



# Desert Winds

## Retirement Community

20545 N Lake Pleasant Rd • Peoria, AZ 85382 • (623) 322-0600

### Staff Directory

Nora Dartoe.....Executive Director  
 Courtney Brogdon.....Marketing Director  
 Debra Crutchfield .....Nurse  
 Miatta Anderson.....Resident Care Coordinator  
 Debra Brookins.....Activities Director  
 Damien Shaffer.....Maintenance Director  
 Raul Ramos.....Executive Chef

### Dining Room Hours

Breakfast ..... 7:30am-8:30am  
 Lunch ..... 11:00am-12:30pm  
 Dinner ..... 4:00pm-5:30pm

### Resident October Birthdays!

Bessie W. .... 10/1  
 Sharon H. .... 10/3  
 Gary G. .... 10/6  
 Virginia M. .... 10/7  
 Shirley C. .... 10/9  
 Sue H. .... 10/18  
 Marjorie H. .... 10/21  
 Marge B. .... 10/22  
 Don S. .... 10/31



### October 2024

#### Paint Splatter Silhouette

Create cool artwork with this spray paint technique.

#### Materials:

- Pencil
- Thin cardboard
- Scissors
- Washable tempera paint, various colors
- Empty spray bottles (one per color of paint)
- Water
- Newspaper
- Black construction paper or card stock

#### Directions:

Draw or trace desired shape(s) on the cardboard. Some ideas for a seasonal theme include a crescent moon and stars, a tree with bare branches, a bat, a spider or cat. Cut out the shape(s).

Add a large dollop of paint to a spray bottle. Add 1/2 cup of water to the bottle, replace the nozzle, and shake to mix the paint and water. Repeat the steps for each color of paint you're using.

Protect your work surface with newspaper. Place a black piece of paper on the work surface, then position the cardboard shape(s) where you want them on the paper.

Hold the spray bottle of paint several inches away and spray paint onto the paper. Repeat with each additional color. Be sure to get plenty of paint around each cardboard shape.

Let the paint dry for 30 minutes, then lift off the cardboard shapes to reveal your finished artwork.

