

# Desert Winds

Retirement Community

20554 N 101st Ave | Peoria, AZ 85382 | 623-362-1200

## Welcoming the New Year

As we step into January 2026, we are excited to embrace a fresh start filled with hope, connection, and new opportunities.



## Winter Wellness & Self-Care

Throughout the month, we will be offering activities designed to support physical health, mental well-being, and relaxation.

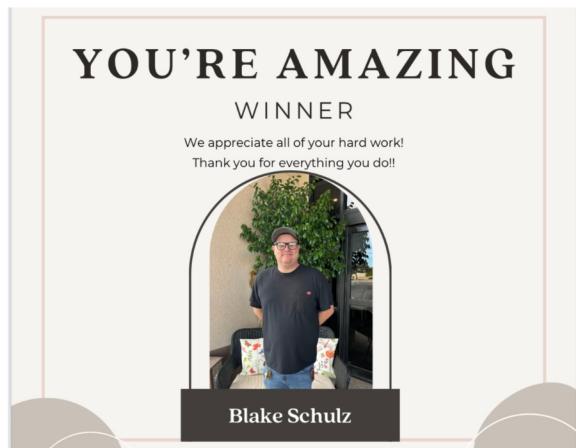
## Moments That Matter

This year we focus on meaningful moments that bring us closer together. Whether it's sharing a laugh, learning something new, or enjoying time with friends, these experiences create lasting memories.

## Warm Wishes

Wishing everyone a happy, healthy, and joy-filled start to 2026.

## January 2026

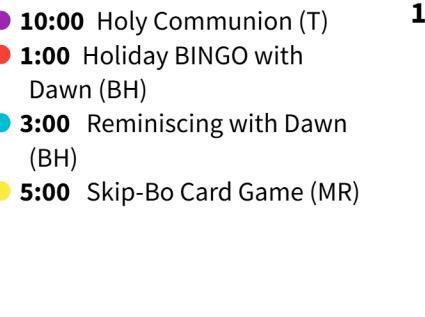
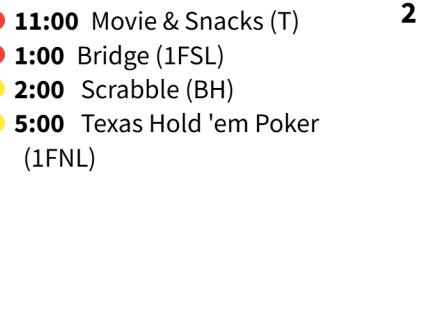


