



# 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  
Betty Barrett: Activities Director  
Damien Shaffer: Maintenance Director  
Raul Ramos: Executive Chef

### Dining Room Hours

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

### June Birthdays!!

Cherry Trout ..... 6/15  
Sharon McDaniel ..... 6/15  
Lupe Orr ..... 6/16  
Estella Alvarado ..... 6/20  
Anne Jarvis ..... 6/29



Pajama Day 2025!

### Brainteaser

Question: I have no arms and no legs, and yet I move the earth. What am I?  
Answer: An earthworm.

## June 2025

### Here Are Some Fun Facts About June:

#### Longest Daylight:

June has the most daylight hours in the Northern Hemisphere, making it the start of summer.

#### Shortest Daylight:

On the Southern Hemisphere, June has the shortest daylight hours, marking the start of winter.

#### Birthstones and Flowers:

June's birthstones are pearl, moonstones and alexandrites, while the birth flowers are roses and honeysuckle.

#### Name Origin:

The name "June" comes from the Roman goddess Juno, associated with marriage and youth.

#### International Men's Month:

June is recognized as "International Men's Month."

#### Unique Calendar Start:

On both common and leap years, no other month begins on the same day of the week as June.

### Self-Care Corner: Cool Down

We often hear of the winter blues, but hot weather is also linked to mood. High temperatures can cause adrenaline and cortisol to rise, making you feel stressed and short-tempered. If your temper starts to flare, pause for a self-check. Are you really angry, or do you just need to cool down—literally? Find a cool, quiet spot; take some deep breaths; and drink some water. Once your body feels more comfortable, you may find your emotional state is better, too.

### 'Treks' Is One

How many words can you come up with using the letters in "farmers' market?"





