



Desert Winds

Retirement Community

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

Staff Directory

Nora Dartoe: Executive Director
Cori Perkins: Compliance Manager
Courtney Brogdon: Marketing Director
Debra Crutchfield: Nurse
Miatta Anderson: Resident Care Coordinator
Betty Barrett: Activities Director
Danielle Blake:
Resident Engagement Coordinator
Damien Shaffer: Maintenance Director
Raul Ramos: Executive Chef

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

October Birthdays!

Bessie	October 1
Shirley B	October 3
Gary	October 6
Virginia	October 7
Shirley C	October 9
Marjorie	October 21
Don S	October 31



Rita being so Prim and Proper!

October 2025



October Pleasures

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

—Nathaniel Hawthorne

Wild World: Monarchs

Monarch butterflies may only live a few months, but in that time, some will make a 3,000-mile journey south to Mexico. They are the only butterflies to migrate such a long distance, and later generations will make the same trip, sometimes returning to the exact tree as their ancestors. Monarch caterpillars eat milkweed almost exclusively, but reduced acreage of the plant—as well as natural disasters in Mexico—are threatening the butterflies' population.

Goose Bumps

Goose bumps develop on the skin as an involuntary response to cold temperatures or strong emotions such as fear, pleasure or excitement. They are caused by tiny muscles connected to each hair follicle contracting and pulling the hair erect. The same thing happens in other mammals for the same reasons; for example, a cat's fur stands up when it is frightened or angry.



