

Desert Winds

Retirement Community

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

June 2026

Fun Facts about June

June is named after Juno, the Roman Goddess of marriage and family.

The first day of summer usually happens around June 20th-21st- the longest day of the year.

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**












BINGO Family Night

Family BINGO Night was a success! Residents welcomed their families for an evening of fun, laughter and exciting BINGO games. Smiles filled the room as winners celebrated their prizes and everyone enjoyed time together as one big community family.

Keep Hydrated and Stay Healthy

Staying hydrated is important for everyone, especially as we get older. Drinking enough water helps keep our bodies energized, supports healthy digestion, prevents dizziness and helps regulate body temperature during the warmer months

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>8:30 Fancy Manicures ¹ 8:30 Walking Club 9:00 Residents Coffee Social 12:15 Dime B I N G O 1:00 Linda's Resident Store is Open 2:30 Happy Hour with Summer Music</p>	<p>8:30 Walking Club ² 9:00 Residents Coffee Social 12:15 Dime B I N G O 2:00 pm Baking in the Bistro with Betty 3:00 Puzzles, Uno & Games in the Game Room</p>	<p>8:30 Walking Club ³ 8:30 Walmart (Meet in the Lobby) 9:00 Residents Coffee Social 9:30 Exercise in the Exercise Room with Betty 12:15 Dime B I N G O 2:30 Who wants to be an Ambassador? Meeting in the Bingo Room</p>	<p>8:30 Walking Club ⁴ 9:00 Residents Coffee Social 9:30 Exercise with Jessica 12:15 Dime B I N G O 1:00 Linda's Resident Store is Open 2:30 Right Left Center</p>	<p>8:30 Walking Club ⁵ 9:00 Residents Coffee Social with Donuts in the Bistro 10:00 Protestant Service 12:15 Dime B I N G O 1:00 Linda's Resident Store is Open 2:30 Happy Friday Happy Hour </p>	<p>9:00 Residents Coffee Social ⁶ 9:00 Tai Chi in the Exercise Room 9:30 Arts and Crafts 12:15 Dime B I N G O 1:30 Movie Matinee (Cars)</p>
<p>9:00 Mindfulness Meditation in the Exercise Room ⁷ 9:00 Residents Coffee Social 9:30 Arts and Crafts 9:30 Catholic Mass 12:15 Dime B I N G O 1:30 Movie Matinee (Cocoon)</p>	<p>8:30 Fancy Manicures ⁸ 8:30 Walking Club 9:00 Residents Coffee Social 12:15 Dime B I N G O 1:00 Linda's Resident Store is Open 2:30 Happy Hour 3:30 Beautiful Piano Music </p>	<p>8:30 Walking Club ⁹ 9:00 Residents Coffee Social 10:00 Community Health Fair in the Lobby 12:15 Dime B I N G O 2:00 Resident Council Meeting 2:00 pm Baking in the Bistro with Betty 3:00 Puzzles, Uno & Games in the Game Room</p>	<p>8:30 Casino Fun ¹⁰ 8:30 Walking Club 9:00 Residents Coffee Social 9:30 Exercise in the Exercise Room with Betty 12:15 Dime B I N G O 2:30 Bocci Ball on the Pool Table with Cookies</p>	<p>8:30 Walking Club ¹¹ 9:00 Residents Coffee Social 9:30 Exercise with Jessica 12:15 Dime B I N G O 1:00 Linda's Resident Store is Open 2:30 Right Left Center</p>	<p>8:30 Walking Club ¹² 9:00 Residents Coffee Social with Muffins in the Bistro 10:00 Protestant Service 12:15 Dime B I N G O 1:00 Linda's Resident Store is Open 2:30 Happy Friday Happy Hour in the Game Room 5:00 Family Fun Night in the Lobby</p>	<p>9:00 Residents Coffee Social ¹³ 9:00 Tai Chi in the Exercise Room 9:30 Arts and Crafts 12:15 Dime B I N G O 1:30 Movie Matinee (Wizard of Oz)</p>
