



# Desert Winds

## Retirement Community

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

### In Season

Incorporating fruits and vegetables into your diet is important, and in-season produce is your best bet for fresh and delicious picks. Now that the weather is warming, it's time to enjoy asparagus, peas, radishes, fiddleheads, artichokes and morel mushrooms. Springtime fruits include mangos, pineapples, strawberries, apricots, kiwis and cherries.

### Memorable Melody: 'Mama Said'

The message of this 1961 hit by R&B girl group The Shirelles is simple, sweet and true: "I don't worry, 'cause Mama said there'll be days like this." When facing a tough time—whether it's heartbreak, like in the song, or a different hardship—comfort can be found in remembering that it's just a bad day and things will get better. If the lyrics of "Mama Said" sound familiar, give the 1995 Van Morrison tune "Days Like This" a listen. The Irish singer was directly inspired by The Shirelles' song, but he takes the optimism even further by describing a series of positive events that Mama also promised would happen.

### Coupons for a Cause

An easy way to support the armed forces is to clip coupons and send them to military bases all over the world. Even expired coupons can be used at commissaries, as long as the expiration date is within the last six months. Several organizations provide guidance and instructions for this good deed, such as Troopons and Coupon Cabin. Visit their websites for more information.

### May 2023



### Spring Migration

Grab your binoculars—it's your big chance to view the magnificent spring migration! The beginning of May welcomes the first massive arrivals of migrant birds as they fly from their winter homes in South and Central America to their breeding grounds in the United States, Canada and the Arctic. Although spring migration began in late February, the largest wave of numbers and varieties of birds will arrive this month. Songbirds are especially active in May, so keep an eye on feeders and birdbaths and listen for the songs of our feathered friends.

### Superb Solitaire

Over 242 million people in over 200 countries love to play solitaire, so it's no surprise that this card game has its own special day! Celebrate National Solitaire Day on May 22.



# May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p style="text-align: center;"><b>All Events Are Subject to Change</b></p>	1	2	3	4	5	6	
	9:00 Mini Manicures (m) 10:00 Breakfast at Village Inn (lb) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	9:00 Aqua Aerobics (pl) 10:00 Chair Exercise with Lynn (fr) 10:00 Hand and Foot Card Game (1nl) 12:00 Groceries at Fry's or Bashas' (lb) 1:00 Mexican Train (1sl) 2:00 Skip-Bo Card Game (m)	10:00 Artwork by residents Tamie Walton & Sandy Ross (lb) 10:30 Bible Fellowship (t) 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)	10:00 Chair Exercise with Lynn (fr) 2:00 Cinco De Mayo Happy Hour (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	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)	
	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 (l)	9:00 Mini Manicures (m) 12:00 Red Hat Ladies' Luncheon (dr) 1:00 Community Rosary (t) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	9:00 Aqua Aerobics (pl) 10:00 Chair Exercise with Lynn (fr) 10:00 Hand and Foot Card Game (1nl) 12:00 Groceries at Fry's or Bashas' (lb) 1:00 Mexican Train (1sl) 2:00 Skip-Bo Card Game (m)	10:00 Paparazzi \$5 Jewelry (lb) 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 (fr) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to Walmart (lb) 2:00 "Golf" Card Game (m) 2:00 It's Smoothie Time (lb)	<b>No Transportation</b> 9:00 Bus to Talking Stick Casino (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	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)
	14	15	16	17	18	19	20
	<b>Mother's Day</b> 9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (l)	9:00 Mini Manicures (m) 10:45 Lunch at On the Border Mexican Grill (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) 12:00 Groceries at Fry's or Bashas' (lb) 1:00 Mexican Train (1sl) 2:00 Entertainment by DeAnna at the Keys (lb) 2:00 Skip-Bo Card Game (m)	10:00 Chair Exercise with Lynn (fr) 10:30 Bible Fellowship (t) 10:30 Only The Best Jewelry (lb) 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 Bean Bag Toss (p) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to 99 cent Store/Sprouts (lb) 2:00 "Golf" Card Game (m) 2:30 Live Jeopardy (t)	10:00 Chair Exercise with Lynn (fr) 12:00 Ice Cream at Dairy Queen (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	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)
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 (l)	9:00 Mini Manicures (m) 10:45 Red Hat Ladies' Lunch at Oscar's Pier 83 (lb) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	9:00 Aqua Aerobics (pl) 10:00 Chair Exercise with Lynn (fr) 10:00 Hand and Foot Card Game (1nl) 12:00 Groceries at Fry's or Bashas' (lb) 1:00 Mexican Train (1sl) 2:00 Skip-Bo Card Game (m) 2:30 Catholic Mass (t)	10:00 Chair Exercise with Lynn (fr) 10:00 Snap Jewelry with Ilene (lb) 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) 11:30 Bus to Walmart (lb) 2:00 "Golf" Card Game (m) 2:00 Spring Fling Social (lb)	<b>No Transportation Armed Forces Day</b> 11:30 Memorial Day BBQ on the Patio with Entertainment by Ronny Lee (p) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	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)	
28	29	30	31				
9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (l)	<b>Memorial Day No Transportation</b> 5:00 Texas Hold 'em Poker (1nl)	9:00 Aqua Aerobics (pl) 10:00 Chair Exercise with Lynn (fr) 10:00 Hand and Foot Card Game (1nl) 12:00 Groceries at Fry's or Bashas' (lb) 1:00 Mexican Train (1sl) 2:00 Skip-Bo Card Game (m)	10:00 Trivia with Lynn (m) 12:00 Groceries at Fry's or Bashas' (lb) 12:00 May Birthday Luncheon (dr) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	Birthstone - Emerald Flowers - Lily of the Valley or Hawthorn Colors - Yellow and Red	bh - Bingo Hall l - Library 1nl - 1st Floor North Lounge t - Theater pl - Pool fr - Fitness Room	m - Meeting Room dr - Dining Room lb - Lobby p - Patio 1sl - 1st Floor South Lounge	



