



Desert Winds

Retirement Community

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

STAFF DIRECTORY

Marielena Medina	Executive Director
Kara Cole	Marketing Director
Pat	Admin Supervisor
Dan	Maintenance Director
Raul	Executive Chef
Christina	Dining Room Manager
Tanya	SLHC Coordinator
Ellie	Activities Coordinator

October Birthdays

Gen F.	10/9
John H.	10/10
Lori M.	10/10
Peggy B.	10/17
Nancy G.	10/17
Anita T.	10/22
Ruth S.	10/22
Nancy M.	10/22
Gary K.	10/25

YOU'RE AMAZING

WINNER

We appreciate all of your hard work!
Thank you for everything you do!!



Teresa Arreloa

October 2025



Sister Spices

Two favorite fall spices, nutmeg and mace, actually come from the same evergreen tree. Nutmeg is the seed of the tree's fruit, and mace is made from the red-orange webbing that surrounds each seed. Both are used in baked goods and savory recipes featuring hearty meats and vegetables, but mace has a much spicier flavor.

Self-Care Corner: Pump Up Your Mood

Squash a sour attitude by snacking on some pumpkin seeds. Their high levels of iron, tryptophan and tyrosine all contribute to the production of serotonin and dopamine, the feel-good brain chemicals that help balance mood.

Brainteaser

Q: With pointed fangs I sit and wait; with piercing force I crunch out fate, grabbing victims, proclaiming might, and physically joining with a single bite. What am I?

A: A stapler.



