

Desert Winds

Retirement Community

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

H2-Oh!! Don't Forget To Hydrate!

The Arizona heat is here! be sure to drink water throughout the day, even if you don't feel thirsty. Staying hydrated is one of the most important things you can do for your health.



July Fun Facts

- * July is national ice cream month
- * More hotdogs are eaten in July than any other month
- * Watermelon is made up of over 90% water making it a great summer snack

Meet Your Neighbors!!

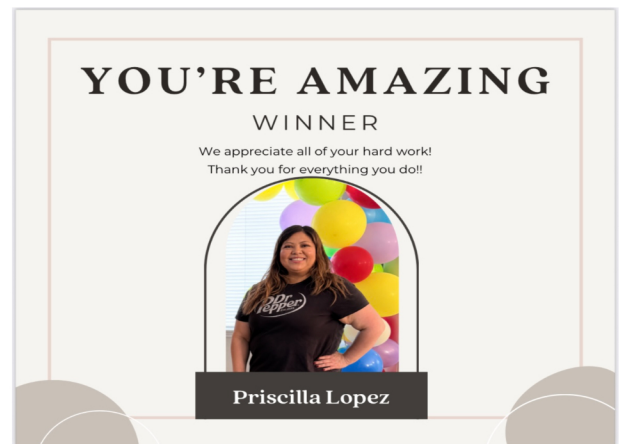
Take a moment to say hello to someone new this month. building friendships helps make Desert Winds feel like home. Join us at activities, meals and outings to connect with fellow residents and create lasting memories!

Lets Get Soical

Challenge Your Self

- *Sit with someone new at a meal
- *Attend a new activity
- *Share a favorite memory with someone

July 2026



Staff Directory

Marielena Medina..Executive Director
Kara Cole.....Marketing Director
Pat.....Admin Supervisor
Dan.....Maintenance Director
Raul.....Executive Chef
Tanya.....SLHC Coordinator
Katina.....Activities Coordinator