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|---|--|---|--|---|--|---|
| <p><b>Events are subject to change</b></p>  |  | <p><b>International Coffee Day/Coffee Tasting</b> 1</p> <p>8:00 Resident Walking Club ★<br/>             8:30 <span style="color: #90EE90;">MT</span> Resident Chair Tai Chi ★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social/Coffee Tasting ★<br/>             9:30 <span style="color: #800080;">AR</span> Nails On the Go<br/>             10:00 <span style="color: #90EE90;">MT</span> Chair Yoga/Relaxation<br/>             1:00 <span style="color: #FF69B4;">LB</span> Lobby Games/Wii Bowling<br/>             2:30 <span style="color: #800080;">GR</span> Puzzles &amp; Games ★</p>                                 | <p>2</p> <p>8:00 Resident Walking Club ★<br/> <b>8:30 Walmart Shopping Outing - Sign up</b> <br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/> <b>2:00 <span style="color: #FF69B4;">LB</span> Wine Wednesday w/ Entertainment</b><br/>             2:30 <span style="color: #800080;">GR</span> Phase 10 &amp; Card Games★</p>   | <p>3</p> <p>8:00 Resident Walking Club ★<br/>             8:30 <span style="color: #90EE90;">MT</span> Resident Chair Tai Chi ★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/>             9:30 <span style="color: #00A08A;">FR</span> Group Exercise<br/>             10:00 <span style="color: #000080;">LB</span> Book Club<br/>             12:00 <span style="color: #90EE90;">MT</span> Movie time<br/> <b>1:30 <span style="color: #FF69B4;">LB</span> Root Beer Floats</b><br/>             3:00 <span style="color: #800080;">GR</span> Puzzles &amp; Games★</p>   | <p><b>International Card Making Day</b> 4</p> <p>8:00 Resident Walking Club ★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>9:00 <span style="color: #800080;">BR</span> Resident Supply Store</b><br/>             10:00 <span style="color: #800080;">AR</span> Crafts (Make special card crafts)<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/> <b>2:00 <span style="color: #FF69B4;">LB</span> Happy Hour</b><br/>             2:30 <span style="color: #800080;">GR</span> Phase 10 &amp; Card Games★</p> | <p>5</p> <p>9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/>             2:00 <span style="color: #FF69B4;">LB</span> Saturday Movie Matinee<br/>             3:30 <span style="color: #800080;">GR</span> Cards: Uno, Phase 10, Rummy★</p>  |
| <p>6</p> <p>9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/>             9:30 <span style="color: #FF69B4;">LB</span> Bible Study with Linda<br/>             10:30 <span style="color: #800080;">GR</span> Card Games - Uno, Phase 10<br/>             12:30 <span style="color: #FF69B4;">LB</span> Sunday Movie<br/>             1:30 <span style="color: #90EE90;">MT</span> Balloon Games</p>  | <p>7</p> <p>8:00 Resident Walking Club★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/> <b>2:00 <span style="color: #800080;">AR</span> Baking (Spooky Oreo Halloween Spider cookies)</b><br/>             2:30 <span style="color: #800080;">GR</span> Phase 10 &amp; Card Games★</p>                          | <p>8</p> <p>8:00 Resident Walking Club★<br/>             8:30 <span style="color: #90EE90;">MT</span> Resident Chair Tai Chi ★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/>             9:30 <span style="color: #000080;">LB</span> Book club<br/>             10:00 <span style="color: #90EE90;">MT</span> Chair Yoga/Relaxation<br/>             1:00 <span style="color: #FF69B4;">LB</span> Lobby Games/Wii Bowling<br/>             2:30 <span style="color: #800080;">GR</span> Puzzles &amp; Games ★</p>  | <p>9</p> <p>8:00 Resident Walking Club★<br/> <b>8:30 Costco- Sign up at Front Desk</b> <br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/> <b>2:00 <span style="color: #FF69B4;">LB</span> Wine Wednesday w/ Entertainment</b><br/>             2:30 <span style="color: #800080;">GR</span> Phase 10 &amp; Card Games★</p>  | <p>10</p> <p>8:00 Resident Walking Club★<br/>             8:30 <span style="color: #90EE90;">MT</span> Resident Chair Tai Chi ★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/>             9:30 <span style="color: #00A08A;">FR</span> Group Exercise<br/>             12:00 <span style="color: #90EE90;">MT</span> Movie time<br/> <b>1:30 <span style="color: #FF69B4;">LB</span> Frozen Treats</b><br/>             3:00 <span style="color: #800080;">GR</span> Puzzles &amp; Games★</p>   | <p>11</p> <p>8:00 Resident Walking Club★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>9:00 <span style="color: #800080;">BR</span> Resident Supply Store</b><br/>             10:00 <span style="color: #800080;">AR</span> Crafts (decorating pumpkins)<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/> <b>2:00 <span style="color: #FF69B4;">LB</span> Happy Hour</b><br/>             2:30 <span style="color: #800080;">GR</span> Phase 10 &amp; Card Games★</p>   | <p>12</p> <p>9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/>             2:00 <span style="color: #FF69B4;">LB</span> Saturday Movie Matinee<br/>             3:30 <span style="color: #800080;">GR</span> Cards: Uno, Phase 10, Rummy★</p> |
