



# Desert Winds

## Retirement Community

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

### Banish Winter Blahs

Banish the winter blahs with a dose of natural light. When sunlight hits the eye's retina, it boosts the body's levels of serotonin, which balances your mood. If cold weather keeps you indoors, get some sun by opening up room blinds, and sit near windows whenever possible.

### A Name To Remember

Need to name a group chat or club? Use these tips to come up with the best, most clever title.

- (1) Make your name personal. Do you share a common interest?
- (2) Associate your name with an image, like an animal you all love.
- (3) Incorporate location—state, city, workplace, etc.—into the name.
- (4) Include music lyrics or titles.
- (5) Add a fun adjective.

### 'Who Loves Ya, Baby?'

Enjoy a lollipop on Jan. 21 in honor of Telly Savalas, who was born on that day in 1922. Best known for his award-winning role as a streetwise detective with a sweet tooth on the '70s series "Kojack," Savalas also starred in films such as "The Dirty Dozen" and "On Her Majesty's Secret Service."

### Your Special Day

Everybody has a birthday, but have you ever celebrated your name day? A European tradition dating back to the Middle Ages, name days are dates set aside to celebrate a specific name—for example, the names Joshua, Henry, Rachel and Valerie are all celebrated in January. Find your day on various name day websites, then mark it on your calendar to celebrate! Name not on the list? Partner with a similar name or simply choose a date that's meaningful to you.

## January 2024



### Warm Up With Ginger Tea

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.

### Celebrating MLK Jr. Day

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.

### Walk and Talk

Walking is a convenient, low-intensity workout that can improve or maintain your overall health. Follow the talk test to gauge how hard you're working. If you can comfortably talk while walking, then you are successfully completing a moderate workout. But if you're able to sing, then you should up your pace.



January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
All Events Are Subject to Change	New Year's Day (Observed) No Transportation 5:00 Texas Hold 'em Poker (1nl)	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)	10:30 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) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to Arrowhead Mall (lb) 2:00 "Golf" Card Game (m)	No Transportation 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) 1:00 Pokeno (m) 2:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)	
	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) 1:00 Community Rosary (t) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	10:00 Chair Exercise with Lynn (fr) 10:00 Hand and Foot Card Game (1nl) 12:00 Groceries at Fry's or Bashas' (lb) 12:30 Red Hat Ladies' Luncheon (dr) 1:00 Mexican Train (1sl) 2:00 Entertainment with Pianist/Singer DeAnna at The Keys (lb) 2:00 Skip-Bo Card Game (m)	10:00 Coloring with Lynn (m) 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) 9:30 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 It's Smoothie Time (lb)	10:00 Breakfast at Mimi's Cafe (lb) 10:00 Chair Exercise with Lynn (fr) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	10:00 Knitting and Loom Ladies (m) 1:00 Pokeno (m) 2:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
	9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (l)	Martin Luther King Jr. Day 9:00 Mini Manicures (m) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	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 Bean Bag Toss (l) 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) 10:00 Chair Exercise with Lynn (fr) 10:00 Hand and Foot Card Game (1nl) 11:30 Bus to 99-Cent Store/Sprouts (lb) 1:00 Sunrise Mountain Library (lb) 2:00 "Golf" Card Game (m) 2:00 Happy Hour (lb)	No Transportation 10:00 Tour of the Cave Creek Museum and Lunch at Stumblina's Cantina (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	10:00 Knitting and Loom Ladies (m) 1:00 Pokeno (m) 2:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
	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) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	10:00 Hand and Foot Card Game (1nl) 11:00 Red Hat Ladies' Lunch at Dominic's (lb) 12:00 Groceries at Fry's or Bashas' (lb) 1:00 Mexican Train (1sl) 2:00 Entertainment with Singer T.A. Burrows (lb) 2:30 Catholic Mass (t)	10:00 Chair Exercise with Lynn (fr) 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) 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 Winter Warmup Social (lb)	9:30 Chair Exercise with Lynn (fr) 11:00 Lunch at Tailgater's Sports Bar and Grill (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	10:00 Knitting and Loom Ladies (m) 1:00 Pokeno (m) 2:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
	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) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	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 Entertainment by Singer Ken Balog (lb) 2:00 Skip-Bo Card Game (m)	10:00 Trivia with Lynn (m) 12:00 Groceries at Fry's or Bashas' (lb) 12:00 January Birthday Luncheon (dr) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	Birthstone: Garnet Flowers: Carnation Colors: Black and Dark Blue	bh - Bingo Hall lb - Lobby dr - Dining Room m - Meeting Room	l - Library t - Theater 1nl - 1st Floor North Lounge 1sl - 1st Floor South Lounge





## Champions of the Ice

Each January, the country's best skaters take to the ice for the U.S. Figure Skating Championships. Give a round of applause to some previous gold medal winners.

<u>Year</u>	<u>Men's Champion</u>	<u>Ladies' Champion</u>
1946	Dick Button	Gretchen Merrill
1957	David Jenkins	Carol Heiss
1968	Tim Wood	Peggy Fleming
1976	Terry Kubicka	Dorothy Hamill
1984	Scott Hamilton	Rosalynn Sumners
1997	Todd Eldredge	Tara Lipinski
2003	Michael Weiss	Michelle Kwan
2019	Nathan Chen	Alysa Liu

## "This Month In History" JANUARY

**1906:** "M'm! M'm! Good!" Campbell Soup Company registers a trademark for the red and white label design of its canned soups.

**1927:** Outside Chicago, the Harlem Globetrotters exhibition basketball team plays its first game.

**1949:** Honoring the new medium of television, the first Emmy Awards are presented at a ceremony in Hollywood.

**1959:** The jet age takes off as American Airlines begins the first cross-country jet service. Passengers could fly between Los Angeles and New York City in about five hours.

**1961:** John F. Kennedy becomes the first U.S. president to hold a live televised news conference.

**1977:** When a cold front barrels across Florida, snow falls for the first—and only—time in the city of Miami.

**1980:** American Mary Decker becomes the first woman to run a mile in under 4.5 minutes.

**1991:** The Persian Gulf War begins when the U.S. launches Operation Desert Storm.

**2002:** Twelve countries in the European Union officially change their currencies to the new euro.

**2010:** At 2,717 feet, the Burj Khalifa skyscraper in Dubai, United Arab Emirates, opens as the world's tallest building.

**2019:** Missy Elliott makes music history as the first female rapper inducted into the Songwriters Hall of Fame.