

# DESERT SPRINGS

## Gracious Retirement Living

30 West Lambert Lane • Oro Valley, Arizona 85737 • Phone (520) 219-8100 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

OCTOBER 2019

### DESERT SPRINGS STAFF

Managers.....DAVID & BRENDA CERVANTES  
Assistant Managers ...JOHN & JACKIE DAIGH  
Executive Chef..... JUSTIN MURDOCK  
Marketing..... JENN GALE  
Activity Coordinator ..... LISA MATTHEWS  
Maintenance .....DAVID GIRON  
Bus Driver .....ANTHONY TRUJILLO

### TRANSPORTATION

**Monday, 10 a.m. and 2 p.m.:**  
Fry's, Target, Walmart and Walgreens

**Tuesday, 9 a.m.-4 p.m.:**  
Doctor Appointments

**Wednesday, 9 a.m.:** Outings

**Thursday, 9 a.m.-4 p.m.:**  
Doctor Appointments

**Sunday, 8 a.m.-noon:**  
Church Transportation

**HAWTHORN**  
SENIOR LIVING

### Disney Staycation

The first week in September was Disney Week at Desert Springs. We enjoyed a week of Disney movies, trivia and looking for hidden Mickeys. We ended our week with a Disney themed party. The Desert Melodies did a wonderful job performing Disney songs that everyone enjoyed. Looking forward to our next staycation!



*Lisa, Ruth and Trish*

*(Photos continued inside)*



*Thanks to Marie, June, Liz and Judy for helping make our Mickey centerpieces.*





## Disney Staycation (Continued)



*Atsuko and her daughter*



*Desert Melodies entertained us with Disney songs.*



*Pete and Edie*



*Lynn won Minnie Mouse in the hidden Mickeys drawing.*

## Cameo of Residents' Life Experiences

In October, we will be starting our Cameo of Residents' Life Experiences. This is an opportunity for residents to share their story whether it be their careers, places they have traveled or just their lives in general. The goal is to have a resident present each month. If you are interested in sharing your experiences, please see Lisa, Activities Coordinator.

Our first presentation will be "Dale Alger's Life in Retrospect" on Friday, October 18th at 2 p.m. in the movie theater. Join Dale as he shares his life story through pictures and in his own words. This is a chance to learn about your neighbor and to get to know Dale and his wife Jackie a little better. Hope to see you there!

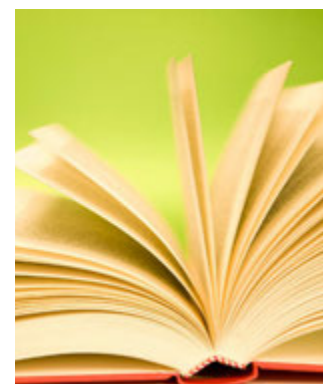


*"Dale's Life in Retrospect"*

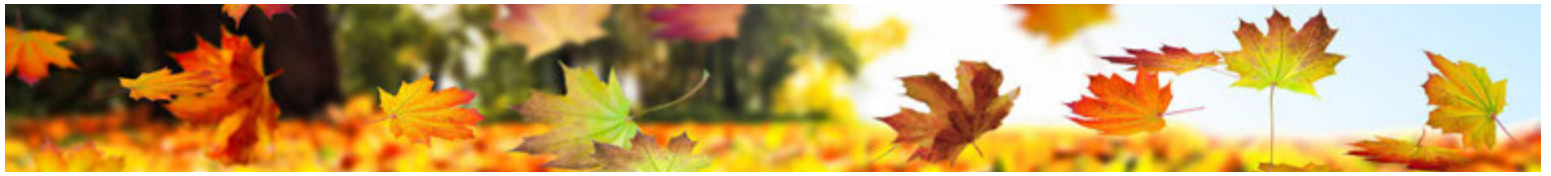
## Book Club News by Kay Gragg

At our October 19th meeting, we will be discussing "The Shell Seekers" by Rosamunde Pilcher. At the end of a long and useful life, Penelope Keeling's prized possession is a painting by her father called "The Shell Seekers." It symbolizes her unconventional life, from bohemian childhood to wartime romance. When her grown children learn their grandfather's work is now worth a fortune, each has an idea as to what Penelope should do. But as she recalls the passions, tragedies and secrets of her life, she knows there is only one answer ... and it lies within her heart.