October 2025

- DR

Dining Room
- M

Meeting Room
- BH

Bingo Hall
- LB

Lobby
- T



Theatre
- 1S

1st Floor South Lounge
- 1N

1st Floor North Lounge
- CB

Continental Breakfast Rm
- GR

Game Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>5</div> <div>9:15 <div>LB</div> Bus Pickup from Church of the Palms for Church Service</div> <div>1:00 <div>M</div> Skip-Bo Card Game</div> <div>3:00 <div>BH</div> BINGO!</div> <div>4:00 <div>T</div> Movie</div>	<div>October Birthdays</div> <div>Gen F. 10/9 Anita T. 10/22</div> <div>John H. 10/10 Ruth S. 10/22</div> <div>Lori M. 10/10 Nancy M. 10/22</div> <div>Peggy B. 10/17 Gary K. 10/25</div> <div>Nancy G. 10/17</div>	 <div>7</div> <div>9:30 <div>LB</div> Morning Outdoor Walks</div> <div>10:00 <div>M</div> Coloring with Friends</div> <div>10:00 <div>CB</div> Q&A: Medicare W/Jeremy</div> <div>11:00 <div>BH</div> Southwest Mobility</div> <div>12:00 <div>LB</div> Fry's or Bashas'</div> <div>12:30 <div>DR</div> Red Hat Ladies Luncheon</div> <div>2:00 <div>BH</div> Wii Bowling</div>	<div>1</div> <div>10:00 <div>BH</div> Chair Exercise with Ellie</div> <div>10:30 <div>T</div> Bible Fellowship</div> <div>12:00 <div>LB</div> Fry's or Bashas'</div> <div>2:00 <div>BH</div> BINGO!</div> <div>4:30 <div>T</div> Movie & Popcorn!</div>	<div>2</div> <div>9:30 <div>LB</div> Resident Item Exchange</div> <div>10:00 <div>T</div> Holy Communion</div> <div>11:00 <div>LB</div> Target</div> <div>2:00 <div>BH</div> Wii Bowling</div> <div>5:00 <div>M</div> Skip-Bo Card Game</div>	<div>3</div> <div>No Transportation</div> <div>8:30 <div>LB</div> Casino Arizona</div> <div>1:00 <div>1S</div> Bridge</div> <div>2:00 <div>BH</div> Scrabble</div> <div>5:00 <div>1N</div> Texas Hold 'em Poker</div>	<div>4</div> <div>10:00 <div>M</div> Knitting & Loom Ladies</div> <div>1:00 <div>M</div> Pokeno</div> <div>4:30 <div>GR</div> Billiards</div>
<div>12</div> <div>9:15 <div>LB</div> Bus Pickup from Church of the Palms for Church Service</div> <div>1:00 <div>M</div> Skip-Bo Card Game</div> <div>3:00 <div>BH</div> BINGO!</div> <div>4:00 <div>T</div> Movie</div>	<div>13</div> <div>Columbus Day</div> <div>10:00 <div>BH</div> Chair Exercise with Ellie</div> <div>11:00 <div>M</div> Halloween Crafty Corner with Ellie</div> <div>2:00 <div>BH</div> BINGO!</div> <div>5:00 <div>1N</div> Texas Hold 'em Poker</div>	<div>14</div> <div>9:30 <div>LB</div> Morning Outdoor Walks</div> <div>10:00 <div>M</div> Coloring with Friends</div> <div>11:00 <div>BH</div> Bean Bag Toss</div> <div>12:00 <div>LB</div> Fry's or Bashas'</div> <div>2:00 <div>BH</div> Wii Bowling</div>	<div>15</div> <div>10:00 <div>BH</div> Chair Exercise with Ellie</div> <div>10:30 <div>T</div> Bible Fellowship</div> <div>12:00 <div>LB</div> Fry's or Bashas'</div> <div>2:00 <div>BH</div> BINGO!</div> <div>4:30 <div>T</div> Movie & Popcorn!</div>	<div>16</div> <div>10:00 <div>T</div> Holy Communion</div> <div>10:00 <div>BH</div> Ladies' Social</div> <div>11:00 <div>LB</div> Walmart</div> <div>2:00 <div>LB</div> Building Mocktails</div> <div>5:00 <div>M</div> Skip-Bo Card Game</div>	<div>17</div> <div>No Transportation</div> <div>9:00 <div>LB</div> Tour Cerreta Candy Co. Factory</div> <div>1:00 <div>1S</div> Bridge</div> <div>2:00 <div>BH</div> Scrabble</div> <div>5:00 <div>1N</div> Texas Hold 'em Poker</div>	<div>18</div> <div>10:00 <div>M</div> Knitting & Loom Ladies</div> <div>1:00 <div>M</div> Pokeno</div> <div>4:30 <div>GR</div> Billiards</div>
