



# Desert Winds

## Retirement Community

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

### Star-Spangled

The U.S. flag is unique in that it has more stars than the flag of any other nation. Celebrate the Stars and Stripes on Flag Day, June 14.

### Hello, Yellow!

Cheerful and bright, yellow is the color of sunshine, sunflowers and smiley faces. It's a hue that is often associated with happiness and optimism. Even the brain agrees: It releases serotonin, the feel-good hormone, at the sight of yellow. The color's light waves are believed to stimulate the brain, increasing alertness and boosting mood.

### Mineral vs. Chemical Sunscreen

There's a lot of talk nowadays about the better sunscreen for your skin—mineral or chemical? Here are the basic differences: Mineral sunscreen sits on the surface of your skin and blocks harmful UV rays. It tends to leave behind a white residue and may not be water-resistant. Chemical sunscreen gets absorbed into the skin, where the ingredients filter out UV rays rather than block them. These formulas go on more smoothly and won't wash off as quickly, but can be irritating to sensitive skin. Dermatologists say either type of sunscreen is effective, so it comes down to which one you're more likely to use.

### Brainteaser

Question: What is special about the number 8,549,176,320?

Answer: It is the only number that lists all the single digits in alphabetical order.

## June 2022



### Beach Ball Blitz

Now an iconic symbol of summer, beach balls were invented in the late 1930s and were only about the size of a person's hand. The inflatable plastic toys, usually featuring a pattern of brightly colored stripes, floated to fame during the "beach party" film craze of the '60s. Now, beach balls come in all kinds of designs and sizes, with extra-large versions a popular sight at special events and photo shoots.

### A Flavor That Rocks

Rich chocolate ice cream studded with almonds and a sticky river of marshmallows—that's the recipe for one of America's favorite ice cream flavors, rocky road. While origin stories for the sweet treat vary, food historians agree that the concoction was invented in the 1920s and was the first ice cream sold with mix-ins, rather than a plain flavor with toppings added separately. The name is said to represent the bumpy texture created by the nuts as well as the "rocky road" of life that many folks were traveling down during the Great Depression.