June 2025

- FR

Fitness Room
- AR

Activity Room
- GR

Game Room
- LB

Lobby
- BR

Bistro

🚶

Fitness Room

🚶

Outing

★

Resident-Led

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:30 <div>AR</div> Bible Study with Linda★</div> <div>10:00 <div>FR</div> Drumsticks hitting the ball</div> <div>10:30 <div>GR</div> Card Games - Uno, Phase 10★</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:00 Sunday Movie Matinee</div> <div>3:00 <div>GR</div> Puzzles★</div>	<div>2</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:00 <div>AR</div> Resident Store</div> <div>9:30 <div>FR</div> Exercise</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:30 Happy Hour with residents song choices</div> <div>3:00 <div>GR</div> Phase 10 &amp; Card Games★</div>	<div>3</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:30 <div>AR</div> Fancy Manicures</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:30 <div>FR</div> Beach Volleyball🚶🚶</div> <div>3:00 <div>GR</div> Puzzles &amp; Games ★</div>	<div>4</div> <div>8:30 Paloma Park🚶</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>1:00 <div>LB</div> Indoor Walking</div> <div>2:30 <div>LB</div> Happy Hour Name That Tune</div> <div>3:00 <div>GR</div> Phase 10 &amp; Card Games★</div>	<div>5</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:30 <div>FR</div> Music &amp; Movement with Kellan</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:30 <div>LB</div> Root Beer Floats</div> <div>3:00 <div>GR</div> Puzzles &amp; Games★</div>	<div>6</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:00 Resident Supply Store</div> <div>9:30 <div>FR</div> Exercise</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>3:00 <div>GR</div> Phase 10 &amp; Card Games★</div>	<div>7</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>10:00 <div>FR</div> Exercise in the Fitness Room</div> <div>10:00 <div>GR</div> Puzzles★</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:00 <div>LB</div> Saturday Movie Matinee</div> <div>3:30 <div>GR</div> Cards: Uno, Phase 10, Rummy★</div>
<div>8</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:30 <div>AR</div> Bible Study with Linda★</div> <div>10:00 <div>FR</div> Drumsticks hitting the ball</div> <div>10:30 <div>GR</div> Card Games - Uno, Phase 10★</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:00 Sunday Movie Matinee</div> <div>3:00 <div>GR</div> Puzzles★</div>	<div>9</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:00 <div>AR</div> Resident Store</div> <div>9:30 <div>FR</div> Exercise</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:30 Happy Hour with residents song choices</div> <div>3:00 <div>GR</div> Phase 10 &amp; Card Games★</div>	<div>10</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:30 <div>AR</div> Fancy Manicures</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:30 <div>FR</div> Beach Volleyball🚶🚶</div> <div>3:00 <div>GR</div> Puzzles &amp; Games ★</div>	<div>11</div> <div>8:30 Walmart🚶</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>1:00 <div>LB</div> Indoor Walking</div> <div>2:30 <div>LB</div> Happy Hour Name That Tune</div> <div>3:00 <div>GR</div> Phase 10 &amp; Card Games★</div>	<div>12</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:30 <div>FR</div> Music &amp; Movement with Kellan</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:30 <div>LB</div> Ice Cream Sundaes</div> <div>3:00 <div>GR</div> Puzzles &amp; Games★</div>	<div>13</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:00 Resident Supply Store</div> <div>9:30 <div>FR</div> Exercise</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:30 <div>LB</div> Father's Day at The Pub (Lobby)!</div> <div>3:00 <div>GR</div> Phase 10 &amp; Card Games★</div>	<div>14</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>10:00 <div>FR</div> Exercise in the Fitness Room</div> <div>10:00 <div>GR</div> Puzzles★</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:00 <div>LB</div> Saturday Movie Matinee</div> <div>3:30 <div>GR</div> Cards: Uno, Phase 10, Rummy★</div>
<div>Father's Day</div> <div>15</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:30 <div>AR</div> Bible Study with Linda★</div> <div>10:00 <div>FR</div> Drumsticks hitting the ball</div> <div>10:30 <div>GR</div> Card Games - Uno, Phase 10★</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:00 Sunday Movie Matinee</div> <div>3:00 <div>GR</div> Puzzles★</div>	<div>16</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:00 <div>AR</div> Resident Store</div> <div>9:30 <div>FR</div> Exercise</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:30 Happy Hour with Ms. Kitty</div> <div>3:00 <div>GR</div> Phase 10 &amp; Card Games★</div>	<div>17</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:30 <div>AR</div> Fancy Manicures</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:00 <div>AR</div> Resident Town Hall Meeting</div> <div>3:00 <div>GR</div> Puzzles &amp; Games ★</div>	<div>18</div> <div>8:30 Albertsons🚶</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>10:00 <div>AR</div> Veteran to Veteran</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>1:00 <div>LB</div> Indoor Walking</div> <div>2:30 <div>LB</div> Happy Hour Name That Tune</div> <div>3:00 <div>GR</div> Phase 10 &amp; Card Games★</div>	<div>Juneteenth</div> <div>19</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:30 <div>FR</div> Music &amp; Movement with Kellan</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:30 <div>LB</div> Root Beer Floats</div> <div>3:00 <div>GR</div> Puzzles &amp; Games★</div>	<div>20</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:00 Resident Supply Store</div> <div>9:30 <div>FR</div> Exercise</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>3:00 <div>GR</div> Phase 10 &amp; Card Games★</div>	<div>21</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>10:00 <div>FR</div> Exercise in the Fitness Room</div> <div>10:00 <div>GR</div> Puzzles★</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:00 <div>LB</div> Saturday Movie Matinee</div> <div>3:30 <div>GR</div> Cards: Uno, Phase 10, Rummy★</div>
<div>22</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:30 <div>AR</div> Bible Study with Linda★</div> <div>10:00 <div>FR</div> Drumsticks hitting the ball</div> <div>10:30 <div>GR</div> Card Games - Uno, Phase 10★</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:00 Sunday Movie Matinee</div> <div>3:00 <div>GR</div> Puzzles★</div>	<div>23</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:00 <div>AR</div> Resident Store</div> <div>9:30 <div>FR</div> Exercise</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:30 Happy Hour with residents song choices</div> <div>3:00 <div>GR</div> Phase 10 &amp; Card Games★</div>	<div>24</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:30 <div>AR</div> Fancy Manicures</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:30 <div>FR</div> Beach Volleyball🚶🚶</div> <div>3:00 <div>GR</div> Puzzles &amp; Games ★</div>	<div>25</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>10:45 Olive Garden🚶</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>1:00 <div>LB</div> Indoor Walking</div> <div>2:30 <div>LB</div> Happy Hour Name That Tune</div> <div>3:00 <div>GR</div> Phase 10 &amp; Card Games★</div>	<div>26</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:30 <div>FR</div> Music &amp; Movement with Kellan</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:30 <div>LB</div> Ice Cream Sundaes</div> <div>3:00 <div>GR</div> Puzzles &amp; Games★</div>	<div>27</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:00 Resident Supply Store</div> <div>9:30 <div>FR</div> Exercise</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>3:00 <div>GR</div> Phase 10 &amp; Card Games★</div>	<div>28</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>10:00 <div>FR</div> Exercise in the Fitness Room</div> <div>10:00 <div>GR</div> Puzzles★</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:00 <div>LB</div> Saturday Movie Matinee</div> <div>3:30 <div>GR</div> Cards: Uno, Phase 10, Rummy★</div>
<div>29</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:30 <div>AR</div> Bible Study with Linda★</div> <div>10:00 <div>FR</div> Drumsticks hitting the ball</div> <div>10:30 <div>GR</div> Card Games - Uno, Phase 10★</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:00 Sunday Movie Matinee</div> <div>3:00 <div>GR</div> Puzzles★</div>	<div>30</div> <div>9:00 <div>BR</div> Resident Coffee Social ★</div> <div>9:00 <div>AR</div> Resident Store</div> <div>9:30 <div>FR</div> Exercise</div> <div>12:30 <div>AR</div> DIME BINGO</div> <div>2:30 Happy Hour with residents song choices</div> <div>3:00 <div>GR</div> Phase 10 &amp; Card Games★</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div>All Events Are Subject to Change</div>



