



# Desert Winds

## Retirement Community

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

### Staff Directory

Nora Dartoe	Executive Director
Marielena Medina	Assistant Comm Manager
Kara Cole	Marketing Director
Lynn	Activities Director
Mrs "D"	SLHC Coordinator
Dan	Maintenance Director
Raul Ramos	Executive Chef
Diana	Dining Room Supervisor

### Resident July Birthdays

Joe Roland	7/3
Wanda Groen	7/4
Ruth Hallier	7/17
Angie Fales	7/19
Genevieve Surowiec	7/21
Joyce Dass	7/23
Dennis Mills	7/24
Doug Coker	7/25
George Phillips	7/28

### Welcome New Residents

Chuck O'Dell	#2021
Arlene Cohen	#1036
Shelly Peterson	#1051



## July 2024

### Have a Cool Summer

As the weather warms up, find ways to cool down by reviewing these summertime tips.

*What to drink.* Stay hydrated by drinking liquids throughout the day, and don't wait until you feel thirsty to drink. Water, calorie-free beverages, fruit smoothies and decaffeinated tea and coffee are recommended options. Herbal peppermint and chrysanthemum teas have natural cooling properties.

*What to eat.* On hot days, stick to light meals with plenty of fruits and vegetables since they have high water content. Opt for salads and low-sodium soups and broths. Cut back on salty foods, which can contribute to dehydration.

*What to wear.* Choose loose, lightweight clothing to allow air to circulate and flow over your skin. Breathable fabrics such as cotton, linen and chambray are all warm-weather winners. Clothes in light colors will absorb less heat than dark hues.

*What to do.* During the warmest hours of the day, between 10 a.m. and 4 p.m., stay inside in the air conditioning. Switch to indoor activities and visit a shopping mall, movie theater, library or museum.

### Lady Liberty

The Statue of Liberty is among America's most famous national monuments. Here are some little-known facts about the icon:

- Its creator, Frederic-Auguste Bartholdi, wanted it to be covered in gold so that it would be visible at night.
- Inventor Thomas Edison said he was designing a huge phonograph disc for the statue's interior so that it could "talk."