# June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p style="text-align: center;"><b>All Events Are Subject to Change</b></p>	<p style="text-align: center;"><b>Beauty Salon Is Open Wednesday and Thursdays</b></p>	Birthstone: Pearl Flowers: Rose or Honeysuckle Colors: Light Blue and White	1 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)	2 8:45 Groceries at Fry's or Bashas' (lb) 9:00 Aqua Aerobics (pl) 10:00 Chair Exercise with Lynn (bh) 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)	3 <b>No Transportation</b> 9:00 Bus to Vee Quiva Casino (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'Em Poker (1nl)	4 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)	
	5 9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (2fn)	6 9:00 Mini Manicures (m) 10:00 Snap Jewelry with Ilene (lb) 11:30 Red Hat Ladies Luncheon (dr) 2:00 Bingo (bh) 5:00 Texas Hold 'Em Poker (1nl)	7 9:00 Aqua Aerobics (pl) 10:00 Chair Exercise with Lynn (bh) 10:00 Hand and Foot Card Game (1nl) 11:00 Southwest Mobility (bh) 12:00 Groceries at Fry's or Bashas' (lb) 2:00 Skip-Bo Card Game (m) 5:00 Mexican Train (m)	8 9:30 Tai Chi with Diane (bh) 12:00 Groceries at Fry's or Bashas' (lb) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	9 8:45 Groceries at Fry's or Bashas' (lb) 9:00 Aqua Aerobics (pl) 9:30 Men's Coffee (m) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to Walmart (lb) 2:00 "Golf" Card Game (m) 2:00 Entertainment with Pianist/Singer DeAnna at The Keys (lb)	10 9:30 Chair Exercise with Lynn (bh) 11:00 Lunch at Dominic's Bistro Italiano (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'Em Poker (1nl)	11 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)
	12 9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (2fn)	13 9:00 Mini Manicures (m) 11:00 Red Hat Ladies Lunch at Oscar's Pier 83(lb) 2:00 Bingo (bh) 5:00 Texas Hold 'Em Poker (1nl)	14 <b>Flag Day</b> 9:00 Aqua Aerobics (pl) 10:00 Chair Exercise with Lynn (bh) 10:00 Hand and Foot Card Game (1nl) 12:00 Groceries at Fry's or Bashas' (lb) 2:00 Entertainment with Gospel Singer Kathy Zach (lb) 2:00 Skip-Bo Card Game (m) 5:00 Mexican Train (m)	15 9:30 Tai Chi with Diane (bh) 10:30 Bible Fellowship (t) 12:00 Groceries at Fry's or Bashas' (lb) 12:00 June Birthday Luncheon (dr) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	16 8:45 Groceries at Fry's or Bashas' (lb) 9:00 Aqua Aerobics (pl) 10:00 Chair Exercise with Lynn (bh) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to 99cent Store/Sprouts (lb) 2:00 "Golf" Card Game (m)	17 <b>No Transportation</b> 9:30 Tour of The Mesa Historical Museum and Lunch at Spinato's Pizzeria and Family Kitchen (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'Em Poker (1nl)	18 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)
	<b>Father's Day</b> 19 9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (2fn)	20 9:00 Mini Manicures (m) 2:00 Bingo (bh) 5:00 Texas Hold 'Em Poker (1nl)	21 <b>Summer Begins</b> 9:00 Aqua Aerobics (pl) 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)	22 9:30 Tai Chi with Diane (bh) 12:00 Groceries at Fry's or Bashas' (lb) 6:00 Movie (cc) (t)	23 8:45 Groceries at Fry's or Bashas' (lb) 9:00 Aqua Aerobics (pl) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to Walmart (lb) 2:00 "Golf" Card Game (m)	24 10:00 Breakfast at Biscuits Cafe (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'Em Poker (1nl)	25 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)
	26 9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (2fn)	27 12:00 Bus to Dairy Queen (lb) 5:00 Texas Hold 'Em Poker (1nl)	28 9:00 Aqua Aerobics (pl) 10:00 Catholic Mass (t) 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)	29 9:30 Tai Chi with Diane (bh) 12:00 Groceries at Fry's or Bashas' (lb) 6:00 Movie (cc) (t)	30 8:45 Groceries at Fry's or Bashas' (lb) 9:00 Aqua Aerobics (pl) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to Dollar Tree (lb) 2:00 "Golf" Card Game (m) 2:00 July 4th Entertainment with Vito Mandarino (lb)	bh - Bingo Hall t - Theater l - Library 1nl - 1st Floor North Lounge p - Pool	dr - Dining Room m - Meeting Room lb - Lobby 2fn - 2nd Floor North



## Something Old, Something New ...

Wedding trends come and go, and these days the happy couple's personalities shine through more than ever. Take a sweet peek back at when some wedding day fashions and traditions began.

<u>Decade</u>	<u>Wedding Trend</u>
1920s	Pearl necklaces, gift registries
1940s	Parachute dresses, groom's wedding band
1950s	Cake toppers, sweetheart necklines
1960s	Birdcages, daisy bouquets
1970s	Outdoor weddings, dance floor DJs
1980s	Puffy dress sleeves, unity candle, videotaped ceremony
1990s	Matching bridesmaids, destination weddings
2000s	Tiaras, cupcake towers, disposable cameras at reception
2010s	Farmhouse weddings, social media hashtags

"Then & Now"

## "This Month In History"

### JUNE

**1910:** The first statewide celebration of Father's Day is held in Washington. The day honoring fathers was proclaimed a national holiday in 1972.

**1928:** Louis Armstrong and his Hot Five band record "West End Blues," considered to be one of the greatest jazz songs of all time.

**1939:** The first Little League Baseball game is played in Williamsport, Pa.

**1944:** Allied forces storm the beaches of Normandy, France, in the D-Day invasion of World War II.

**1956:** The last Packard rolls off the production line at the luxury car's manufacturing plant in Detroit.

**1978:** Comic strip cat "Garfield," created by Jim Davis, debuts in 41 newspapers.

**1993:** Chuck Berry, Ruth Brown and Billy Joel are among the stars who help break ground for the new Rock & Roll Hall of Fame building in Cleveland.

**2007:** After recovering from near extinction, the American bald eagle is removed from the endangered species list.

**2012:** Daredevil Nik Wallenda makes high-wire history after walking a 1,800-foot-long wire suspended over Niagara Falls.

**2019:** "Jeopardy!" contestant James Holzhauer's winning streak ends at 32 games. He won over \$2.4 million on the TV quiz show.