

Desert Winds

Retirement Community

20545 N Lake Pleasant Blvd | Peoria, AZ 85382 | 623-322-0600

Here are some fun and interesting facts about May:

Named after a Goddess

May is named after Maia, the Roman Goddess of growth, fertility and springtime.

Spring in full swing

In the Northern Hemisphere, May is the heart of spring - flowers bloom, temperatures warm up, and daylight hours get much longer.

Birth Flowers

Mays flowers are the Lily of the Valley (symbolizing sweetness and humility) and the Hawthorne, which represents hope and happiness.

Dining Room Hours

Breakfast: 7:00 am - 8:30 am

Lunch: 11:00 am - 12:30 pm

Dinner: 4:00 pm - 5:30 pm

Staff Directory

Jae Ondigo: Executive Director

Cori Perkins: Compliance Manager

Courtney Brogdon: Marketing Director

Miatta Anderson: Resident Care Coordinator

Debra Crutchfield: Nurse

Betty Barrett: Activities Director

Taylor Endres: Maintenance Director























Tanya Christianson: Resident Engagement Coordinator

May 2026



Easter Brunch fun with The Sun City Pom Ladies

We celebrated a beautiful Easter Brunch with our residents, filled with laughter, delicious food, and wonderful company. The highlight of the morning was a lively performance by the talented Sun City Pom Ladies, whose energy and smiles brought joy to everyone in attendance. It was a special time for residents, families, and staff to come together, celebrate the season of renewal, and create happy memories shared by all.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>8:30 Walking Club 1</p> <p>9:00 Residents Coffee Social with Donuts in the Bistro</p> <p>10:00 Protestant Service</p> <p>12:15 Dime B I N G O</p> <p>1:00 Linda's Resident Store is Open</p> <p>2:30 Happy Hour with Dave and Elaine</p>	<p>9:00 Residents Coffee Social 2</p> <p>9:00 Tai Chi in the Exercise Room</p> <p>9:30 Arts and Crafts</p> <p>12:15 Dime B I N G O</p> <p>1:30 Movie Matinee (Star Wars 4)</p>
<p>9:00 Mindfulness Meditation in the Exercise Room 3</p> <p>9:00 Residents Coffee Social</p> <p>9:30 Arts and Crafts</p> <p>9:30 Bible Study</p> <p>9:30 Catholic Mass</p> <p>12:15 Dime B I N G O</p> <p style="text-align: right;"></p>	<p>Star Wars Day (Wear your star Wars outfits) 4</p> <p>8:30 Walking Club</p> <p>9:00 Fancy Manicures</p> <p>9:00 Residents Coffee Social</p> <p>12:15 Dime B I N G O</p> <p>1:00 Linda's Resident Store is Open</p> <p>2:30 Happy Hour</p>	<p>Cinco De Mayo (Wear your Green, White and Red) 5</p> <p>8:30 Walking Club</p> <p>9:00 Residents Coffee Social</p> <p>12:15 Dime B I N G O</p> <p>2:30 Cinco De Mayo Party</p> <p>3:00 Puzzles, Uno & Games in th </p>	<p>8:30 Walking Club 6</p> <p>8:30 Walmart (Meet in the Lobby)</p> <p>9:00 Residents Coffee Social</p> <p>9:30 Exercise in the Exercise Room with Betty</p> <p>12:15 Dime B I N G O</p> <p>2:30 UNO with Betty</p> <p>5:00 BINGO Family Night</p>	<p>8:30 Walking Club 7</p> <p>9:00 Residents Coffee Social</p> <p>9:30 Exercise with Jessica</p> <p>12:15 Dime B I N G O</p> <p>1:00 Linda's Resident Store is Open</p> <p>2:30 Right Left Center and </p>	<p>8:30 Walking Club 8</p> <p>9:30 Mother's Day Brunch</p> <p>10:00 Protestant Service</p> <p>12:15 Dime B I N G O</p> <p>1:00 Linda's Resident Store is Open</p> <p>2:30 Happy Friday Happy Hour </p>	<p>9:00 Residents Coffee Social 9</p> <p>9:00 Tai Chi in the Exercise Room</p> <p>9:30 Arts and Crafts</p> <p>12:15 Dime B I N G O</p> <p>1:30 Movie Matinee (Star Wars 6)</p>
