



Desert Winds

Retirement Community

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May 2024

Heroes Big and Small

“Heroism doesn’t always happen in a burst of glory. Sometimes small triumphs and large hearts change the course of history.”
—Mary Roach

150th Kentucky Derby

The world’s most exciting two minutes in sports will bring even more excitement this year, as thousands will gather to watch the 150th Kentucky Derby on May 4. Several special events are scheduled to mark this milestone, including the fashion-focused “Derby Through the Decades” on Opening Night of the festivities, April 27. Churchill Downs will also unveil its renovated paddock, offering attendees luxury seating and an up-close look at the horses before the Race for the Roses begins.

Memorable Melody: ‘I Can See Clearly Now’

If you’re not already in a good mood, you’ll soon be in one after hearing this upbeat song, which has been spreading sunshine since Johnny Nash recorded it in 1972. For several years, the Texas-born singer had been living in Jamaica, writing and performing with local artists, including the legendary Bob Marley. Those influences can be heard in “I Can See Clearly Now,” which helped bring reggae music to a mainstream audience after quickly reaching No. 1 on the Billboard Hot 100. Both Nash’s original version and a successful cover by reggae artist Jimmy Cliff have remained popular for decades, appearing in many films, TV shows and commercials.



Buttoned Up

Many folks have memories of opening up a box or tin at Grandma’s house and finding a bunch of buttons! These little accessories are popular items to collect, not only to use in sewing and crafting, but also for their window into history. Like jewelry, buttons were often status symbols, and both the material and style of button can indicate what era it’s from and who might have worn it. With buttons in every size, shape and color, plus endless ways to display them, button collecting is a hobby anyone can pick up.

Reasons To Reminisce

Recalling your past achievements can boost your confidence, researchers say. Looking back and remembering how you overcame an obstacle or learned a new skill builds self-esteem and helps you tackle new challenges.