All are welcome to join us in the Chapel at 11 a.m. Maxine Campbell is the chairwoman of the group and can answer any questions you may have.







## Studio "C" Hair Salon at Desert Springs

Desert Springs has a wonderful Hair Salon located out the back doors to the right. Carol Smith, the owner, is an experienced beautician with over 30 years of salon ownership.



*Carol and Vera*

She enjoys doing hair and loves having her salon at Desert Springs. Carol enjoys working with our residents and her prices are amazingly affordable. Whether you need a trim or a new hairstyle, check out the salon! Carol is awesome and she loves what she does. The salon hours are: Tuesday, 8:30 a.m.-1 p.m.; Wednesday and Thursday, 8:30 a.m.-3:30 p.m.; Friday, 8:30 a.m.-4 p.m. Please call 561-248-5934 to make an appointment. Women's Haircut: \$18; Men's: \$14.

## Welcome New Residents

We welcome all our new residents to Desert Springs! We are excited you have chosen Desert Springs to be your new home. We have so much fun with outings, entertainment, activities and just socializing. You are invited to attend our New Resident Orientation on Tuesday, October 8th at 3 p.m. in the activity center. At that time, you will learn how to sign up for outings, doctor appointments and shopping trips, along with additional information to make your transition a pleasant one. If you are unable to attend this month's orientation, you are always welcome to attend a future one. If you have any questions, please see Lisa, Activities Coordinator, and she will be more than happy to answer any questions you have.

## Around the Community



*Labor Day Entertainment, The Banjo Blasters*



*They're not the Rat Pack or the Brat Pack, we call them the Fun Pack!*



*Desert Springs' Seven Year Anniversary Party*



*Funny Money Live Auction*



OCTOBER 2019

Birthdays

Noel Gerkin, 4th  
Marie Wuerch, 7th  
Dean Zilmer, 8th  
Marilyn Middler, 10th  
Newell Webb, 13th  
Pat Leader, 14th  
Dale Alger, 19th  
Patricia Kalland, 20th  
Elaine Heyworth, 24th  
Jackie Alger, 25th  
Ruth Carlson, 28th  
Corky Taylor, 31st

Locations

Activity Center, AC  
Activity Center  
Kitchen, ACK  
Atrium, A  
Billiards Room, BR  
Chapel, CH  
Computer Center, CC  
Dining Room, DR  
Exercise Room, EX  
Front Lobby, L  
Library, LB  
Movie Theater, MT  
Swimming Pool, Pool  
TV Room, TV

