

Desert Winds

Retirement Community

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

July 2026

**"Summer is a time for sunshine,
laughter, friendship and
making memories together."**



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

Sarah Johnson: Sales Director

**Miatta Anderson: Resident Care
Coordinator**

Debra Crutchfield: Nurse

Betty Barrett: Activities Director

Taylor Endres: Maintenance Director

**Tanya Christianson: Resident Engagement
Coordinator**



Western Father's Day Celebration

Our Western Fathers Day Celebration was a wonderful success! Residents, Families and Staff enjoyed a fun-filled day of western themed activities, laughter, music and fellowship. From cowboy hats to western attire to special treats and games, the event brought smiles to everyone who attended.

July Birthdays

5th Rheta

13th Cecil

16th Helene G

21st Darlene

21st Maryls J

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:30 Walking Club 8:30 Walmart (Meet in the Lobby) 9:00 Residents Coffee Social 9:30 Exercise in the Exercise Room 12:00 Residents Store is Open 12:15 Dime B I N G O 	8:30 Walking Club 9:00 Residents Coffee Social 9:30 Exercise with Jessica 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 Lemonade social	8:30 Walking Club 9:00 Patriotic Decorating our walkers, wheel chairs and ourselves for a parade 9:00 Residents Coffee Social with Donuts in the Lobby 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 Happy 3rd of July with Entertainment	9:00 Residents Coffee Social 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 (The American President)
9:00 Mindfulness Meditation in the Exercise Room 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 (Good Morning Vietnam)	8:30 Fancy Manicures 8:30 Walking Club 9:00 Residents Coffee Social 12:00 Residents Store is Open 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 Cool off Happy Hour with Soda and Ice Cream	8:30 Walking Club 9:00 Residents Coffee Social 12:00 Residents Store is Open 12:15 Dime B I N G O 2:30 Baking in the Bistro with Betty 3:00 Puzzles, Uno & Games in the Game Room	8:30 Car Museum 8:30 Walking Club 9:00 Residents Coffee Social 9:30 Exercise in the Exercise Room 12:00 Residents Store is Open 12:15 Dime B I N G O 2:30 UNO with Betty	8:30 Walking Club 9:00 Residents Coffee Social 9:30 Exercise with Jessica 12:00 Residents Store is Open 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 Popsicle Happy Hour	8:30 Walking Club 9:00 Residents Coffee Social with Croissants in the Bistro 12:00 Residents Store is Open 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 Happy Friday Happy Hour with Trivia	9:00 Residents Coffee Social 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 (Grumpy Old Men)
9:00 Mindfulness Meditation in the Exercise Room 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 (Grumpier Old Men)	8:30 Fancy Manicures 8:30 Walking Club 9:00 Residents Coffee Social 12:00 Residents Store is Open 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 Cool off Happy Hour with Ice Cream	8:30 Walking Club 9:00 Residents Coffee Social 12:00 Residents Store is Open 12:15 Dime B I N G O 2:30 Resident Council Meeting 3:00 Puzzles, Uno & Games in the Game Room	8:30 Walking Club 9:00 Residents Coffee Social 9:30 Exercise in the Exercise Room 12:00 Residents Store is Open 12:15 Dime B I N G O 2:30 UNO with Betty	8:30 Walking Club 9:00 Residents Coffee Social 9:30 Exercise with Jessica 12:00 Residents Store is Open 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 Root Beer Floats Social	8:30 Walking Club 9:00 Residents Coffee Social with Muffins in the Bistro 12:00 Residents Store is Open 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 Happy Friday Happy Hour with Residents Choice of Music	9:00 Residents Coffee Social 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 (Cocoon The Return)
9:00 Mindfulness Meditation in the Exercise Room 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 (Unforgiven)	8:30 Fancy Manicures 8:30 Walking Club 9:00 Residents Coffee Social 12:00 Residents Store is Open 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 Cool Off Happy Hour	8:30 Walking Club 9:00 Residents Coffee Social 12:00 Residents Store is Open 12:15 Dime B I N G O 2:30 Resident Town Hall Meeting 3:00 Puzzles, Uno & Games in the Game Room	8:30 Frys Shopping 8:30 Walking Club 9:00 Residents Coffee Social 9:30 Exercise in the Exercise Room 12:00 Residents Store is Open 12:15 Dime B I N G O 2:30 UNO with Betty	8:30 Walking Club 9:00 Residents Coffee Social 9:30 Exercise with Jessica 12:00 Residents Store is Open 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 Right Left Center	8:30 Walking Club 9:00 Residents Coffee Social with Pastries in the Bistro 12:00 Residents Store is Open 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 Happy Friday Happy Hour	9:00 Residents Coffee Social 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 (The Searchers)
9:00 Mindfulness Meditation in the Exercise Room 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 (The Fugitive)	8:30 Fancy Manicures 8:30 Walking Club 9:00 Residents Coffee Social 12:00 Residents Store is Open 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 Cool off Happy Hour with Ice Cream	8:30 Walking Club 9:00 Residents Coffee Social 12:00 Residents Store is Open 12:15 Dime B I N G O 3:00 Puzzles, Uno & Games in the Game Room	8:30 Walking Club 9:00 Residents Coffee Social 9:30 Exercise in the Exercise Room 10:45 Panda Express Lunch Outing 12:00 Residents Store is Open 12:15 Dime B I N G O 2:30 UNO with Betty	8:30 Walking Club 9:00 Residents Coffee Social 9:30 Exercise with Jessica 12:00 Residents Store is Open 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 July Birthdays Celebration	Wear your Beach Clothing 8:30 Walking Club 9:00 Residents Coffee Social with Fresh Fruit in the Bistro 12:00 Residents Store is Open 12:15 Dime B I N G O 1:00 Resident Store is Open 2:30 Cowabunga Happy Hour with Entertainment	ALL EVENTS ARE SUBJECT TO CHANGE

SPF what does it stand for?

As we enjoy the sunny days of summer, its important to remember the importance of SPF. SPF stands for Sun Protection Factor, which measures how well a sunscreen protects your skin from the suns harmful ultraviolet (UV) rays. Wearing sunscreen with an SPF of 30 or higher can help prevent sunburn, reduce skin damage and lower the risk of skin cancer. Whether you're taking a walk, enjoying an outdoor activity or simply sitting sitting outside, don't forget your sunscreen, wear a hat and stay hydrated while enjoying the sunshine safely!