July Birthday's

Angie.F, 19 Sandra.H, 1st
Doug.C, 25th..... Virginia.N, 6th
Joe.R, 3rd.....Wanda.G, 4th
Joe.M, 18th..... Elizabeth.L, 25th
Joyce.D, 23rd..... Genevieve.S 21st
Ruth.H, 1st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:30 Bible Fellowship (T) 12:30 Fry's or Bashas' (L) 2:00 BINGO! (BH) 5:00 Skip-Bo (MR) 6:00 Movie (T)	9:00 Suncity Farmers Market (L) 10:00 Holy Communion (T) 11:30 Memory Lane Meet N Greet (MR) 3:30 Rando Craft Day (MR)	- No Transportation (L) 10:00 All-American Bingo Bash (BH) 1:00 Bridge (1FSL) 2:00 Scrabble (BH) 3:00 Little Sips And Big Sparks Sip N Paint With Blake (BH) 5:00 Texas Hold 'em Poker (1FNL)	10:00 Craft, Connect & Make New Friends (MR) 1:00 Pokeno (MR) 4:30 Billiards (GR) 5:00 Skip-Bo (MR)
9:15 Bus Pick up from Church of the Palms for Church Service (L) 3:00 BINGO! (BH) 6:00 Movie (T)	10:00 Sit & Get Fit (BH) 11:00 Trader Joe's (L) 2:00 BINGO! (BH) 5:00 Texas Hold 'em Poker (1FNL)	10:30 60 Second Show Down (BH) 12:30 Fry's or Bashas' (L) 12:30 Red Hat's Luncheon (DR) 2:00 Wii Bowling (BH) 3:00 Rando Game Day Try Your Luck (MR)	10:00 GG & G6 Paparazzi Accessories (L) 10:00 Sit & Get Fit with Darlene (BH) 12:30 Fry's or Bashas' (L) 2:00 BINGO! (BH) 5:00 Skip-Bo (MR) 6:00 Movie (T)	9:30 Gentlemen's Coffee Social (MR) 10:00 Holy Communion (T) 11:00 Walmart (L) 2:00 Hydration Station Happy Hour With Oak Health (L)	- No Transportation 9:00 Vee Quiva Casino (L) 1:00 Bridge (1FSL) 2:00 Scrabble (BH) 3:00 Help Plan the Fun! Color & Chat with Kat (MR) 5:00 Texas Hold 'em Poker (1FNL)	10:00 Craft, Connect & Make New Friends (MR) 1:00 Pokeno (MR) 4:30 Billiards (GR) 5:00 Skip-Bo (MR)
9:15 Bus Pick up from Church of the Palms for Church Service (L) 3:00 BINGO! (BH) 6:00 Movie (T)	10:00 Chair Cardio (BH) 11:00 Lunch Bunch: Famous Dave's (L) 1:00 Rosary (T) 2:00 BINGO! (BH) 5:00 Texas Hold 'em Poker (1FNL)	9:30 Move & Groove in the Pool (PS) 10:30 Rummy With Kat (MR) 12:30 Fry's or Bashas' (L) 2:00 Wii Bowling (BH) 3:15 Brain Boost Challenge (MR)	10:30 Bible Fellowship (T) 12:30 Fry's or Bashas' (L) 2:00 BINGO! (BH) 5:00 Skip-Bo (MR) 6:00 Movie (T)	10:00 Holy Communion (T) 10:00 Ladies Social (BH) 11:00 Dollar Tree (L) 1:00 Peoria Library (CBR) 2:00 Live Entertainment: Hainan Ramu On Violin (L)	12:00 Scoops Around The World With Mari (L) 1:00 Bridge (1FSL) 2:00 Scrabble (BH) 5:00 Texas Hold 'em Poker (1FNL)	10:00 Craft, Connect & Make New Friends (MR) 1:00 Pokeno (MR) 4:30 Billiards (GR) 5:00 Skip-Bo (MR)
9:15 Bus Pick up from Church of the Palms for Church Service (L) 3:00 BINGO! (BH) 6:00 Movie (T)	10:00 Chair Tai Chi (BH) 11:00 Trivia (MR) 12:00 Mini Manicures (MR) 2:00 BINGO! (BH) 5:00 Texas Hold 'em Poker (1FNL)	10:00 Kings In The Corner (BH) 11:00 Red Hats Lunch: LongHorn Steakhouse (L) 12:30 Fry's or Bashas' (L) 2:00 Wii Bowling (BH)	10:00 Sit & Get Fit with Darlene (BH) 12:30 Fry's or Bashas' (L) 12:30 July Birthday Luncheon (DR) 2:00 BINGO! (BH) 5:00 Skip-Bo (MR) 6:00 Movie (T)	10:00 Dream Catchers Craft (MR) 10:00 Holy Communion (T) 11:00 Walmart (L) 1:30 Wii Games: With Kat (BH)	- No Transportation 12:00 Arizona Museum of Natural History & Novel Ice Cream (L) 1:00 Bridge (1FSL) 2:00 Scrabble (BH) 5:00 Texas Hold 'em Poker (1FNL)	10:00 Craft, Connect & Make New Friends (MR) 1:00 Pokeno (MR) 4:30 Billiards (GR) 5:00 Skip-Bo (MR)
9:15 Bus Pick up from Church of the Palms for Church Service (L) 3:00 BINGO! (BH) 6:00 Movie (T)	10:00 Chair: Yoga (BH) 11:00 Lunch Bunch: Denny's (L) 2:00 BINGO! (BH) 5:00 Texas Hold 'em Poker (1FNL)	9:30 Crafty Bookmark Corner (MR) 10:00 Catholic Mass (T) 12:30 Fry's or Bashas' (L) 12:30 Guess What Game (BH) 2:00 Wii Bowling (BH) 3:30 Cool Moves In The Pool (P)	10:00 Chair: Yoga (BH) 12:30 Fry's or Bashas' (L) 2:00 BINGO! (BH) 4:00 Passport To Possibilities (DR) 5:00 Live Entertainment: Jocelyn On Harp (L) 5:00 Skip-Bo (MR) 6:00 Movie (T)	10:00 Holy Communion (T) 11:00 A To Z Polish Market (L) 2:00 Happy Hour (L)	1:00 Bridge (1FSL) 2:00 Scrabble (BH) 5:00 Texas Hold 'em Poker (1FNL)	



PASSPORT TO POSSIBILITIES

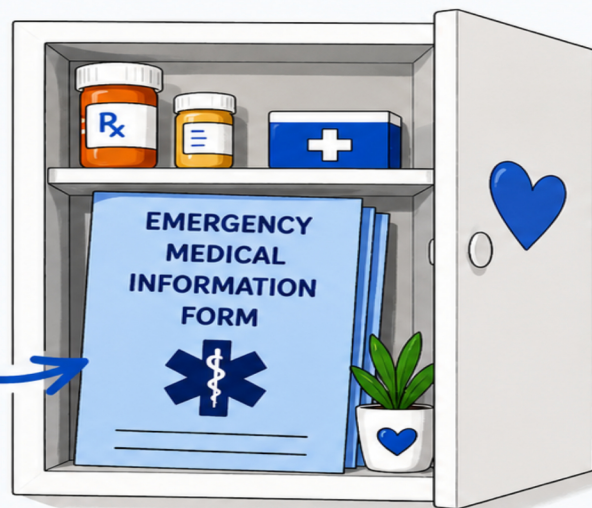
WEDNESDAY, JULY 29TH
4:00PM - 6:00PM
DINNING ROOM

Join us for a fun evening of delicious food, great company, and international flavors as our culinary team takes you on a journey around the globe! With your very own passport, you'll travel from table to table enjoying chef-inspired appetizers, entrées, and desserts.

Bring a friend and receive extra raffle tickets! It's a wonderful opportunity to share the Desert Winds experience with someone special while enjoying an evening of food, fun, and community.

Reminder! YOUR SAFETY Matters!

The **Peoria Fire Department** asks all residents to complete their **blue Emergency Medical Information Form** and place it inside your medicine cabinet.



Lists your current medications



Includes medical conditions and allergies



Provides emergency contact information



Shares your doctor and care information



Helps first responders provide quick, accurate care



A few minutes today could make a **BIG** difference tomorrow!