“Exploring the unknown requires tolerating uncertainty.”  
—Brian Greene

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY															
				9:20 Chair Exercise, AC <b>10:00 Catholic Communion, CH</b> <b>11:00 Memory Enhancement Class, AC</b> <b>11:00 Blood Pressure Checks, TV</b> 2:00 Movie Matinee, MT <b>2:00 Bingo with Right at Home, AC</b> 6:15 Rummikub, TV 6:45 Evening Movie, MT		<b>1</b>		7:30 <b>Morning Walking Group, L</b> 9:20 Chair Exercise, AC 10:30 Water Aerobics with Laura, Pool 2:00 Movie Matinee, MT 2:00 Bridge, BR <b>2:00 Errand Day</b> <b>6:00 Outing: Sonora Winds Concert, Free</b> 6:15 Euchre, TV 6:45 Evening Movie, MT		<b>3</b>		9:15 Exercise, AC <b>10:00 Donut Social, TV</b> <b>10:30 Bean Bag Baseball, AC</b> 2:00 Needlework, CH 2:00 Movie Matinee, MT 3:30 Wii Bowling, AC 6:15 Skip-Bo, TV 6:45 Evening Movie, MT															
8:30 Church Transport, L 9:15 Exercise, AC 2:00 Movie Matinee, MT 2:00 Bingo with Debbie, AC 3:30 Wii Bowling, AC 4:00 Coloring Group, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT		<b>6</b>		7:30 <b>Morning Walking Group, L</b> 9:20 Chair Exercise & Balance, AC 9:30 Bible Study, CH 10:00 Mah Jongg, BR 10:00 Shopping, L <b>10:00 Pet Partners Therapy Dog, A</b> <b>10:30 Cooking Demo with Marie, AC</b> <b>2:00 Bean Bag Baseball, AC</b> 2:00 Bridge, BR 2:00 Movie Matinee, MT 2:00 Shopping, L 2:15 Mah Jongg, BR 6:15 Mexican Train, TV 6:45 Evening Movie, MT		<b>7</b>		YOM KIPPUR BEGINS AT SUNSET 9:20 Chair Exercise, AC <b>10:00 Catholic Communion, CH</b> <b>11:00 Memory Enhancement Class, AC</b> 2:00 Movie Matinee, MT <b>2:00 Bingo with Right at Home, AC</b> 3:00 New Resident Orientation, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT		<b>8</b>		9:20 Chair Exercise, AC <b>10:00 Amdilayna Jewelry, A</b> 10:30 Water Aerobics with Laura, Pool <b>10:30 Current Events, DR</b> <b>2:00 Bunco, AC</b> 2:00 Bridge, BR 2:00 Movie Matinee, MT 6:15 Euchre, TV 6:45 Evening Movie, MT		<b>9</b>		9:20 Chair Exercise, AC <b>10:30 Handmade Cards, AC</b> 2:00 Bingo with Liz, AC 2:00 Movie Matinee, MT <b>3:00 Trivia, A</b> 6:45 Evening Movie, MT		<b>10</b>		7:30 <b>Morning Walking Group, L</b> 9:20 Chair Exercise & Balance, AC <b>10:00 Worship Service, CH</b> 10:45 The Game of Farkle, AC 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 6:45 Evening Movie, MT		<b>11</b>		9:15 Exercise, AC <b>10:00 Donut Social, TV</b> <b>10:30 Bean Bag Baseball, AC</b> 2:00 Needlework, CH 2:00 Movie Matinee, MT <b>2:30 Singalong with Bill, A</b> 3:30 Wii Bowling, AC 6:15 Skip-Bo, TV 6:45 Evening Movie, MT		<b>12</b>	
8:30 Church Transport, L 9:15 Exercise, AC <b>1:00 Outing: Flandrau Planetarium, “Great White Shark”</b> 2:00 Movie Matinee, MT 2:00 Bingo with Debbie, AC 3:30 Wii Bowling, AC 4:00 Coloring Group, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT		<b>13</b>		COLUMBUS DAY 7:30 <b>Morning Walking Group, L</b> 9:20 Chair Exercise & Balance, AC 9:30 Bible Study, CH 10:00 Shopping, L <b>2:00 Bean Bag Baseball, AC</b> 2:00 Bridge, BR 2:00 Movie Matinee, MT 2:00 Shopping, L 2:15 Mah Jongg, BR 6:15 Mexican Train, TV 6:45 Evening Movie, MT		<b>14</b>		9:00 <b>Dr. Warner, Podiatrist, EX</b> 9:20 Chair Exercise, AC <b>10:00 Catholic Communion, CH</b> <b>11:00 Memory Enhancement Class, AC</b> <b>11:00 Mary Kay Cosmetics, A</b> 2:00 Movie Matinee, MT <b>2:00 Bingo with Right at Home, AC</b> 6:15 Rummikub, TV 6:45 Evening Movie, MT		<b>15</b>		7:30 <b>Morning Walking Group, L</b> <b>9:00 Dr. Warner, Podiatrist, EX</b> 9:20 Chair Exercise, AC <b>10:00 Outing: Madaras Gallery, Free</b> <b>10:00 12pm Walgreens Flu Shot Clinic, AC</b> <b>10:30 Parkinson’s Support Group, MT</b> 10:30 Water Aerobics with Laura, Pool 2:00 Movie Matinee, MT 2:00 Bridge, BR <b>2:00 Birthday Celebration with Wild Bill, A</b> <b>2:00 Errand Day</b> 6:15 Euchre, TV		<b>16</b>		9:20 Chair Exercise, AC <b>10:30 Culinary