<p>9:00 Mindfulness Meditation in the Exercise Room 10</p> <p>9:00 Residents Coffee Social</p> <p>9:30 Arts and Crafts</p> <p>9:30 Bible Study</p> <p>9:30 Catholic Mass</p> <p>12:15 Dime B I N G O</p> <p>1:30 Movie Matinee (Planes Trains and Automobiles)</p>	<p>8:30 Walking Club 11</p> <p>9:00 Fancy Manicures</p> <p>9:00 Residents Coffee Social</p> <p>12:15 Dime B I N G O</p> <p>1:00 Linda's Resident Store is Open</p> <p>2:30 Happy Hour</p>	<p>8:30 Walking Club 12</p> <p>9:00 Residents Coffee Social</p> <p>12:15 Dime B I N G O</p> <p>2:00 Resident Council Meeting</p> <p>2:30 Baking in the Bistro with Betty</p> <p>3:00 Puzzles, Uno & Games in th </p>	<p>8:30 Michaels, 5 Below, Ultra and Kohls 13</p> <p>8:30 Walking Club</p> <p>9:00 Residents Coffee Social</p> <p>9:30 Exercise in the Exercise Room with Betty</p> <p>12:15 Dime B I N G O</p> <p>2:30 Apple Pie with Betty in the Lobby</p>	<p>8:30 Walking Club 14</p> <p>9:00 Residents Coffee Social</p> <p>9:30 Exercise with Jessica</p> <p>12:15 Dime B I N G O</p> <p>1:00 Linda's Resident Store is Open</p> <p>2:30 Right Left Center and Root </p>	<p>8:30 Walking Club 15</p> <p>9:00 Residents Coffee Social with Muffins</p> <p>10:00 Protestant Service</p> <p>12:15 Dime B I N G O</p> <p>1:00 Linda's Resident Store is Open</p> <p style="text-align: right;"></p>	<p>9:00 Residents Coffee Social 16</p> <p>9:00 Tai Chi in the Exercise Room</p> <p>9:30 Arts and Crafts</p> <p>12:15 Dime B I N G O</p> <p>1:30 Movie Matinee (Every Which Way but Loose)</p>
<p>9:00 Mindfulness Meditation in the Exercise Room 17</p> <p>9:00 Residents Coffee Social</p> <p>9:30 Arts and Crafts</p> <p>9:30 Bible Study</p> <p>9:30 Catholic Mass</p> <p>12:15 Dime B I N G O</p> <p>1:30 Movie Matinee (Mars Attacks)</p>	<p>8:30 Walking Club 18</p> <p>9:00 Fancy Manicures</p> <p>9:00 Residents Coffee Social</p> <p>12:15 Dime B I N G O</p> <p>1:00 Linda's Resident Store is Open</p> <p>2:30 Happy Hour</p>	<p>8:30 Walking Club 19</p> <p>9:00 Residents Coffee Social</p> <p>12:15 Dime B I N G O</p> <p>2:00 Resident Town Hall Meeting</p> <p>2:30 Baking in the Bistro with Betty</p> <p>3:00 Puzzles, Uno & Games in th </p>	<p>8:30 Frys Shopping 20</p> <p>8:30 Walking Club</p> <p>9:00 Residents Coffee Social</p> <p>9:30 Exercise in the Exercise Room with Betty</p> <p>12:15 Dime B I N G O</p> <p>1:00 Tea Party in the Dining Room (Wear your Tea Party Outfits)</p>	<p>8:30 Walking Club 21</p> <p>9:00 Residents Coffee Social</p> <p>9:30 Exercise with Jessica</p> <p>12:15 Dime B I N G O</p> <p>1:00 Linda's Resident Store is Open</p> <p>2:30 Right Left Center and </p>	<p>8:30 Walking Club 22</p> <p>9:00 Residents Coffee Social with Croissants</p> <p>10:00 Protestant Service</p> <p>12:15 Dime B I N G O</p> <p>1:00 Linda's Resident Store is Open</p> <p>2:30 Happy Friday Happy Hour with Live Country Music</p>	<p>9:00 Residents Coffee Social 23</p> <p>9:00 Tai Chi in the Exercise Room</p> <p>9:30 Arts and Crafts</p> <p>12:15 Dime B I N G O</p> <p>1:30 Movie Matinee (The Omega Man)</p>
