim Lovell reports to ground control, "Houston, we've had a problem." Days later, after a gripping rescue mission, millions around the world watched the spacecraft splash down safely in the Pacific Ocean.

1994: South Africa holds its first multiracial elections, with Nelson Mandela earning 62% of the popular vote to become the country's first Black president.

2010: Apple debuts its tablet computer, the iPad. Consumers purchased 300,000 units on the first day.

2021: A rare copy of "Action Comics #1," featuring the debut of Superman, sells for a record-breaking \$3.25 million.