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p style="text-align: center;"><b>All Events Are Subject to Change</b></p>	<p>1</p> <p>10:00 <b>M</b> Mini Manicures (m) 2:00 <b>BH</b> Bingo (bh) 5:00 <b>1N</b> Texas Hold 'em Poker (1nl)</p>	<p>2</p> <p>9:00 <b>pl</b> Aqua Aerobics (pl) 10:00 <b>BH</b> Chair Exercise with Lynn (bh) 10:00 <b>1N</b> Hand and Foot Card Game (1nl) 12:00 <b>LB</b> Groceries at Fry's or Bashas' (lb) 1:00 <b>1S</b> Mexican Train (1sl) 2:00 <b>M</b> Skip-Bo Card Game (m)</p>	<p>3</p> <p>10:00 <b>BH</b> Chair Exercise with Lynn (bh) 10:30 <b>T</b> Bible Fellowship (t) 12:00 <b>LB</b> Groceries at Fry's or Bashas' (lb) 2:00 <b>LB</b> July 4th Entertainment by Singer Vito Mandarino (lb) 6:00 <b>T</b> Movie (cc) (t)</p>	<p>4</p> <p><b>Independence Day No Transportation</b> 9:00 <b>pl</b> Aqua Aerobics (pl) 10:00 <b>1N</b> Hand and Foot Card Game (1nl) 10:00 <b>T</b> Holy Communion (t) 2:00 <b>M</b> "Golf" Card Game (m)</p>	<p>5</p> <p><b>No Transportation</b> 9:00 <b>LB</b> Bus to Talking Stick Casino (lb) 1:00 <b>1S</b> Bridge (1sl) 2:00 <b>BH</b> Scrabble (bh) 5:00 <b>1N</b> Texas Hold 'em Poker (1nl)</p>	<p>6</p> <p>10:00 <b>M</b> Knitting and Loom Ladies (m) 1:00 <b>M</b> Pokeno (m) 2:00 <b>L</b> Blood Pressure Check (l) 6:00 <b>T</b> Movie (cc) (t)</p>	
	<p>7</p> <p>9:15 <b>LB</b> Bus Pickup from Church of the Palms for Church Service (lb) 2:00 <b>BH</b> Bingo (bh) 4:00 <b>T</b> Movie (cc) (t) 5:00 <b>L</b> Billiards (l)</p>	<p>8</p> <p><b>No Transportation</b> 10:00 <b>M</b> Mini Manicures (m) 1:00 <b>T</b> Community Rosary (t) 2:00 <b>BH</b> Bingo (bh) 5:00 <b>1N</b> Texas Hold 'em Poker (1nl)</p>	<p>9</p> <p>9:00 <b>pl</b> Aqua Aerobics (pl) 10:00 <b>BH</b> Chair Exercise with Lynn (bh) 10:00 <b>1N</b> Hand and Foot Card Game (1nl) 12:00 <b>LB</b> Groceries at Fry's or Bashas' (lb) 12:30 <b>DR</b> Red Hat Ladies Luncheon (dr) 1:00 <b>1S</b> Mexican Train (1sl) 2:00 <b>M</b> Skip-Bo Card Game (m)</p>	<p>10</p> <p>10:00 <b>M</b> Coloring with Lynn (m) 12:00 <b>LB</b> Groceries at Fry's or Bashas' (lb) 2:00 <b>BH</b> Bingo (bh) 6:00 <b>T</b> Movie (cc) (t)</p>	<p>11</p> <p>8:45 <b>LB</b> Groceries at Fry's or Bashas' (lb) 9:00 <b>pl</b> Aqua Aerobics (pl) 9:30 <b>M</b> Men's Coffee (m) 10:00 <b>1N</b> Hand and Foot Card Game (1nl) 10:00 <b>T</b> Holy Communion (t) 11:30 <b>LB</b> Bus to Walmart (lb) 1:00 <b>BH</b> Happy Ears Bingo Bonanza 2:00 <b>M</b> "Golf" Card Game (m) 2:00 <b>LB</b> It's Smoothie Time (lb)</p>	<p>12</p> <p>10:00 <b>BH</b> Chair Exercise with Lynn (bh) 1:00 <b>1S</b> Bridge (1sl) 2:00 <b>BH</b> Scrabble (bh) 5:00 <b>1N</b> Texas Hold 'em Poker (1nl)</p>	<p>13</p> <p>10:00 <b>M</b> Knitting and Loom Ladies (m) 1:00 <b>M</b> Pokeno (m) 2:00 <b>L</b> Blood Pressure Check (l) 6:00 <b>T</b> Movie (cc) (t)</p>
	<p>14</p> <p>9:15 <b>LB</b> Bus Pickup from Church of the Palms for Church Service (lb) 2:00 <b>BH</b> Bingo (bh) 4:00 <b>T</b> Movie (cc) (t) 5:00 <b>L</b> Billiards (l)</p>	<p>15</p> <p>10:00 <b>LB</b> Breakfast at The Haymaker (lb) 10:00 <b>M</b> Mini Manicures (m) 2:00 <b>BH</b> Bingo (bh) 5:00 <b>1N</b> Texas Hold 'em Poker (1nl)</p>	<p>16</p> <p>9:00 <b>pl</b> Aqua Aerobics (pl) 10:00 <b>BH</b> Chair Exercise with Lynn (bh) 10:00 <b>1N</b> Hand and Foot Card Game (1nl) 12:00 <b>LB</b> Groceries at Fry's or Bashas' (lb) 1:00 <b>1S</b> Mexican Train (1sl) 2:00 <b>LB</b> Entertainment by Singer Ken Balog (lb) 2:00 <b>M</b> Skip-Bo Card Game (m)</p>	<p>17</p> <p>10:00 <b>BH</b> Chair Exercise with Lynn (bh) 10:30 <b>T</b> Bible Fellowship (t) 12:00 <b>LB</b> Groceries at Fry's or Bashas' (lb) 2:00 <b>BH</b> Bingo (bh) 2:00 <b>LB</b> Walker Wash &amp; Roll Wednesday 6:00 <b>T</b> Movie (cc) (t)</p>	<p>18</p> <p>8:45 <b>LB</b> Groceries at Fry's or Bashas' (lb) 9:00 <b>pl</b> Aqua Aerobics (pl) 10:00 <b>1N</b> Hand and Foot Card Game (1nl) 10:00 <b>T</b> Holy Communion (t) 11:30 <b>LB</b> Bus to Dollar Tree (lb) 1:00 <b>LB</b> Sunrise Mountain Library (lb) 2:00 <b>M</b> "Golf" Card Game (m)</p>	<p>19</p> <p><b>No Transportation</b> 11:00 <b>LB</b> Bus to Danzeisen Dairy Creamery Store (lb) 1:00 <b>1S</b> Bridge (1sl) 2:00 <b>BH</b> Scrabble (bh) 5:00 <b>1N</b> Texas Hold 'em Poker (1nl)</p>	<p>20</p> <p>10:00 <b>M</b> Knitting and Loom Ladies (m) 1:00 <b>M</b> Pokeno (m) 2:00 <b>L</b> Blood Pressure Check (l) 6:00 <b>T</b> Movie (cc) (t)</p>