Series: “All the Flavors of the Season, AC</b> <b>11:00 Yoga with Sasha, LB</b> <b>11:00 All About Ears with Susan Tek, AC</b> 2:00 Bingo with Liz, AC 2:00 Movie Matinee, MT <b>3:00 Trivia, A</b> 6:45 Evening Movie, MT		<b>17</b>		7:30 <b>Morning Walking Group, L</b> 9:20 Chair Exercise & Balance, AC <b>10:00 Worship Service, CH</b> 10:45 The Game of Farkle, AC 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT <b>2:00 Presentation: “Dale Alger’s Life in Retrospect,” MT</b> 6:45 Evening Movie, MT		<b>18</b>		9:15 Exercise, AC <b>10:00 Donut Social, TV</b> <b>10:30 Bean Bag Baseball, AC</b> <b>11:00 Book Club, CH</b> 2:00 Needlework, CH 2:00 Movie Matinee, MT 3:30 Wii Bowling, AC 6:15 Skip-Bo, TV 6:45 Evening Movie, MT		<b>19</b>	
8:30 Church Transport, L 9:15 Exercise, AC 2:00 Movie Matinee, MT 2:00 Bingo with Debbie, AC 3:30 Wii Bowling, AC 4:00 Coloring Group, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT		<b>20</b>		7:30 <b>Morning Walking Group, L</b> <b>9:00 LNR Jewelry, A</b> 9:20 Chair Exercise & Balance, AC 9:30 Bible Study, CH 10:00 Mah Jongg, BR 10:00 Shopping, L <b>10:00 Pet Partners Therapy Dog, A</b> <b>2:00 Bean Bag Baseball, AC</b> 2:00 Bridge, BR 2:00 Movie Matinee, MT 2:00 Shopping, L 2:15 Mah Jongg, BR 6:15 Mexican Train, TV 6:45 Evening Movie, MT		<b>21</b>		9:20 Chair Exercise, AC <b>10:00 Catholic Communion, CH</b> <b>11:00 Memory Enhancement Class, AC</b> 2:00 Movie Matinee, MT <b>2:00 Bingo with Right at Home, AC</b> 6:15 Rummikub, TV 6:45 Evening Movie, MT		<b>22</b>		7:30 <b>Morning Walking Group, L</b> 9:20 Chair Exercise, AC <b>10:00 Outing: Golden Goose</b> 10:30 Water Aerobics with Laura, Pool <b>10:30 Current Events, DR</b> <b>2:00 Outing: Mystery Bus Ride</b> <b>2:00 Singalong with Visiting Angels, A</b> 2:00 Bridge, BR 2:00 Movie Matinee, MT 6:15 Euchre, TV 6:45 Evening Movie, MT		<b>23</b>		9:20 Chair Exercise, AC <b>10:00 Unique Fashions, A</b> <b>10:30 Handmade Cards, AC</b> 2:00 Bingo with Liz, AC 2:00 Movie Matinee, MT 3:00 Welcoming Committee Meeting, AC <b>3:00 Trivia, A</b> 6:45 Evening Movie, MT		<b>24</b>		7:30 <b>Morning Walking Group, L</b> 9:20 Chair Exercise & Balance, AC <b>10:00 Worship Service, CH</b> 10:45 The Game of Farkle, AC 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT <b>2:00 Art Talk:”A Perfect Red: It’s Fascinating History,” MT</b> 6:45 Evening Movie, MT		<b>25</b>		9:15 Exercise, AC <b>10:00 Donut Social, TV</b> <b>10:30 Bean Bag Baseball, AC</b> 2:00 Needlework, CH 2:00 Movie Matinee, MT 3:30 Wii Bowling, AC 6:15 Skip-Bo, TV 6:45 Evening Movie, MT		<b>26</b>	
8:30 Church Transport, L 9:15 Exercise, AC 2:00 Movie Matinee, MT 2:00 Bingo with Debbie, AC 3:30 Wii Bowling, AC 4:00 Coloring Group, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT		<b>27</b>		7:30 <b>Morning Walking Group, L</b> 9:20 Chair Exercise & Balance, AC 9:30 Bible Study, CH 10:00 Shopping, L <b>2:00 Bean Bag Baseball, AC</b> 2:00 Bridge, BR 2:00 Movie Matinee, MT 2:00 Shopping, L 2:15 Mah Jongg, BR 6:15 Mexican Train, TV 6:45 Evening Movie, MT		<b>28</b>		9:20 Chair Exercise, AC <b>10:00 Catholic Communion, CH</b> <b>11:00 Memory Enhancement Class, AC</b> 2:00 Movie Matinee, MT <b>2:00 Walker Repair, A</b> <b>2:00 Bingo with Right at Home, AC</b> 6:15 Rummikub, TV 6:45 Evening Movie, MT		<b>29</b>		7:30 <b>Morning Walking Group, L</b> 9:20 Chair Exercise, AC 10:30 Water Aerobics with Laura, Pool <b>11:00 Outing: Lunch at Blanco’s Mexican Restaurant</b> <b>Resident/Manager’s Meeting, DR</b> 2:00 Bridge, BR 2:00 Movie Matinee, MT <b>2:30 Errand Day</b> 6:15 Euchre, TV 6:45 Evening Movie, MT		<b>30</b>		HALLOWEEN 9:20 Chair Exercise, AC <b>11:00 Yoga with Sasha, LB</b> <b>11:45 Resident/Chef’s Meeting, DR</b> 2:00 Bingo with Liz, AC 2:00 Movie Matinee, MT <b>2:00 Halloween Party with ”Sluj” a.k.a. Doug &amp; Friends, A</b> 6:45 Evening Movie, MT		<b>31</b>									