May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
bh - Bingo Hall dr - Dining Room lb - Lobby m - Meeting Room pl - Pool al - DW Assisted Living	1nl - 1st Floor North Lounge t - Theater l - Library 1sl - 1st Floor South Lounge p - Patio	All Events Are Subject to Change	¹ 10:00 Chair Exercise with Lynn (bh) 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) 9:00 Aqua Aerobics (pl) 10:00 Coloring with Lynn (m) 10:00 Hand and Foot Card Game (1nl) 10:00 Holy Communion (t) 11:30 Bus to Winco (lb) 2:00 "Golf" Card Game (m) 2:00 Happy Hour (lb)	³ 10:00 Chair Exercise with Lynn (bh) 11:00 Ice Cream at Dairy Queen (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	⁴ 10:00 Knitting and Loom Ladies (m) 1:00 Movie (cc) (t) 1:00 Pokeno (m) 2:00 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 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	⁷ 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) 1:00 Mexican Train (1sl) 2:00 Skip-Bo Card Game (m)	⁸ 10:00 Chair Exercise with Lynn (bh) 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) 9:00 Aqua Aerobics (pl) 9:30 Men's Coffee (m) 10:00 Avon by Josie/Cards by Anita (lb) 10:00 Hand and Foot Card Game (1nl) 10:00 Holy Communion (t) 11:30 Bus to Walmart (lb) 2:00 "Golf" Card Game (m)	¹⁰ No Transportation 9:00 Bus to Casino Arizona (lb) 10:00 Mother's Day Tea (al) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	¹¹ 10:00 Knitting and Loom Ladies (m) 1:00 Movie (cc) (t) 1:00 Pokeno (m) 2:00 Blood Pressure Check (l) 6:00 Movie (cc) (t)
Mother's Day ¹² 9:15 Bus Pickup from Church of the Palms for Church Service (lb) 2:00 Bingo (bh) 5:00 Billiards (l)	¹³ No Transportation 10:00 Mini Manicures (m) 1:00 Community Rosary (t) 2:00 Bingo (bh) 4:30 Visit Africa Through The Eyes of Our Driver, Mark Behle. Please Sign Up For This Tour. (t) 5:00 Texas Hold 'em Poker (1nl)	¹⁴ 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) 12:30 Red Hat Ladies' Luncheon (dr) 1:00 Mexican Train (1sl) 2:00 Skip-Bo Card Game (m)	¹⁵ 10:00 Chair Exercise with Lynn (bh) 10:30 Bible Fellowship (t) 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) 9:00 Aqua Aerobics (pl) 10:00 Hand and Foot Card Game (1nl) 10:00 Holy Communion (t) 11:30 Bus to Dollar Tree (lb) 1:00 Sunrise Mountain Library (lb) 2:00 "Golf" Card Game (m) 2:00 It's Smoothie Time (lb)	¹⁷ 10:45 Lunch at Don Ruben's Mexican Food (lb) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	¹⁸ 10:00 Knitting and Loom Ladies (m) 1:00 Movie (cc) (t) 1:00 Pokeno (m) 2:00 Blood Pressure Check (l) 2:30 Greeting Card Making Class Led By Robin O'Rouke. Please Sign Up For This Class. (m) 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)	²⁰ 10:00 Mini Manicures (m) 2:00 Bingo (bh) 5:00 Texas Hold 'em Poker (1nl)	²¹ 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) 1:00 Mexican Train (1sl) 2:00 Entertainment by Singer Ken Balog (lb) 2:00 Skip-Bo Card Game (m)	²² 10:00 Chair Exercise with Lynn (bh) 11:00 Wellness Fair Event (lb) 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) 9:00 Aqua Aerobics (pl) 10:00 Bean Bag Toss with Lynn (l) 10:00 Hand and Foot Card Game (1nl) 10:00 Holy Communion (t) 11:30 Bus to Walmart (lb) 2:00 "Golf" Card Game (m) 2:00 Spring Fling Social (lb)	²⁴ No Transportation 11:30 Memorial Day BBQ with Entertainment by Guitarist/Singer Ronny Lee (p) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	²⁵ 10:00 Knitting and Loom Ladies (m) 1:00 Movie (cc) (t) 1:00 Pokeno (m) 2:00 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 Memorial Day No Transportation 5:00 Texas Hold 'em Poker (1nl)	²⁸ 9:00 Aqua Aerobics (pl) 10:00 Hand and Foot Card Game (1nl) 11:00 Red Hat Ladies' Lunch at Shanghai Grill (lb) 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)	²⁹ 10:00 Trivia with Lynn (m) 12:00 Groceries at Fry's or Bashas' (lb) 2:00 Bingo (bh) 6:00 Movie (cc) (t)	³⁰ 8:45 Groceries at Fry's or Bashas' (lb) 9:00 Aqua Aerobics (pl) 10:00 Hand and Foot Card Game (1nl) 10:00 Holy Communion (t) 10:00 Ladies' Social (bh) 2:00 "Golf" Card Game (m)	³¹ 10:00 Breakfast at Denny's (lb) 10:00 Chair Exercise with Lynn (bh) 2:00 Scrabble (bh) 5:00 Texas Hold 'em Poker (1nl)	Birthstone - Emerald Flowers - Lily of the Valley or Hawthorn Colors - Yellow or Red



Audiobook of the Year

Called the Oscars for audiobooks, the annual Audie Awards honor the year's top titles in a variety of categories. Check out some of the past winners named audiobook of the year.

Year	Audiobook/Author
2004	"Harry Potter and the Order of the Phoenix" J.K. Rowling
2006	"The Hitchhiker's Guide to the Galaxy: Tertiary Phase" Douglas Adams
2008	"The Chopin Manuscript: A Serial Thriller" Various Authors
2012	"Bossypants" Tina Fey
2015	"Mandela: An Audio History" Nelson Mandela
2017	"Hamilton: The Revolution" Lin-Manuel Miranda and Jeremy McCarter
2023	"Finding Me" Viola Davis

"This Month In History"

MAY

1922: The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.'s National Mall.

1939: The caped crimefighter Batman makes his debut in issue No. 27 of "Detective Comics." The superhero was an instant hit with readers.

1945: Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

1963: High school junior Lesley Gore performs her first single, "It's My Party," on TV's "American Bandstand." The next week, the song topped the U.S. pop music chart.

1971: Merging 20 of America's passenger railroad services into one, Amtrak begins service.

1994: Nelson Mandela is inaugurated as South Africa's first Black president.

2001: Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

2019: New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids' TV show.