<p>9:00 Mindfulness Meditation in the Exercise Room ¹⁴ 9:00 Residents Coffee Social 9:30 Arts and Crafts 9:30 Catholic Mass 12:15 Dime B I N G O 1:30 Movie Matinee (Rader's of the Lost Ark)</p>	<p>8:30 Fancy Manicures ¹⁵ 8:30 Walking Club 9:00 Residents Coffee Social 12:15 Dime B I N G O 1:00 Linda's Resident Store is Open 2:30 Happy Hour with Residents Choice of Music</p>	<p>8:30 Walking Club ¹⁶ 9:00 Residents Coffee Social 12:15 Dime B I N G O 2:00 Resident Town Hall Meeting 2:00 pm Baking in the Bistro with Betty 3:00 Puzzles, Uno & Games in </p>	<p>8:30 Goodwill Shopping ¹⁷ 8:30 Walking Club 9:00 Residents Coffee Social 9:30 Exercise in the Exercise Room with Betty 12:15 Dime B I N G O 1:45 Dairy Queen Trip 2:30 UNO with Betty</p>	<p>8:30 Walking Club ¹⁸ 9:00 Residents Coffee Social 9:30 Exercise with Jessica 12:15 Dime B I N G O 1:00 Linda's Resident Store is Open 2:30 Right Left Center</p>	<p>Country Western Day Wear your Western Wear ¹⁹ 8:30 Walking Club 9:00 Residents Coffee Social with Corn Bread in the Bistro playing Aretha Franklin 10:00 Protestant Service 11:00 BBQ Lunch with Entertainment 12:15 Dime B I N G O 1:00 Linda's Resident Store is Open 2:30 Fathers Day Country Happy Hour</p>	<p>9:00 Residents Coffee Social ²⁰ 9:00 Tai Chi in the Exercise Room 9:30 Arts and Crafts 12:15 Dime B I N G O 1:30 Movie Matinee (Steel Magnolias)</p>
<p>9:00 Mindfulness Meditation in the Exercise Room ²¹ 9:00 Residents Coffee Social 9:30 Arts and Crafts 9:30 Catholic Mass 12:15 Dime B I N G O 1:30 Movie Matinee(Beaches)</p>	<p>8:30 Fancy Manicures ²² 8:30 Walking Club 9:00 Residents Coffee Social 12:15 Dime B I N G O 1:00 Linda's Resident Store is Open 2:30 Happy Hour with Country Music</p>	<p>8:30 Walking Club ²³ 9:00 Residents Coffee Social 12:15 Dime B I N G O 2:00 pm Baking in the Bistro with Betty 3:00 Puzzles, Uno & Games in the Game Room</p>	<p>8:30 Walking Club ²⁴ 9:00 Residents Coffee Social 9:30 Exercise in the Exercise Room with Betty 10:45 Applebee's 12:15 Dime B I N G O 2:30 Bocci Ball with the Pool Table</p>	<p>8:30 Walking Club ²⁵ 9:00 Residents Coffee Social 9:30 Exercise with Jessica 12:15 Dime B I N G O 1:00 Linda's Resident Store is Open 2:30 Right Left Center</p>	<p>8:30 Walking Club ²⁶ 9:00 Residents Coffee Social with Croissants in the Bistro 10:00 Protestant Service 12:15 Dime B I N G O 1:00 Linda's Resident Store is Open 2:30 Happy Friday Happy Hour </p>	<p>9:00 Residents Coffee Social ²⁷ 9:00 Tai Chi in the Exercise Room 9:30 Arts and Crafts 12:15 Dime B I N G O 1:30 Movie Matinee (Perfect World)</p>
<p>9:00 Mindfulness Meditation in the Exercise Room ²⁸ 9:00 Residents Coffee Social 9:30 Arts and Crafts 9:30 Catholic Mass 12:15 Dime B I N G O 1:30 Movie Matinee (Castaway)</p>	<p>8:30 Fancy Manicures ²⁹ 8:30 Walking Club 9:00 Residents Coffee Social 12:15 Dime B I N G O 1:00 Linda's Resident Store is Open 2:30 Happy Hour</p>	<p>8:30 Walking Club ³⁰ 9:00 Residents Coffee Social 12:15 Dime B I N G O 2:00 pm Baking in the Bistro with Betty 3:00 Puzzles, Uno & Games in the Game Room</p>				 DRINK LOTS OF WATER

☀️ Sun Safety for a Healthy Summer

Spending time outdoors is wonderful for our mood, sleep, and overall well-being. Fresh air and sunshine help us stay active and connected – but it's important to protect our skin while enjoying the beautiful weather. As we age, our skin becomes thinner and more sensitive to the sun's rays. Too much sun exposure can lead to sunburn, dehydration, and increased risk of skin damage.

😊 Simple Sun Safety Tips

- Wear sunscreen daily – Choose SPF 30 or higher and reapply every two hours when outdoors.
- Seek shade – Try to stay out of direct sunlight between 10 a.m. and 4 p.m., when rays are strongest.
- Wear protective clothing – Hats, sunglasses, and lightweight long sleeves help protect skin.
- Stay hydrated – Drinking water helps prevent heat exhaustion and keeps skin healthy.
- Plan outdoor activities wisely – Morning or evening outings are safer and more comfortable.

A little sun protection goes a long way in keeping everyone safe, comfortable, and able to enjoy outdoor activities all summer long!