October 2025

- FR

Fitness Room
- BR

Bistro
- AR

Activity Room
- MT

Movie Theater
- GR

Game Room
- Outing

Outing
- LB

Lobby
- Resident-Led

★ Resident-Led
- LB

Library

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>5</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>AR</div> Arts and Crafts with Erin 9:30 <div>AR</div> Bible Study with Linda★ 9:30 <div>MT</div> Televised Catholic Mass 10:30 <div>GR</div> Card Games - Uno, Phase 10★ 12:30 <div>AR</div> DIME BINGO 2:00 Sunday Movie Matinee 3:00 <div>GR</div> Puzzles★</div>	<div></div> <div>6</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 10:15 <div>LB</div> Exercise in the Lobby 12:30 <div>AR</div> DIME BINGO 1:00 <div>AR</div> Linda's Resident Store open 1-3 2:30 <div>LB</div> Happy Hour with Hooter Blues 2:30 <div>LB</div> Left Right Center 3:00 <div>GR</div> Phase 10 & Card Games★</div>	<div></div> <div>7</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>AR</div> Fancy Manicures with Erin 10:15 <div>FR</div> Exercise in the Lobby 12:30 <div>AR</div> DIME BINGO 2:30 <div>LB</div> Happy Hour Karaoke 3:00 <div>GR</div> Puzzles, Uno & Games in the Game Room★</div>	<div></div> <div>8</div> <div>8:30 PUMPKIN PATCH OUTING🚌 9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>LB</div> In Door Walking 12:30 <div>AR</div> DIME BINGO 2:30 <div>LB</div> Uno in the Lobby with Betty 3:00 <div>GR</div> Phase 10 & Card Games★ 3:00 <div>LB</div> Pool Table Practice</div>	<div></div> <div>9</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>FR</div> Music & Movement with Jessica 12:30 <div>AR</div> DIME BINGO 1:00 <div>AR</div> Resident Supply Store open 1-3 2:30 <div>LB</div> Happy Hour with residents song choices 3:00 <div>GR</div> Puzzles, Cards & Games★</div>	<div></div> <div>10</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 10:15 <div>LB</div> Exercise in the Lobby 12:30 <div>AR</div> DIME BINGO 1:00 <div>AR</div> Resident Supply Store open 1-3 2:30 <div>LB</div> Friday Fun Family Feud in the Lobby 3:00 <div>GR</div> Phase 10 & Card Games★</div>	<div></div> <div>11</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>AR</div> Arts and Crafts with Erin 9:45 <div>FR</div> Exercise in the Fitness Room 10:00 <div>GR</div> Puzzles★ 12:30 <div>AR</div> DIME BINGO 2:00 <div>LB</div> Saturday Movie Matinee 3:30 <div>GR</div> Cards: Uno, Phase 10, Rummy★</div>
<div></div> <div>12</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>AR</div> Arts and Crafts with Erin 9:30 <div>AR</div> Bible Study with Linda★ 9:30 <div>MT</div> Televised Catholic Mass 10:30 <div>GR</div> Card Games - Uno, Phase 10★ 12:30 <div>AR</div> DIME BINGO 2:00 Sunday Movie Matinee 3:00 <div>GR</div> Puzzles★</div>	<div></div> <div>13</div> <div>Columbus Day 9:00 <div>BR</div> Resident Coffee Social ★ 10:15 <div>LB</div> Exercise in the Lobby 12:30 <div>AR</div> DIME BINGO 1:00 <div>AR</div> Linda's Resident Store open 1-3 2:30 <div>LB</div> Left Right Center 3:00 <div>GR</div> Phase 10 & Card Games★</div>	<div></div> <div>14</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>AR</div> Fancy Manicures with Erin 10:15 <div>FR</div> Exercise in the Lobby 12:30 <div>AR</div> DIME BINGO 2:30 <div>LB</div> Happy Hour Karaoke 3:00 <div>GR</div> Puzzles, Uno & Games in the Game Room★ 5:00 <div>LB</div> Family Bingo Night in the Lobby</div>	<div></div> <div>15</div> <div>8:30 HOBBY LOBBY🚌 9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>LB</div> In Door Walking 12:30 <div>AR</div> DIME BINGO 2:30 <div>LB</div> Uno in the Lobby with Betty 3:00 <div>GR</div> Phase 10 & Card Games★ 3:00 <div>LB</div> Pool Table Practice</div>	<div></div> <div>16</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>FR</div> Music & Movement with Jessica 12:30 <div>AR</div> DIME BINGO 1:00 <div>AR</div> Resident Supply Store open 1-3 2:30 <div>LB</div> Happy Hour with residents song choices 3:00 <div>GR</div> Puzzles, Cards & Games★</div>	<div></div> <div>17</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 10:15 <div>LB</div> Exercise in the Lobby 12:30 <div>AR</div> DIME BINGO 1:00 <div>AR</div> Resident Supply Store open 1-3 2:30 <div>LB</div> Friday Fun Family Feud in the Lobby 3:00 <div>GR</div> Phase 10 & Card Games★</div>	<div></div> <div>18</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>AR</div> Arts and Crafts with Erin 9:45 <div>FR</div> Exercise in the Fitness Room 10:00 <div>GR</div> Puzzles★ 12:30 <div>AR</div> DIME BINGO 2:00 <div>LB</div> Saturday Movie Matinee 3:30 <div>GR</div> Cards: Uno, Phase 10, Rummy★</div>
<div></div> <div>19</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>AR</div> Arts and Crafts with Erin 9:30 <div>AR</div> Bible Study with Linda★ 9:30 <div>MT</div> Televised Catholic Mass 10:30 <div>GR</div> Card Games - Uno, Phase 10★ 12:30 <div>AR</div> DIME BINGO 2:00 Sunday Movie Matinee 3:00 <div>GR</div> Puzzles★</div>	<div></div> <div>20</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 10:15 <div>LB</div> Exercise in the Lobby 12:30 <div>AR</div> DIME BINGO 1:00 <div>AR</div> Linda's Resident Store open 1-3 2:30 <div>LB</div> Left Right Center 3:00 <div>GR</div> Phase 10 & Card Games★</div>	<div></div> <div>21</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>AR</div> Fancy Manicures with Erin 10:15 <div>FR</div> Exercise in the Lobby 12:30 <div>AR</div> DIME BINGO 2:00 <div>AR</div> Resident Town Hall Meeting 2:30 <div>LB</div> Happy Hour Karaoke 3:00 <div>GR</div> Puzzles, Uno & Games in the Game Room★</div>	<div></div> <div>22</div> <div>8:30 FRY'S MARKET🚌 9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>LB</div> In Door Walking 12:30 <div>AR</div> DIME BINGO 2:30 <div>LB</div> Uno in the Lobby with Betty 3:00 <div>GR</div> Phase 10 & Card Games★ 3:00 <div>LB</div> Pool Table Practice</div>	<div></div> <div>23</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>FR</div> Music & Movement with Jessica 12:30 <div>AR</div> DIME BINGO 1:00 <div>AR</div> Resident Supply Store open 1-3 2:30 <div>LB</div> Happy Hour with residents song choices 3:00 <div>GR</div> Puzzles, Cards & Games★</div>	<div></div> <div>24</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 10:15 <div>LB</div> Exercise in the Lobby 12:30 <div>AR</div> DIME BINGO 1:00 <div>AR</div> Resident Supply Store open 1-3 2:30 <div>LB</div> Friday Fun Family Feud in the Lobby 3:00 <div>GR</div> Phase 10 & Card Games★</div>	<div></div> <div>25</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>AR</div> Arts and Crafts with Erin 9:45 <div>FR</div> Exercise in the Fitness Room 10:00 <div>GR</div> Puzzles★ 12:30 <div>AR</div> DIME BINGO 2:00 <div>LB</div> Saturday Movie Matinee 3:30 <div>GR</div> Cards: Uno, Phase 10, Rummy★</div>
<div></div> <div>26</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>AR</div> Arts and Crafts with Erin 9:30 <div>AR</div> Bible Study with Linda★ 9:30 <div>MT</div> Televised Catholic Mass 10:30 <div>GR</div> Card Games - Uno, Phase 10★ 12:30 <div>AR</div> DIME BINGO 2:00 Sunday Movie Matinee 3:00 <div>GR</div> Puzzles★</div>	<div></div> <div>27</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 10:15 <div>LB</div> Exercise in the Lobby 12:30 <div>AR</div> DIME BINGO 1:00 <div>AR</div> Linda's Resident Store open 1-3 2:30 <div>LB</div> Left Right Center 3:00 <div>GR</div> Phase 10 & Card Games★</div>	<div></div> <div>28</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>AR</div> Fancy Manicures with Erin 10:15 <div>FR</div> Exercise in the Lobby 12:30 <div>AR</div> DIME BINGO 2:30 <div>LB</div> Happy Hour Karaoke 3:00 <div>GR</div> Puzzles, Uno & Games in the Game Room★</div>	<div></div> <div>29</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>LB</div> In Door Walking 10:45 RED LOBSTER🚌 12:30 <div>AR</div> DIME BINGO 2:30 <div>LB</div> Uno in the Lobby with Betty 3:00 <div>GR</div> Phase 10 & Card Games★ 3:00 <div>LB</div> Pool Table Practice</div>	<div></div> <div>30</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 9:30 <div>FR</div> Music & Movement with Jessica 12:30 <div>AR</div> DIME BINGO 1:00 <div>AR</div> Resident Supply Store open 1-3 3:00 <div>GR</div> Puzzles, Cards & Games★ 5:00 <div>LB</div> HALLOWEEN PARTY WITH A DJ</div>	<div></div> <div>31</div> <div>9:00 <div>BR</div> Resident Coffee Social ★ 10:15 <div>LB</div> Exercise in the Lobby 12:30 <div>AR</div> DIME BINGO 1:00 <div>AR</div> Resident Supply Store open 1-3 2:30 <div>LB</div> Friday Fun Family Feud in the Lobby 3:00 <div>GR</div> Phase 10 & Card Games★</div>	<div></div> <div></div> <div>All Events Are Subject to Change</div>