## “Older Than” by Jeanne Lehnert

I had a dream last night that I  
talked to Father Time.

At what point, I asked, do  
we go from being older to  
actually being old.

“Ah,” he said, “that is truly a  
time-old question and  
a very good one,” he added.

“When you were a newborn  
babe, naked and bawling  
in the hospital’s cold,  
sterile light,  
even then you were older than  
the newest crying infant placed  
beside you in the crib.

And when the first day dawned  
in your new world,  
you were already older than  
you were the day before.

And so it goes. You will always  
be older than someone else

And you will always be  
older than the day before.

Therefore, my dear, when  
speaking of age,  
You are not old ...  
You are simply like every other  
woman and man ...  
Older than ...”



*Thank you Jeanne for  
sharing your poems!*

## Culinary Education Series

In August, our Culinary Education Series was  
“All About Citrus Fruit!” Chef Justin prepared a  
citrus salad, which was delicious. Last month  
our series was all about “Brain Food” and  
keeping our minds sharp.

Our Culinary Education Series on Thursday,  
October 17th at 10:30 a.m. is “Fall Harvest:  
All the Flavors of the Season.” Join Chef Justin  
as he prepares a treat using the flavors of  
the season.

Fall harvest favorites and their health benefits:

**Cranberries:** Antioxidants in cranberries called  
proanthocyanins can help to prevent UTIs and  
gum disease. They’re packed full of fiber and  
are great for overall gut health.

**Pomegranates:** Pomegranates are an excellent source of fiber, vitamins A, C  
and B as well as minerals such as calcium, potassium and iron. Pomegranates  
also pose impressive anti-inflammatory effects which may help fight arthritis and  
joint pain. There have also been studies that show that pomegranates may help  
improve memory and help fight against the effects of Alzheimer’s.

**Pumpkins:** The potassium contained in pumpkins can have a positive effect  
on blood pressure. The antioxidants found in pumpkins may help prevent  
degenerative damage to the eyes. Pumpkins are a great source of beta-carotene,  
a carotenoid that your body converts into vitamin A.

### ROOT VEGETABLES

**Carrots:** Known for their bright orange hue, carrots are packed with a high  
concentration of the antioxidant beta carotene in addition to vitamin A. Together  
the two help maintain healthy skin and eyes.