| <p>13</p> <p>9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/>             9:30 <span style="color: #FF69B4;">LB</span> Bible Study with Linda<br/>             10:30 <span style="color: #800080;">GR</span> Card Games - Uno, Phase 10<br/>             12:30 <span style="color: #FF69B4;">LB</span> Sunday Movie<br/>             1:30 <span style="color: #90EE90;">MT</span> Games</p>         | <p><b>Columbus Day</b> 14</p> <p>8:00 Resident Walking Club★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/> <b>2:00 <span style="color: #800080;">AR</span> BAKING TIME (Monster eyeballs rice krispie bites)</b><br/>             2:30 <span style="color: #800080;">GR</span> Phase 10 &amp; Card Games★</p> | <p>15</p> <p>8:00 Resident Walking Club★<br/>             8:30 <span style="color: #90EE90;">MT</span> Resident Chair Tai Chi ★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>9:30 <span style="color: #800080;">AR</span> Nails On the Go</b><br/>             10:00 <span style="color: #90EE90;">MT</span> Chair Yoga/Relaxation<br/>             1:00 <span style="color: #FF69B4;">LB</span> Lobby Games/Wii Bowling<br/> <b>2:00 <span style="color: #800080;">AR</span> Townhall Meeting</b><br/>             2:30 <span style="color: #800080;">GR</span> Puzzles &amp; Games ★</p>                          | <p>16</p> <p>8:00 Resident Walking Club★<br/> <b>8:30 Dollar Tree outing SIGN UP</b> <br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/> <b>1:00 Oktoberfest Beer and Pretzels</b><br/> <b>2:00 <span style="color: #FF69B4;">LB</span> Wine Wednesday w/ Entertainment</b><br/>             2:30 <span style="color: #800080;">GR</span> Phase 10 &amp; Card Games★</p> | <p>17</p> <p>8:00 Resident Walking Club★<br/>             8:30 <span style="color: #90EE90;">MT</span> Resident Chair Tai Chi ★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/>             9:30 <span style="color: #00A08A;">FR</span> Group Exercise<br/>             10:00 <span style="color: #000080;">LB</span> Book Club<br/>             12:00 <span style="color: #90EE90;">MT</span> Movie time<br/> <b>1:30 <span style="color: #FF69B4;">LB</span> Ice Cream Sundae</b><br/>             3:00 <span style="color: #800080;">GR</span> Puzzles &amp; Games★</p>   | <p>18</p> <p>8:00 Resident Walking Club★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>9:00 <span style="color: #800080;">BR</span> Resident Supply Store</b><br/>             10:00 <span style="color: #800080;">AR</span> Crafts (Halloween Paper Plate Craft)<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/> <b>2:00 <span style="color: #FF69B4;">LB</span> Happy Hour</b><br/>             2:30 <span style="color: #800080;">GR</span> Phase 10 &amp; Card Games★</p>                                   | <p>19</p> <p>9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/>             2:00 <span style="color: #FF69B4;">LB</span> Saturday Movie Matinee<br/>             3:30 <span style="color: #800080;">GR</span> Cards: Uno, Phase 10, Rummy★</p> |
| <p>20</p> <p>9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/>             9:30 <span style="color: #FF69B4;">LB</span> Bible Study with Linda<br/>             10:30 <span style="color: #800080;">GR</span> Card Games - Uno, Phase 10<br/>             12:30 <span style="color: #FF69B4;">LB</span> Sunday Movie<br/>             1:30 <span style="color: #90EE90;">MT</span> Balloon Games</p> | <p>21</p> <p>8:00 Resident Walking Club★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/> <b>2:00 <span style="color: #800080;">AR</span> Baking (Peanut butter spider cookies)</b><br/>             2:30 <span style="color: #800080;">GR</span> Phase 10 &amp; Card Games★</p>                                 | <p>22</p> <p>8:00 Resident Walking Club★<br/>             8:30 <span style="color: #90EE90;">MT</span> Resident Chair Tai Chi ★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/>             