## Traveling Through History

Getting from one place to another has become much easier since the early days of human civilization. Travel with us as we tour some of history's major transportation milestones:

<b>Year</b>	<b>Event</b>
3500 B.C.	Humans invent the wheel.
1662	Paris is home to the first public bus system, a network of horse-drawn carriages that operate on a set schedule.
1817	Karl von Drais of Germany invents and rides the first bicycle.
1863	London's Underground Railroad opens. Still in operation, it's the world's first and oldest subway service.
1903	Orville and Wilbur Wright fly the first powered aircraft.
1908	With the debut of the Ford Model T, automobiles become more affordable and accessible to the American public.
1933	The Boeing 247 airliner revolutionizes air transportation with a sleek design that aims for safety and speed.
1971	Amtrak begins operations, merging numerous U.S. passenger railroads into one streamlined service.
1986	German engineer Ernst Dickmanns successfully tests the first driverless automobile.

"Then & Now"

# "This Month In History"

## MAY

**1907:** John Wayne is born on May 26. An American patriot and cowboy legend, Wayne spent three decades as one of the top box-office draws, appearing in over 170 films.

**1919:** Tired of burnt toast, Charles Strite comes up with the idea for the pop-up toaster. Heating both sides of a slice of bread at once and ejecting it when it's done, the toaster is now the most common kitchen appliance.

**1927:** Charles "Lucky Lindy" Lindbergh is the first pilot to fly a solo nonstop flight from New York City

to Paris. Ushering in a new era of air transportation, the 3,600-mile flight took 33 1/2 hours.

**1940:** The first McDonald's opens in California. As of 2021, there are more than 40,000 locations worldwide.

**1954:** In the *Brown v. Board of Education* case, the Supreme Court rules that racial segregation in public schools is unconstitutional. A cornerstone of the civil rights movement, this decision set the precedent for ending "separate but equal" laws.

**1978:** Users on ARPANET, an early version of today's internet, are annoyed when they receive an electronic sales ad—the first spam email—from Digital Equipment Corporation.

**1980:** The video game *Pac-Man* premieres in Japan. Having sold nearly 48 million copies of the game, the franchise has grossed over \$14 billion.

**2004:** After 10 seasons, the 236th and final episode of the sitcom "Friends" airs on NBC.