**Sweet Potatoes:** In addition to carrying a hefty dose of vitamins A and C, sweet  
potatoes also help stabilize blood sugar levels.

**Beets:** In addition to supporting blood circulation, they also come packed with  
folate, potassium, calcium and iron.



*Chef Justin preparing  
“Brain Food” trail mix*



*Chef Justin posing as The Thinker  
following his Brain Food demonstration*



*Chef Justin preparing  
the citrus salad*



## October Outings

### Sonora Winds Concert

Wednesday, October 2nd at 6 p.m.

Grace St. Paul Episcopal Church

Cost: FREE

“A Little Bit of Everything”: An eclectic assortment of wind ensemble favorites from “Candide,” “Carmen,” “Wild Wild West” and more.

### Flandrau Science Center and Planetarium

Planetarium Show: “Great White Shark”

Sunday, October 13th at 1 p.m.

Cost: \$6

Shark Planetarium Show

Flandrau’s new full-dome planetarium show, Great White Shark, is all about great whites, one of the biggest sharks in the seas and the popular predator in so many scary movies. Adapted for the planetarium’s immersive full-dome format from the IMAX format, this incredible show takes you up close with these “monsters” of the deep. To make this film, divers swam with great white sharks at locations all over the world and recorded them up close, so that you’ll feel like you’re swimming with the giants in the safety and comfort of your planetarium seat. An awesome sensory experience, Great White Shark will leave you thrilled, and wiser, as you learn about the creatures we love to fear.

Most of us will never experience a direct encounter with a shark, and yet they capture our imaginations. We share our planet with these magnificent creatures and, thanks to science, we now understand sharks not as a menace, but as part of the complex web of life that makes Earth so special.

If you would like to attend, please sign up in the Activity Center by Friday, October 11th.

### Madaras Gallery

Wednesday, October 16th at 10 a.m.

Cost: FREE

Experience Color and Joy at Madaras Gallery! Diana Madaras’ bold, colorful artwork recently earned her Tucson’s Best Visual Artist for the 9th time. The gallery is known as the Home of

Southwest Art and Features the largest collection of Tucson art, including 26 guest artists’ work. The gallery has paintings, canvas reproductions, prints, sculptures, ceramics, hand-blown glass, gourd masks, jewelry, and carved mesquite by renowned Arizona artists. All that, plus a unique line of museum-quality Madaras Southwest gifts. The gallery is a must-see for Tucsonans and visitors alike. [www.madaras.com/](http://www.madaras.com/)

### Golden Goose

Wednesday, October 23rd at 10 a.m.

The Golden Goose is a thrift shop with quality merchandise at way less than retail prices, in a friendly, inviting atmosphere. If you would like to browse around the shop for interesting items and bargains, don’t forget to sign up.

### Mystery Ride

Wednesday, October 23rd at 2 p.m.

Last month our mystery bus ride took us to “A” Mountain where we saw the beautiful panoramic view of Tucson. We also learned a few fun facts about the mountain. We drove up and around the mountain and as we all took in the beautiful views of Tucson we forgot to look at the “A.” So, we drove around the mountain again. We all decided that the “A” looks much better from afar.

Join us on October 23rd to see where the road takes us!

### Lunch at Blanco’s Mexican Restaurant at La Encantada

Wednesday, October 30th at 11 a.m.

Blanco’s is a fresh twist on Mexican food. You can try their classic but fresh burrito or bowl layered with savory fillings like spicy Machaca short rib or red chili chicken, fresh salsas and their famous house guacamole. Whether you’re hungry for something flavorful or thirsty for something fun, they’ve got everything you want at Blanco.



*We had a full bus for last month’s mystery ride to “A” Mountain.*



*Wanda, Steve, Don, Rudy and Kay overlooking Tucson from “A” Mountain*



**DESERT SPRINGS**  
Gracious Retirement Living

30 West Lambert Lane  
Oro Valley, AZ 85737



# *Fall in love...* with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

**520-219-8100**

**DESERT SPRINGS**  
Gracious Retirement Living