<div>19</div> <div>9:15 <div>LB</div> Bus Pickup from Church of the Palms for Church Service</div> <div>1:00 <div>M</div> Skip-Bo Card Game</div> <div>3:00 <div>BH</div> BINGO!</div> <div>4:00 <div>T</div> Movie</div>	<div>20</div> <div>Spirit Week: Mad Hatter Mon.</div> <div>10:00 <div>BH</div> Chair Exercise with Ellie</div> <div>10:00 <div>LB</div> Lutheran Thrift Shop</div> <div>11:00 <div>M</div> Trivia</div> <div>2:00 <div>BH</div> BINGO!</div> <div>5:00 <div>1N</div> Texas Hold 'em Poker</div>	<div>21</div> <div>Spirit Week: Tarot Tues.</div> <div>9:30 <div>LB</div> Morning Outdoor Walks</div> <div>10:00 <div>M</div> Coloring with Friends</div> <div>10:30 <div>CB</div> History of Tarot & Fortune Telling</div> <div>12:00 <div>LB</div> Fry's or Bashas'</div> <div>2:00 <div>BH</div> Wii Bowling</div>	<div>22</div> <div>Spirit Week: Dress in Drac Wed.</div> <div>10:00 <div>BH</div> Chair Exercise with Ellie</div> <div>10:30 <div>LB</div> TOWN HALL MEETING</div> <div>12:00 <div>LB</div> Fry's or Bashas'</div> <div>2:00 <div>BH</div> BINGO!</div> <div>4:30 <div>T</div> Movie & Popcorn!</div>	<div>23</div> <div>Spirit Week: Candy Corn Thurs.</div> <div>10:00 <div>M</div> Crafty Corner with Agave</div> <div>10:00 <div>T</div> Holy Communion</div> <div>11:00 <div>LB</div> Dollar Tree</div> <div>1:00 <div>LB</div> Sunrise Mountain Library</div> <div>2:00 <div>BH</div> Wii Bowling</div> <div>5:00 <div>M</div> Skip-Bo Card Game</div>	<div>24</div> <div>Spirit Week: Creep It Comfy Fri.</div> <div>10:00 <div>M</div> Pumpkin Painting with Ellie</div> <div>1:00 <div>1S</div> Bridge</div> <div>1:00 <div>M</div> Sips & Slices Social w/ Mari</div> <div>2:00 <div>BH</div> Scrabble</div> <div>5:00 <div>1N</div> Texas Hold 'em Poker</div>	<div>25</div> <div>10:00 <div>M</div> Knitting & Loom Ladies</div> <div>1:00 <div>M</div> Pokeno</div> <div>4:30 <div>GR</div> Billiards</div>
<div>26</div> <div>9:15 <div>LB</div> Bus Pickup from Church of the Palms for Church Service</div> <div>1:00 <div>M</div> Skip-Bo Card Game</div> <div>3:00 <div>BH</div> BINGO!</div> <div>4:00 <div>T</div> Movie</div>	<div>27</div> <div>10:00 <div>BH</div> Chair Exercise with Ellie</div> <div>10:00 <div>LB</div> Sprouts</div> <div>2:00 <div>BH</div> BINGO!</div> <div>4:30 <div>LB</div> Family Fun Trick or Treat at Desert Winds</div> <div>5:00 <div>1N</div> Texas Hold 'em Poker</div>	<div>28</div> <div>9:30 <div>LB</div> Morning Outdoor Walks</div> <div>10:00 <div>T</div> Catholic Mass</div> <div>10:00 <div>M</div> Coloring with Friends</div> <div>11:00 <div>LB</div> Red Hat Society Lunch: Tom Yum Thai Cuisine</div> <div>12:00 <div>LB</div> Fry's or Bashas'</div> <div>2:00 <div>BH</div> Wii Bowling</div>	<div>29</div> <div>10:00 <div>BH</div> Chair Exercise with Ellie</div> <div>12:00 <div>LB</div> Fry's or Bashas'</div> <div>12:30 <div>DR</div> October Birthday Luncheon</div> <div>2:00 <div>BH</div> BINGO!</div> <div>4:30 <div>T</div> Movie & Popcorn!</div>	<div>30</div> <div>10:00 <div>T</div> Holy Communion</div> <div>11:00 <div>LB</div> Walmart</div> <div>2:00 <div>BH</div> Wii Bowling</div> <div>5:00 <div>M</div> Skip-Bo Card Game</div>	<div>31</div> <div>Halloween (No Transport)</div> <div>1:00 <div>1S</div> Bridge</div> <div>2:00 <div>LB</div> Halloween Happy Hour</div> <div>2:00 <div>BH</div> Scrabble</div> <div>3:00 <div>LB</div> Costume Contest</div> <div>5:00 <div>1N</div> Texas Hold 'em Poker</div>	

HEATED RIVALRIES

Some of the most exciting moments in college football happen during the bowl games between rival schools. Often, these events mean more to fans than any other game of the season! Can you match the rivalry with their bowl game?

- | | |
|------------------------|-----------------------------------|
| 1. Iron Bowl | A. LSU vs. Ole Miss |
| 2. Palmetto Bowl | B. FIU vs. Florida Atlantic |
| 3. Egg Bowl | C. Clemson vs. South Carolina |
| 4. Holy War | D. Maryland vs. Navy |
| 5. Empire State Bowl | E. Alabama vs. Auburn |
| 6. Shula Bowl | F. North Texas vs. SMU |
| 7. Black and Blue Bowl | G. Ole Miss vs. Mississippi State |
| 8. Crab Bowl Classic | H. Columbia vs. Cornell |
| 9. Magnolia Bowl | I. Memphis vs. Southern Miss |
| 10. Safeway Bowl | J. Utah vs. BYU |

(Answers: 1. E; 2. C; 3. G; 4. J; 5. H; 6. B; 7. I; 8. D; 9. A; 10. F)

"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.