



Desert Winds

Retirement Community

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

Learn About Loved Ones

March 20 is World Storytelling Day. Gather family and friends and share a story from your life, whether small or momentous. Then, give each of them the spotlight to do the same while you listen.

Pillow Pro Tip

Change the pillowcases on your bed every two to three days, health experts say. This guideline is especially important if you have allergies; fresh bedding keeps dust and pollen at bay, helping you breathe easier.

Memorable Melody: 'The Lion Sleeps Tonight'

One of the most recognizable songs in music history, this 1961 hit for doo-wop group The Tokens is known for the chanting line "Wimoweh, wimoweh," which is a clue to the song's origin. Originally written in 1939 by Solomon Linda, a musician from South Africa, it was titled "Mbube," the Zulu word for "lion." Pronounced "EEM-boo-beh," the word was misheard as "wimoweh" when folk group The Weavers covered it in 1952. Songwriter George David Weiss later composed the English lyrics—including the opening line of "In the jungle, the mighty jungle"—for The Tokens, who took the song to the top of the charts.

Brainteaser

Question: I have four wings but cannot fly. I never laugh and never cry. On the same spot, I'm always found, toiling away with little sound. What am I?

Answer: A windmill.

March 2023



Spring Starts

In the Northern Hemisphere, the spring equinox usually falls between March 19 and 21. This year, spring starts on March 20, and with it comes new beginnings. Take this opportunity to restart forgotten resolutions, begin a new journey you've been putting off or spruce up your home for a fresh feel.

Five a Day

National Nutrition Month, observed during March, is a reminder to make healthy eating a priority. For many adults, an attainable goal is to eat three servings of vegetables and two servings of fruit every day. This "five a day" suggestion is linked with a lower risk of chronic disease and increased longevity.

Wake With Cheer

"Hope sleeps in our bones like a bear waiting for spring to rise and walk." —Marge Piercy



March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p style="text-align: center;">All Events Are Subject to Change</p>	bh- Bingo Hall lb - Lobby dr - Dining Room m - Meeting Room	l - Library 1nl - 1st Floor North Lounge t - Theater	¹ 10:00 Chair Exercise with Lynn (fr) 10:00 Muffins & Makeovers with Shari from Mary Kay (m) 10:30 Bible Fellowship (t) 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) 10:00 Craft - St. Patrick's Day Door Wreath (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)	³ No Transportation 9:00 Bus to Desert Diamond Casino (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	⁴ 10:00 Knitting and Loom Ladies (m) 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 (l)	⁶ 5:00 Texas Hold 'em Poker (1nl)	⁷ 10:00 Chair Exercise with Lynn (fr) 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)	⁸ 10:00 Paparazzi \$5 Jewelry (lb) 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) 9:30 Men's Coffee (m) 10:00 Chair Exercise with Lynn (fr) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to Walmart (lb) 2:00 "Golf" Card Game (m)	¹⁰ 10:00 Breakfast at Campbell's (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	¹¹ 10:00 Knitting and Loom Ladies (m) 10:00 Wii Bowling/Golf (t) 1:00 Pokeno (m) 3:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
	Daylight Saving Time Begins ¹² 9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (l)	¹³ 9:30 Red Hat Ladies Breakfast with Pat & Lynn (m) 1:00 Community Rosary (t) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	¹⁴ 10:00 Chair Exercise with Lynn (fr) 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)	¹⁵ 10:00 Only The Best Jewelry (lb) 10:30 Bible Fellowship (t) 11:00 Lunch at Lakeside Bar and Grill (lb) 12:00 Groceries at Fry's or Bashas' (lb) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	¹⁶ 8:45 Groceries at Fry's or Bashas' (lb) 10:00 Chair Exercise with Lynn (fr) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to 99cent Store/Sprouts (lb) 12:00 Entertainment by Guitarists Blake (maintenance) and his daughter Emma (lb) 2:00 "Golf" Card Game (m)	¹⁷ St. Patrick's Day No Transportation 10:00 Coloring with Lynn (m) 2:00 Scrabble (bh) 4:00 St. Patrick's Day Dinner with Entertainment by Dale Mathis (dr) Dining Room will close at 3:00	¹⁸ 10:00 Knitting and Loom Ladies (m) 10:00 Wii Bowling/Golf (t) 1:00 Pokeno (m) 3:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
	¹⁹ 9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (l)	First Day of Spring ²⁰ 9:00 Harkins Movie Day (lb) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	²¹ 10:00 Chair Exercise with Lynn (fr) 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 10:00 Bean Bag Toss (l) 12:00 Groceries at Fry's or Bashas' (lb) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	²³ 8:45 Groceries at Fry's or Bashas' (lb) 10:00 Chair Exercise with Lynn (fr) 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)	²⁴ 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	²⁵ 10:00 Knitting and Loom Ladies (m) 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 (l)	²⁷ 9:00 Mini Manicures (m) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	²⁸ 9:30 Chair Exercise with Lynn (fr) 10:00 Hand and Foot Card Game (1nl) 11:00 Red Hat Ladies Lunch at Twisted Italian (lb) 12:00 Groceries at Fry's or Bashas' (lb) 2:00 Skip-Bo Card Game (m) 2:30 Catholic Mass (t) 5:00 Mexican Train (m)	²⁹ 9:30 Trivia with Lynn (m) 12:00 Groceries at Fry's or Bashas' (lb) 12:15 March Birthday Luncheon (dr) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	³⁰ 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 Dollar Tree (lb) 2:00 "Golf" Card Game (m) 2:00 Spring Fling Social (lb)	³¹ No Transportation 10:00 Chair Exercise with Lynn (fr) 1:15 Bus to Butterfly Wonderland (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	Birthstone - Aquamarine Flower - Jonquil or Daffodil Color - White



