



Desert Winds

Retirement Community

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

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.

A Wonderful Wildflower

The native North American wildflower known as coneflower brightens prairies, roadsides, parks and gardens with cheerful blooms that attract butterflies, bees and birds. The flowers, which belong to the daisy family, get their name from their spiny seed heads that resemble a cone. The classic purple coneflower is the most popular, but you'll also see white, red, orange, yellow and pink varieties.

Playing With Sand

Just like building a sandcastle on a beach can evoke happiness, so can playing with sand as a form of sensory therapy. Sand has a long history of use in counseling sessions, and therapists say working with both wet and dry sand can ease feelings of anxiety and help a busy mind focus.

Remember When: Iceboxes

Keeping food and drinks cool was a chore before electric refrigerators and freezers became common household appliances. At the turn of the 20th century, nearly every home's kitchen or pantry had an icebox—a wooden cabinet that was lined with zinc or tin and kept cool by a large block of ice. As the ice melted, it drained into a drip pan that had to be emptied often. Some iceboxes included an exterior access door so the iceman could deliver ice without having to come into the house.

August 2022



Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

Lightweight Lit

What makes a book a "beach read"? Historically, this term referred to popular books released during the summer that captured a wide audience, similar to blockbuster movies. Now the idea of a beach read has evolved to mean literature that's generally easy to consume, whether it's a page-turning thriller, a joyful romance or a juicy drama. Publishers say readers are drawn to these types of books because they match the carefree mood of the season.



August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p style="text-align: center;">All Events Are Subject to Change</p>	1	2	3	4	5	6	
	9:00 Mini Manicures (m) 2:00 Bingo (bh) 5:00 Texas Hold 'Em Poker (1nl)	9:00 Aqua Aerobics (pl) 10:00 Bean Bag Toss (l) 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)	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)	8:45 Groceries at Fry's or Bashas' (lb) 9:00 Aqua Aerobics (pl) 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)	9:30 Chair Exercise with Lynn (bh) 11:00 Lunch at Sardella's Pizza and Wings (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'Em Poker (1nl)	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)	
	7	8	9	10	11	12	13
	9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (2fn)	9:00 Mini Manicures (m) 11:30 Red Hat Ladies Luncheon (dr) 2:00 Bingo (bh) 5:00 Texas Hold 'Em Poker (1nl)	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 Skip-Bo Card Game (m) 5:00 Mexican Train (m)	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)	8:45 Groceries at Fry's or Bashas' (lb) 9:00 Aqua Aerobics (pl) 9:30 Men's Coffee (m) 10:00 Chair Exercise with Lynn (bh) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to Walmart (lb) 2:00 "Golf" Card Game (m)	No Transportation 9:30 Bus to Desert Diamond Casino (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'Em Poker (1nl)	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)
	14	15	16	17	18	19	20
9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (2fn)	9:00 Harkins Movie Day (lb) 2:00 Bingo (bh) 5:00 Texas Hold 'Em Poker (1nl)	9:00 Aqua Aerobics (pl) 10:00 Hand and Foot Card Game (1nl) 10:00 Trivia with Lynn (m) 12:00 Groceries at Fry's or Bashas' (lb) 2:00 Skip-Bo Card Game (m) 5:00 Mexican Train (m)	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)	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) 2:00 Happy Hour (lb)	10:00 Breakfast at Denny's 2:00 Scrabble (bh) 5:00 Texas Hold 'Em Poker (1nl)	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)	
21	22	23	24	25	26	27	
9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (2fn)	9:00 Mini Manicures (m) 10:30 Red Hat Ladies Luncheon at Valle Luna (lb) 2:00 Bingo (bh) 5:00 Texas Hold 'Em Poker (1nl)	9:00 Aqua Aerobics (pl) 10:00 Catholic Mass (t) 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 by Singer T.A. Burrows (lb) 2:00 Skip-Bo Card Game (m) 5:00 Mexican Train (m)	9:30 Tai Chi with Diane (bh) 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)	8:45 Groceries at Fry's or Bashas' (lb) 9:00 Aqua Aerobics (pl) 10:00 Hand and Foot Card Game (1nl) 10:00 Ladies Social (bh) 10:00 Only The Best Jewelry (lb) 11:30 Bus to Walmart (lb) 2:00 "Golf" Card Game (m) 2:00 Entertainment with Pianist DeAnna At The Keys (lb)	No Transportation 10:30 Dining With The Sharks at Dillon's KC BBQ At The Wildlife World Zoo (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'Em Poker (1nl)	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)	
28	29	30	31				
9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (2fn)	9:00 Mini Manicures (m) 2:00 Bingo (bh) 5:00 Texas Hold 'Em Poker (1nl)	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 Skip-Bo Card Game (m) 2:00 Sunny Summer Social (lb) 5:00 Mexican Train (m)	9:30 Tai Chi with Diane (bh) 12:00 August Birthday Luncheon (dr) 12:00 Groceries at Fry's or Bashas' (lb) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	Birthstone: Ruby Flowers: Larkspur or Water Lily Colors: Green & Russet	bh = Bingo Hall l = Library t = Theater p = Pool m = Meeting Room	dr = Dining Room pdr = Private Dining Room 1fn = 1st Floor North Lounge 2fn = 2nd Floor North	



Movie Theater Milestones

From the first “talkies” to today’s special effects-packed blockbusters, cinemas have been drawing moviegoers for more than a century. Grab some snacks, sit back and view a few industry highlights.

Year	Milestone
1922	Air conditioning debuts at movie theaters.
1933	In New Jersey, the first drive-in theater opens.
1952	A movie craze emerges with 3D films.
1962	The first multiplex cinema is built in Missouri.
1970	Imax film technology debuts in Japan.
1981	Cup holders are added to movie seats.
2000	Customers get the option to buy tickets online.
2014	Large reclining seats become a feature at many theaters.

“This Month In History”

AUGUST

1907: UPS is founded as a messenger service by two teenagers in Seattle. It’s now one of the world’s largest package delivery companies.

1913: Stainless steel is invented by Harry Brearley of England.

1946: The first U.S. coin honoring an African American is authorized for minting. A commemorative half dollar was designed to pay tribute to educator Booker T. Washington.

1959: President Dwight D. Eisenhower signs an official proclamation admitting Hawaii as the 50th U.S. state.

1969: Half a million people gather at a farm in upstate New York for the Woodstock music festival. The landmark three-day event featured more than 30 artists and bands.

1990: MLB history is made when Ken Griffey Sr. and Ken Griffey Jr. become the first father and son to play on the same team, the Seattle Mariners.

2005: Hurricane Katrina forms in the Atlantic and makes landfall along the Gulf Coast, devastating the region.

2020: The music video of the hit song “Dynamite,” by Korean boy band BTS, sets a record on YouTube as the first video with over 100 million views in its first 24 hours.