<p>9:00 Mindfulness Meditation in the Exercise Room 24</p> <p>9:00 Residents Coffee Social</p> <p>9:30 Arts and Crafts</p> <p>9:30 Bible Study</p> <p>9:30 Catholic Mass</p> <p>12:15 Dime B I N G O</p> <p>1:30 Movie Matinee (Full Metal Jacket)</p>	<p>Memorial Day 25</p> <p>Wear your Red White and Blue for Memorial Day</p> <p>8:30 Walking Club</p> <p>9:00 Decorate your Walker, Wheelchair and yourselves for a Parade)</p> <p>9:00 Residents Coffee Social</p> <p>12:15 Dime B I N G O</p> <p>1:00 Linda's Resident Store is Open</p> <p>2:30 Happy Hour with Patriotic Music </p>	<p>8:30 Walking Club 26</p> <p>9:00 Residents Coffee Social</p> <p>12:15 Dime B I N G O</p> <p>2:30 Baking in the Bistro with Betty</p> <p>3:00 Puzzles, Uno & Games in the Game Room</p>	<p>8:30 Walking Club 27</p> <p>9:00 Residents Coffee Social</p> <p>9:30 Exercise in the Exercise Room with Betty</p> <p>10:45 In and Out for Lunch</p> <p>12:15 Dime B I N G O</p> <p>2:30 Grape Popsicles in the Lobby</p>	<p>8:30 Walking Club 28</p> <p>9:00 Residents Coffee Social</p> <p>12:15 Dime B I N G O</p> <p>1:00 Linda's Resident Store is Open</p> <p>2:30 Right Left Center and Chocolate Sundaes</p>	<p>8:30 Walking Club 29</p> <p>9:00 Residents Coffee Social with Fresh Fruit</p> <p>10:00 Protestant Service</p> <p>12:15 Dime B I N G O</p> <p>1:00 Linda's Resident Store is Open</p> <p style="text-align: right;"></p>	<p>9:00 Residents Coffee Social 30</p> <p>9:00 Tai Chi in the Exercise Room</p> <p>9:30 Arts and Crafts</p> <p>12:15 Dime B I N G O</p> <p>1:30 Movie Matinee (Only the </p>
<p>9:00 Mindfulness Meditation in the Exercise Room 31</p> <p>9:00 Residents Coffee Social</p> <p>9:30 Arts and Crafts</p> <p>9:30 Bible Study</p> <p>9:30 Catholic Mass</p> <p>12:15 Dime B I N G O</p> <p>1:30 Movie Matinee (Support your Local Sheriff)</p>						<p>ALL EVENTS ARE SUBJECT TO CHANGE</p>



Our assisted living residents recently enjoyed a delightful outing to a local car museum, where memories, stories, and smiles filled the day. From classic vintage automobiles to beautifully restored antique cars, residents had the opportunity to step back in time and admire the craftsmanship of vehicles from decades past.

The residents reminisced about their first cars, road trips with family, and the changing styles of automobiles throughout the years. Conversations sparked easily as everyone shared personal stories connected to the cars on display. The museum visit not only offered a chance to learn about automotive history but also created meaningful moments of connection and nostalgia.

The outing provided fresh air, social interaction, and plenty of laughter – reminding us that experiences like these keep memories alive while creating new ones together. It was truly a wonderful day enjoyed by all, and we look forward to many more adventures ahead.

MAY BIRTHDAYS

1st John

4th Marlene

12th Jean C

14th Lori

18th Jane

27th Linda A