## Popular Toys

School's still out for summer, but you don't have to be a kid to enjoy these entertaining toys. Check out when these classics first hit the market and the toy box.

Decade	Toys
1940s	Magic 8 Ball, Slinky, Silly Putty
1950s	Barbie, Play-Doh, Woolly Willy, Yahtzee, Mr. Potato Head, Chatty Cathy
1960s	Barrel of Monkeys, Easy-Bake Oven, Etch A Sketch, G.I. Joe, Hot Wheels, Lite-Brite, Rock 'Em Sock 'Em Robots, Big Wheel Tricycle
1970s	Connect Four, Uno, Stretch Armstrong, Strawberry Shortcake
1980s	Cabbage Patch Kids, American Girl Dolls, Jenga, Nintendo, Skip-It, Rubik's Cube
1990s	Beanie Babies, Betty Spaghetti, Furby, Littlest Pet Shop, Neopets, Pokemon, Super Soaker
2000s	Pillow Pets, Power Yahtzee, Silly Bandz, Webkinz

# "This Month In History"

## JUNE

**1789:** James Madison proposes the Bill of Rights, leading to the Constitution's first 10 amendments.

**1865:** Union General Granger reaches Galveston, Texas, one of the last holdouts of slavery, and enforces the Emancipation Proclamation for enslaved people there.

**1919:** The Treaty of Versailles is signed in France, signaling the official end of World War I.

**1947:** Pilot Kenneth Arnold reports flashes of light and nine incredibly speedy "saucer-like" UFOs whizzing over Mount Rainier, Wash., leading to the common term "flying saucers."

**1956:** President Eisenhower signs a bill funding interstate highway building, making it the largest American public works program.

**1960:** Alfred Hitchcock's infamous "Psycho" hits movie theaters and makes moviegoers fear showers for generations to come.

**1975:** Broadway hit "Chicago" premieres, going on to earn 10 nominations at the 1976 Tony Awards. The 2002 film won six Academy Awards, including Best Picture.

**1978:** Garfield, Jim Davis' classic comic feline, makes his national debut.

**1980:** CNN, the first 24-hour news service, starts airing June 1.

**1997:** J.K. Rowling publishes the first book in her bestselling series "Harry Potter."

**2002:** "American Idol" premieres on Fox, featuring first winner Kelly Clarkson.