



# Desert Winds

## Retirement Community

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

### Wild World: Capybara

You've heard of the groundhog, but what about a water hog? That's one of the nicknames of the capybara, the biggest rodent in the world. Resembling a guinea pig that's the size of a large dog, these animals live in Central and South America, where they spend much of their time by riverbanks, ponds and marshes. Like a hippo, a capybara's eyes, ears and nostrils are near the top of their head so they can hide most of their body underwater. Their webbed feet and quick-drying, stiff fur also suit them to a lifestyle of swimming. Most of their diet consists of grass and aquatic plants, and they're known by a particular Amazon tribe as "master of the grasses," eating 6 to 8 pounds of vegetation every day with their long front teeth that never stop growing.

### Memorable Melody: 'Wipe Out'

When the Surfariis composed this song in 1963 as a B-side to their planned single "Surfer Joe," they had no idea how big of a splash it would make on the music charts—and in pop culture. Drummer Ron Wilson based his frenzied solos, sprinkled throughout the song, on his high school marching band's drum cadence, and the rhythm has become one of the most famous drum breaks in history. Also instantly recognizable is the repetitive guitar riff, often learned by aspiring musicians as a classic crowd-pleaser to add to their catalog of tunes. Referring to a gnarly fall from a surfboard when riding a wave, "Wipe Out" has landed on the soundtracks of several films, TV shows and other media.

### August 2022

### Popular Pages: 'The House on Mango Street'

The smart and strong-willed narrator at the center of this coming-of-age story is a young girl named Esperanza Cordero, who lives with her family in a rundown Chicago neighborhood. Though life can be hard for Esperanza and her friends, her voice of hope and humor fills the book's pages with tales of awkward adolescence and dreams of the future. Written in 1984 by Mexican-American author Sandra Cisneros, "The House on Mango Street" is taught in middle schools, high schools and colleges as a universally relatable piece of literature.

### Popcorn Pick: 'Secondhand Lions'

This family-friendly film from 2003 has earned glowing reviews for its humor and heart. The plot follows 14-year-old Walter, played by Haley Joel Osment, as he is sent to live with his great-uncles during the summer of 1962. Hollywood legends Robert Duvall and Michael Caine shine as the uncles, two eccentric types whose warmth and affection are hidden behind their tough exteriors. The men are said to have a secret fortune hidden on their farm, and as Walter seeks to learn more about his family's history, adventures—and misadventures—ensue.

### Green Gem

August's birthstone, peridot, is known for its lime-green color, which varies in intensity due to the amount of iron present. The Romans called it "the evening emerald," as the gem appeared dark green in lamplight.



# August 2022

- FR Fitness Room
- AR Activity Room
- GR Game Room
- LB Lobby
- BR Bistro
- MT Movie Theater
- DR Dining Room
- ↔ Fitness Room
- 🚗 Outing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Uno 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Puzzles 1:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo 2:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Phase 10	2 8:30 Walking Club 10:00 <span style="background-color: #e0e0e0; padding: 2px;">LB</span> Getting Acquainted 12:30 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Board Games 2:15 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Communion 2:30 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Bible Study	3 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Mexican Train 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Scrabble 1:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo 2:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Arts & Crafts	4 8:30 Walking Club <b>9:00 Shopping - Walmart</b> 12:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Manicures <b>2:00 MT Movie in Theater - Maltese Falcon</b>	5 <b>Happy Birthday Linda</b> 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Uno 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Cards 1:00 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo <b>2:30 LB Happy Hour w/ Entertainment</b>	6 <b>2:00 GR Movie - Alaska</b>
7 <b>2:00 GR Movie - Somewhere in Time</b>	8 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Uno 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Puzzles 1:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo 2:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Phase 10	9 <b>Happy Birthday Michael</b> 8:30 Walking Club 10:00 <span style="background-color: #e0e0e0; padding: 2px;">LB</span> Getting Acquainted 12:30 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Board Games 2:15 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Communion 2:30 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Bible Study	10 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Mexican Train 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Scrabble 1:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo 2:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Arts & Crafts	11 8:30 Walking Club <b>9:00 Casino Outing</b> 1:00 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Manicures <b>2:00 MT Movie in Theater - Manchurian Candidate</b>	12 <b>Happy Birthday Will</b> 9:00 <span style="background-color: #e0e0e0; padding: 2px;">BR</span> Donuts and Coffee 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Uno 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Cards 1:00 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> LCR 1:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo 2:30 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Scrabble	13 <b>2:00 GR Movie - It Runs in the Family</b>
14 <b>Happy Birthday George T. And Evie</b> <b>2:00 GR Movie in Lobby - Heartburn</b>	15 <b>Happy Birthday Mary</b> 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Uno 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Puzzles 1:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo 2:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Phase 10	16 8:30 Walking Club 10:00 <span style="background-color: #e0e0e0; padding: 2px;">LB</span> Getting Acquainted <b>11:00 DR Tribute to Elvis</b> 12:30 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Board Games 2:15 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Communion 2:30 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Bible Study	17 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Mexican Train 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Scrabble 1:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo <b>2:30 AR Resident Council</b>	18 8:30 Walking Club <b>9:00 Shop-Walmart/Lunch</b> 1:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Manicures <b>2:00 MT Movie in Theater - Jailhouse Rock</b>	19 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Uno 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Cards 1:00 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo <b>2:30 LB Happy Hour w/ Entertainment</b>	20 <b>2:00 GR Movie - Around the World in 80 Days</b>
21 <b>2:00 GR Movie in Lobby - Pursuit of Happyness</b>	22 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Uno 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Puzzles 1:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo 2:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Phase 10	23 8:30 Walking Club <b>9:00 Shopping - 99 Cents Only</b> 12:30 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Board Games 2:15 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Communion 2:30 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Bible Study	24 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Mexican Train 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Scrabble 1:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo 2:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Arts & Crafts	25 8:30 Walking Club 10:00 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Manicures 12:30 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Mexican Train <b>2:00 MT Movie in Theater - Inheritance</b>	26 9:00 <span style="background-color: #e0e0e0; padding: 2px;">BR</span> Donuts and Coffee 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Uno 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Cards 1:00 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> LCR 1:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo 2:30 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Scrabble	27 <b>Happy Birthday Cheryl and Olive</b> <b>2:00 GR Movie - Breakfast at Tiffany's</b>
28 <b>2:00 GR Movie in Lobby - Sleepless in Seattle</b>	29 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Uno 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Puzzles 1:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo 2:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Phase 10	30 8:30 Walking Club <b>11:00 Lunch - Chili's</b> 12:30 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Board Games 2:15 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Communion 2:30 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Bible Study	31 9:30 <span style="background-color: #e0f2f1; padding: 2px;">FR</span> Chair Exercise↔ 10:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Mexican Train 12:00 <span style="background-color: #e0e0e0; padding: 2px;">GR</span> Scrabble 1:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Bingo 2:30 <span style="background-color: #e0e0e0; padding: 2px;">AR</span> Arts & Crafts			