9:30 <span style="color: #800080;">AR</span> Book club<br/>             10:00 <span style="color: #90EE90;">MT</span> Chair Yoga/Relaxation<br/>             1:00 <span style="color: #FF69B4;">LB</span> Lobby Games/Wii Bowling<br/> <b>1:00 <span style="color: #FF69B4;">LB</span> Meet &amp; Greet New Residents with Treats</b><br/>             2:30 <span style="color: #800080;">GR</span> Puzzles &amp; Games ★</p> | <p>23</p> <p>8:00 Resident Walking Club★<br/> <b>8:30 Fry's - Sign up at Front Desk</b> <br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/> <b>2:00 <span style="color: #FF69B4;">LB</span> Wine Wednesday w/ Entertainment</b><br/>             2:30 <span style="color: #800080;">GR</span> Phase 10 &amp; Card Games★</p>   | <p>24</p> <p>8:00 Resident Walking Club★<br/>             8:30 <span style="color: #90EE90;">MT</span> Resident Chair Tai Chi ★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/>             9:30 <span style="color: #00A08A;">FR</span> Group Exercise<br/>             12:00 <span style="color: #90EE90;">MT</span> Movie time<br/> <b>1:30 <span style="color: #FF69B4;">LB</span> Ice cream sandwiches</b><br/>             3:00 <span style="color: #800080;">GR</span> Puzzles &amp; Games★</p>  | <p><b>International Artists Day</b> 25</p> <p>8:00 Resident Walking Club★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>9:00 <span style="color: #800080;">BR</span> Resident Supply Store</b><br/>             10:00 <span style="color: #800080;">AR</span> Crafts (Decorating Canvases)<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/> <b>2:00 <span style="color: #FF69B4;">LB</span> Happy Hour</b><br/>             2:30 <span style="color: #800080;">GR</span> Phase 10 &amp; Card Games★</p>          | <p>26</p> <p>9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/>             2:00 <span style="color: #FF69B4;">LB</span> Saturday Movie Matinee<br/>             3:30 <span style="color: #800080;">GR</span> Cards: Uno, Phase 10, Rummy★</p> |
| <p>27</p> <p>9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/>             9:30 <span style="color: #FF69B4;">LB</span> Bible Study with Linda<br/>             10:30 <span style="color: #800080;">GR</span> Card Games - Uno, Phase 10<br/>             12:30 <span style="color: #FF69B4;">LB</span> Sunday Movie<br/>             1:30 <span style="color: #90EE90;">MT</span> Games</p>         | <p>28</p> <p>8:00 Resident Walking Club★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/> <b>2:00 <span style="color: #800080;">AR</span> BAKING TIME (Witches broomstick Halloween pretzel treats)</b><br/>             2:30 <span style="color: #800080;">GR</span> Phase 10 &amp; Card Games★</p>             | <p>29</p> <p>8:00 Resident Walking Club★<br/>             8:30 <span style="color: #90EE90;">MT</span> Resident Chair Tai Chi ★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>9:30 <span style="color: #800080;">AR</span> Nails On the Go</b><br/>             10:00 <span style="color: #90EE90;">MT</span> Chair Yoga/Relaxation<br/>             1:00 <span style="color: #FF69B4;">LB</span> Lobby Games/Wii Bowling<br/>             2:30 <span style="color: #800080;">GR</span> Puzzles &amp; Games ★</p>  | <p>30</p> <p>8:00 Resident Walking Club★<br/> <b>8:30 Walmart Shopping Outing - Sign up</b> <br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/> <b>12:30 <span style="color: #800080;">AR</span> DIME BINGO</b><br/> <b>2:00 <span style="color: #FF69B4;">LB</span> Wine Wednesday w/ Entertainment</b><br/>             2:30 <span style="color: #800080;">GR</span> Phase 10 &amp; Card Games★<br/> <b>5:00 Trunk or treat</b></p>         | <p>31</p> <p>8:00 Resident Walking Club★<br/>             8:30 <span style="color: #90EE90;">MT</span> Resident Chair Tai Chi ★<br/>             9:00 <span style="color: #800080;">BR</span> Resident Coffee Social ★<br/>             9:30 <span style="color: #00A08A;">FR</span> Group Exercise<br/>             10:00 <span style="color: #000080;">LB</span> Book Club<br/> <b>10:00 <span style="color: #FF69B4;">LB</span> Sip and Paint</b><br/>             12:00 <span style="color: #90EE90;">MT</span> Movie time<br/> <b>1:30 <span style="color: #FF69B4;">LB</span> Root Beer Floats</b><br/>             3:00 <span style="color: #800080;">GR</span> Puzzles &amp; Games★</p> |  |   |



Any changes made to your Medicare coverage  
will take effect Jan. 1.

Visit **Medicare.gov** for more information.

M E D I C A R E

OPEN ENROLLMENT

Oct. 15–Dec. 7