	<p>21</p> <p>9:15 <b>LB</b> Bus Pickup from Church of the Palms for Church Service (lb) 2:00 <b>BH</b> Bingo (bh) 4:00 <b>T</b> Movie (cc) (t) 5:00 <b>L</b> Billiards (l)</p>	<p>22</p> <p><b>No Transportation</b> 10:00 <b>M</b> Mini Manicures (m) 2:00 <b>BH</b> Bingo (bh) 5:00 <b>1N</b> Texas Hold 'em Poker (1nl)</p>	<p>23</p> <p>9:00 <b>pl</b> Aqua Aerobics (pl) 10:00 <b>L</b> Bean Bag Toss with Lynn (l) 10:00 <b>T</b> Catholic Mass (t) 10:00 <b>1N</b> Hand and Foot Card Game (1nl) 12:00 <b>LB</b> Groceries at Fry's or Bashas' (lb) 1:00 <b>1S</b> Mexican Train (1sl) 2:00 <b>LB</b> Happy Hour (lb) 2:00 <b>M</b> Skip-Bo Card Game (m)</p>	<p>24</p> <p>10:00 <b>BH</b> Chair Exercise with Lynn (bh) 12:00 <b>LB</b> Groceries at Fry's or Bashas' (lb) 2:00 <b>BH</b> Bingo (bh) 6:00 <b>T</b> Movie (cc) (t)</p>	<p>25</p> <p>8:45 <b>LB</b> Groceries at Fry's or Bashas' (lb) 9:00 <b>pl</b> Aqua Aerobics (pl) 10:00 <b>1N</b> Hand and Foot Card Game (1nl) 10:00 <b>T</b> Holy Communion (t) 10:00 <b>BH</b> Ladies Social (bh) 11:30 <b>LB</b> Bus to Walmart (lb) 2:00 <b>M</b> "Golf" Card Game (m)</p>	<p>26</p> <p>10:00 <b>BH</b> Chair Exercise with Lynn (bh) 11:00 <b>LB</b> Lunch at The Cheesecake Factory (lb) 1:00 <b>1S</b> Bridge (1sl) 2:00 <b>BH</b> Scrabble (bh) 5:00 <b>1N</b> Texas Hold 'em Poker (1nl)</p>	<p>27</p> <p>10:00 <b>M</b> Knitting and Loom Ladies (m) 1:00 <b>M</b> Pokeno (m) 2:00 <b>L</b> Blood Pressure Check (l) 6:00 <b>T</b> Movie (cc) (t)</p>
	<p>28</p> <p>9:15 <b>LB</b> Bus Pickup from Church of the Palms for Church Service (lb) 2:00 <b>BH</b> Bingo (bh) 4:00 <b>T</b> Movie (cc) (t) 5:00 <b>L</b> Billiards (l)</p>	<p>29</p> <p>10:00 <b>M</b> Mini Manicures (m) 11:00 <b>LB</b> Red Hat Ladies Lunch at P.F. Chang's (lb) 2:00 <b>BH</b> Bingo (bh) 5:00 <b>1N</b> Texas Hold 'em Poker (1nl)</p>	<p>30</p> <p>9:00 <b>pl</b> Aqua Aerobics (pl) 10:00 <b>BH</b> Chair Exercise with Lynn (bh) 10:00 <b>1N</b> Hand and Foot Card Game (1nl) 12:00 <b>LB</b> Groceries at Fry's or Bashas' (lb) 1:00 <b>1S</b> Mexican Train (1sl) 2:00 <b>M</b> Skip-Bo Card Game (m) 2:00 <b>LB</b> Sunny Summer Social (lb)</p>	<p>31</p> <p>10:00 <b>M</b> Trivia with Lynn (m) 12:00 <b>LB</b> Groceries at Fry's or Bashas' (lb) 12:00 <b>DR</b> July Birthday Luncheon (dr) 2:00 <b>BH</b> Bingo (bh) 6:00 <b>T</b> Movie (cc) (t)</p>			

# "This Month In History"

## JULY

**1903:** Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.

**1914:** A dance craze begins after the fox trot is performed at a club in New York City.

**1926:** Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.

**1937:** Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.

**1946:** The bikini swimsuit debuts at a fashion show in Paris.

**1958:** President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.

**1960:** Harper Lee's "To Kill a Mockingbird" is published and quickly becomes a bestseller. The novel was awarded the Pulitzer Prize a year later.

**1988:** Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women's 100-meter. Her record of 10.49 seconds still stands today.

**2002:** Major League Baseball's All-Star Game ends in a 7-7 tie after 11 innings because both teams run out of pitchers.

**2018:** In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.



# Maria Diaz

you are the  
**Employee**  
**of the month**

