

DESERT SPRINGS

Gracious Retirement Living



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

FEBRUARY 2020

DESERT SPRINGS STAFF

Managers.....DAVID & BRENDA CERVANTES
Assistant ManagersCHUCK & CANDY LACOMBE
Executive Chef JUSTIN MURDOCK
Marketing..... DONNA SINGLETON
Activity Coordinator LISA MATTHEWS
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

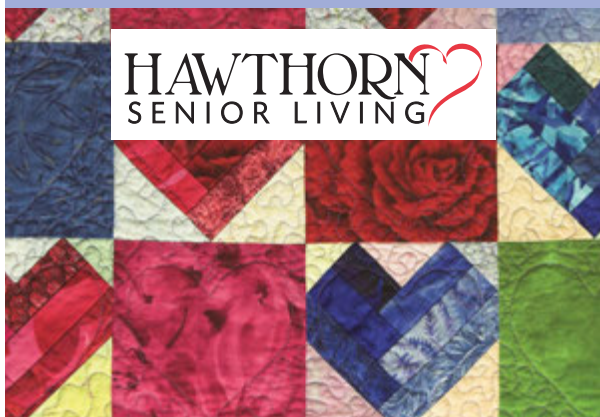
Art Talks

Be sure to attend our upcoming art talks:

- Friday, February 7th, at 2 p.m., the talk will be "Ride 'Em Cowboy – Exciting Moments in Rodeo Photography." Rodeo photographers capture the danger and thrilling moments of this fast-paced contest between man and beast. Presented by Carlye Dundon.
- Friday, February 28th, at 2 p.m., the talk will be "Navajo Rugs: The History, the Artistry and the Contemporary" presented by Linda Friedman.



HAWTHORN
SENIOR LIVING





February Outings

Lunch at the Cheesecake Factory

Wednesday, February 5th

Leave at 11 a.m.

Cheesecake Factory History

The Cheesecake Factory story begins in Detroit, Michigan, in the 1940s. Evelyn Overton found a recipe in the local newspaper that would inspire her “original” cheesecake. Everyone loved her recipe so much that she decided to open a small cheesecake shop, but she eventually gave up her dream of owning her own business in order to raise her two small children, David and Renee. She moved her baking equipment to a kitchen in her basement and continued to supply cakes to several of the best restaurants in town while raising her family.

In 1972, with their children grown, Evelyn and her husband, Oscar, decided to pack up all of their belongings and move to Los Angeles to make one last attempt at owning their own business. With the last of their savings, they opened The Cheesecake Factory Bakery and began selling Evelyn’s cheesecakes to restaurants throughout Los Angeles. Through hard work and determination, their business grew to a modest size, and Evelyn was soon baking more than 20 varieties of cheesecakes and other desserts.

With great foresight and intuition, their son, David, decided to open a restaurant to showcase his mother’s selection of cheesecakes. Somehow, he just knew that guests would enjoy a restaurant with an extensive dessert menu. It was 1978, and he opened the first The Cheesecake Factory restaurant in Beverly Hills, California. The restaurant was an immediate success, and today, there are more than 200 Cheesecake Factory restaurants around the world that share the Overton’s commitment to quality and spirit of innovation and hard work.

www.thecheesecakefactory.com/about-us/

Desert Diamond Casino and Lunch

Wednesday, February 12th

Leave at 9:30 a.m.

Mystery Bus Ride

Wednesday, February 26th

Leave at 2 p.m.

Errand Days:

- Wednesday, February 5th, at 2 p.m.
- Wednesday, February 19th, at 9:30 a.m. and 2 p.m.
- Wednesday, February 26th, at 9:30 a.m.

Guess Who?

Pictured is a resident here at Desert Springs. Can you guess who she is? The answer will be in March’s newsletter. Answer to February’s Guess Who: Don Weber and Marie Wuerch.