Board Game Fun

From backgammon, which can be traced to about 3000 B.C., to today's newest offerings, board games have long been a way for families and friends to bond and play. Take a look at some of the most popular board games of modern times and think about all the fun had around the table. How many have you played?

1930s: Monopoly, Scrabble, Rummikub, Sorry!

1940s: Clue, Candy Land, Chutes and Ladders

1950s: Risk, Yahtzee, Diplomacy

1960s: Mouse Trap, Battleship, Hungry Hungry Hippos, Operation

1970s: 221B Baker Street, Perfection, Black Box, Dungeons & Dragons

1980s: Trivial Pursuit, Pictionary, Outburst, Taboo

1990s: Mad Gab, Pretty Pretty Princess, Cranium, Mars 2020

2000s: Blokus, Carcassonne, Dicecapades, Bezzerwizzer

2010s: Azul, Patchwork, 7 Wonders, Splendor

"Then & Now"

"This Month In History"

OCTOBER

1792: In the nation's new capital city, Washington, D.C., the cornerstone of the White House is laid.

1903: The Boston Americans defeat the Pittsburgh Pirates five games to three to win the first World Series.

1931: Comic strip crime fighter "Dick Tracy" debuts.

1949: At a ceremony in Beijing, revolutionary leader Mao Zedong formally announces the creation of the People's Republic of China.

1955: Children's TV shows "Captain Kangaroo" and "The Mickey Mouse Club" air their first episodes.

1957: The Space Age begins when the Soviet Union launches Sputnik I, the first man-made satellite, into orbit.

1962: "Dr. No," the first in the popular James Bond spy film franchise, premieres in London.

1979: Mother Teresa wins the Nobel Peace Prize for her work with the poor in India.

1982: The musical "Cats" opens on Broadway, beginning a record run of more than 7,000 performances.

1995: Rallying for unity and family values, hundreds of thousands gather in Washington, D.C., for the Million Man March.

2000: An American astronaut and two Russian cosmonauts arrive for a four-month stay as the first residents of the International Space Station.

2003: Supersonic jet travel comes to an end when the final flights of three Concorde passenger jets land at London's Heathrow Airport.

2011: The Martin Luther King Jr. Memorial is formally dedicated in Washington, D.C., after a postponement due to Hurricane Irene.