## Staff Directory

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

## January Birthday

James G 1/09  
Sandra T 1/17  
Shelly P 1/21  
Carole W 1/23  
Charles S 1/27  
Ida L 1/27  
June G 1/30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<ul style="list-style-type: none"> <li>9:15 Bus Pick up from Church of the Palms for Church Service (L)</li> <li>1:00 Skip-Bo Card Game (MR)</li> <li>3:00 BINGO! (BH)</li> <li>6:00 Movie (T)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Chair Exercise (BH)</li> <li>11:00 Lunch Bunch: Olive Garden</li> <li>2:00 BINGO! (BH)</li> <li>3:00 Mini Manicures (MR)</li> <li>5:00 Texas Hold 'em Poker (1FNL)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Morning Outdoor Walks (L)</li> <li>10:00 Q&amp;A Medicare with Jeremy (CBR)</li> <li>10:30 Let's Talk Activities (MR)</li> <li>12:00 Fry's or Bashas' (L)</li> <li>12:30 Red Hat's Luncheon with Pat (DR)</li> <li>2:00 Wii Bowling (BH)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Sit &amp; Get Fit with Darlene (BH)</li> <li>10:30 Bible Fellowship (T)</li> <li>12:00 Fry's or Bashas' (L)</li> <li>2:00 BINGO with Archwell (BH)</li> <li>6:00 Movie (T)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Holy Communion (T)</li> <li>1:00 Holiday BINGO with Dawn (BH)</li> <li>3:00 Reminiscing with Dawn (BH)</li> <li>5:00 Skip-Bo Card Game (MR)</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Movie &amp; Snacks (T)</li> <li>1:00 Bridge (1FSL)</li> <li>2:00 Scrabble (BH)</li> <li>5:00 Texas Hold 'em Poker (1FNL)</li> </ul>	
<ul style="list-style-type: none"> <li>9:15 Bus Pick up from Church of the Palms for Church Service (L)</li> <li>1:00 Skip-Bo Card Game (MR)</li> <li>3:00 BINGO! (BH)</li> <li>6:00 Movie (T)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Sit &amp; Get Fit with Darlene (BH)</li> <li>1:00 Community Roseary</li> <li>2:00 BINGO! (BH)</li> <li>5:00 Texas Hold 'em Poker (1FNL)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Morning Outdoor Walks (L)</li> <li>10:30 Jewelry Making with Choice (MR)</li> <li>12:00 Fry's or Bashas' (L)</li> <li>2:00 Wii Bowling (BH)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Chair Exercise (BH)</li> <li>11:00 Benefits of Gratitude with Oak Street Health (MR)</li> <li>12:00 Fry's or Bashas' (L)</li> <li>2:00 BINGO! (BH)</li> <li>6:00 Movie (T)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Holy Communion (T)</li> <li>11:00 Walmart (L)</li> <li>1:00 Blood Pressure Checks with Choice (MR)</li> <li>3:00 Hand and Foot card game (MR)</li> <li>5:00 Skip-Bo Card Game (MR)</li> </ul>	<ul style="list-style-type: none"> <li>No Transportation</li> <li>9:30 Desert Diamond Casino with Tanya (L)</li> <li>1:00 Bridge (1FSL)</li> <li>2:00 Scrabble (BH)</li> <li>5:00 Texas Hold 'em Poker (1FNL)</li> </ul>	
<ul style="list-style-type: none"> <li>9:15 Bus Pick up from Church of the Palms for Church Service (L)</li> <li>1:00 Skip-Bo Card Game (MR)</li> <li>3:00 BINGO! (BH)</li> <li>6:00 Movie (T)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Sit &amp; Get Fit with Darlene (BH)</li> <li>1:00 Community Roseary</li> <li>2:00 BINGO! (BH)</li> <li>5:00 Texas Hold 'em Poker (1FNL)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Morning Outdoor Walks (L)</li> <li>10:30 Jewelry Making with Choice (MR)</li> <li>12:00 Fry's or Bashas' (L)</li> <li>2:00 Wii Bowling (BH)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Chair Exercise (BH)</li> <li>11:00 Benefits of Gratitude with Oak Street Health (MR)</li> <li>12:00 Fry's or Bashas' (L)</li> <li>2:00 BINGO! (BH)</li> <li>6:00 Movie (T)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Men's Coffee with Dan (MR)</li> <li>10:00 Holy Communion (T)</li> <li>11:00 Dollar Tree (L)</li> <li>2:00 Happy Hour (L)</li> <li>5:00 Skip-Bo Card Game (MR)</li> </ul>	<ul style="list-style-type: none"> <li>11:00 Target (L)</li> <li>1:00 Chair Massages with Andrea (BH)</li> <li>1:00 Scrabble (MR)</li> <li>5:00 Texas Hold 'em Poker (1FNL)</li> </ul>	
<ul style="list-style-type: none"> <li>9:15 Bus Pick up from Church of the Palms for Church Service (L)</li> <li>1:00 Skip-Bo Card Game (MR)</li> <li>3:00 BINGO! (BH)</li> <li>6:00 Movie (T)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Chair Exercise (BH)</li> <li>11:00 Trivia (MR)</li> <li>2:00 BINGO! (BH)</li> <li>5:00 Texas Hold 'em Poker (1FNL)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Morning Outdoor Walks (L)</li> <li>10:00 Paint &amp; Create: Birdhouses (MR)</li> <li>12:00 Fry's or Bashas' (L)</li> <li>1:00 Hush &amp; Join Mari (BH)</li> <li>2:00 Wii Bowling (BH)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Sit &amp; Get Fit with Darlene (BH)</li> <li>10:30 Bible Fellowship (T)</li> <li>12:00 Fry's or Bashas' (L)</li> <li>2:00 BINGO with Denise (BH)</li> <li>3:30 Lunch Bunch: Red Lobster</li> <li>6:00 Movie (T)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Holy Communion (T)</li> <li>10:00 Ladies Social with Denise (BH)</li> <li>11:00 Walmart (L)</li> <li>1:00 Sunrise Mountain Library (L)</li> <li>1:30 Painting with Archwell</li> <li>5:00 Skip-Bo Card Game (MR)</li> </ul>	<ul style="list-style-type: none"> <li>No Transportation</li> <li>11:00 Outing Harkins Theatre</li> <li>1:00 Bridge (1FSL)</li> <li>2:00 Scrabble (BH)</li> <li>5:00 Texas Hold 'em Poker (1FNL)</li> </ul>	
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## The Moments We Shared Together

And many more to come- thank you for being a part of our community.