Best Picture Winners

Saving the best for last, the annual Oscars broadcast usually ends with the announcement of the year's best picture winner. From comedies to dramas, big-budget blockbusters to indie productions, the most prestigious prize in film has been handed out to a wide variety of titles.

<u>Release Year</u>	<u>Best Picture Winner</u>
1927	"Wings"
1934	"It Happened One Night"
1939	"Gone With the Wind"
1943	"Casablanca"
1957	"The Bridge on the River Kwai"
1961	"West Side Story"
1973	"The Sting"
1989	"Driving Miss Daisy"
1994	"Forrest Gump"
2000	"Gladiator"
2008	"Slumdog Millionaire"
2019	"Parasite"

"This Month In History"

MARCH

1912: The first parachute jump from a moving airplane takes place. U.S. Army Capt. Albert Berry made the leap over St. Louis, Mo.

1936: The Hoover Dam is complete! After five years of construction, the dam spanning the Colorado River between Arizona and Nevada was able to begin creating hydroelectric power.

1941: Nashville, Tenn., becomes the home of the first FM radio station. WSM-FM was a commercial station for the National Life and Accident Insurance Company.

1958: Elvis Presley enters the U.S. Army. Already a rock 'n' roll star, he remained an active duty soldier for two years.

1964: The first Ford Mustang rolls off the production assembly line.

1977: Scientists discover that Uranus has rings, like its fellow planet Saturn. Dark in color, the rings were only seen because a star blinked repeatedly as the planet's rings passed in front of it.

1981: President Ronald Reagan is shot and wounded in an assassination attempt. At the hospital, Reagan reportedly joked to his wife, "Honey, I forgot to duck."

1998: "Titanic" becomes the highest-grossing movie in box office history, earning over \$2.2 billion worldwide. It was later surpassed by "Avatar" (2009) and "Avengers: Endgame" (2019).

2005: The PlayStation Portable handheld gaming console debuts in North America. In five years, 17 million PSPs were sold in the U.S. alone.