Lunch at the Cracker Barrel



Pat at the International Wildlife Museum



New Year's Eve

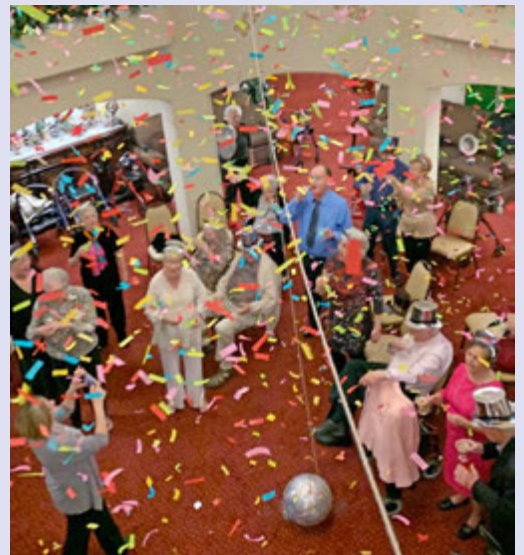
A great time was had by all at our New Year's Eve Party. The band did a wonderful job of getting people on their feet and dancing. At 8:20 p.m., the countdown to the New Year began as the ball dropped, and what a surprise when all the confetti came down to the band playing "Auld Lang Syne." Happy New Year, Desert Springs!



The countdown



Residents enjoyed getting their picture taken in the frame.



Happy New Year!



Helen raising her glass to toast the New Year!



Corky and Patti

FEBRUARY 2020

Birthdays

Vera Bierbach, 5th
 Helen Bingel, 6th
 Shirlie Dreher, 7th
 Bill Kautenburger, 15th
 Pat Alford, 15th
 Edie Agur, 16th
 Donald Weber, 19th
 Geraldine Kepich, 29th

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

“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.”

—Joseph Addison

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>2</p> <p>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</p>	<p>3</p> <p>9:20 Chair Exercise & Balance, AC 9:30 Bible Study, CH 10:00 Mah Jongg, BR 10:00 Shopping, L 10:00 Pet Partners Therapy Dog, A 2:00 Bridge, BR 2:00 Movie Matinee, MT 2:00 Shopping, L 2:00 Bean Bag Baseball, AC 2:15 Mah Jongg, BR 3:30 Walking Group, L 6:15 Mexican Train, TV 6:45 Evening Movie, MT</p>	<p>4</p> <p>9:20 Chair Exercise, AC 10:00 Catholic Communion, CH 11:00 Memory Enhancement Class, AC 11:00 Blood Pressure Checks, TV 2:00 Movie Matinee, MT 2:00 Bingo with Right at Home, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT</p>	<p>5</p> <p>9:20 Chair Exercise, AC 11:00 Lunch at the Olive Garden 2:00 Movie Matinee, MT 2:00 Bridge, BR 2:00 Errand Day 3:30 Walking Group, L 6:15 Euchre, TV 6:45 Evening Movie, MT </p>	<p>6</p> <p>9:20 Chair Exercise, AC 11:00 Yoga with Sasha, LB 11:45 Chef's/Residents' Meeting, DR 2:00 Bingo with Liz, AC 2:00 Movie Matinee, MT 3:00 Trivia, A 6:45 Evening Movie, MT </p>	<p>7</p> <p>9:20 Chair Exercise & Balance, AC 10:00 Worship Service, CH 10:45 The Game of Farkle, AC 11:00 Mai Jewelry, A 2:00 Wii Bowling, AC 2:00 Art Talk: "Ride 'Em Cowboy" Moments in Rodeo, MT 3:15 Movie Matinee, MT 3:30 Walking Group, L 6:45 Evening Movie, MT </p>	<p>8</p> <p>9:15 Exercise, AC 10:00 Donut Social, TV 10:30 Bean Bag Baseball, AC 2:00 Needlework, CH 2:00 Movie Matinee, MT 3:30 Wii Bowling, AC 6:15 Skip-Bo, TV 6:45 Evening Movie, MT</p>
<p>9</p> <p>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</p>	<p>10</p> <p>9:20 Chair Exercise & Balance, AC 9:30 Bible Study, CH 10:00 Shopping, L 2:00 Tanzania Presentation by John Dupont, MT 2:00 Bridge, BR 2:00 Shopping, L 2:15 Mah Jongg, BR 3:15 Movie Matinee, MT 3:30 Walking Group, L 6:15 Mexican Train, TV 6:45 Evening Movie, MT</p>	<p>11</p> <p>9:00 Dr. Warner, Podiatrist, EX 9:20 Chair Exercise, AC 10:00 Catholic Communion, CH 11:00 Memory Enhancement Class, AC 11:00 Mary Kay Cosmetics, A 2:00 Bingo with Right at Home, AC 2:00 Movie Matinee, MT 3:00 New Resident Orientation, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT</p>	<p>12</p> <p>9:00 Dr. Warner, Podiatrist, EX 9:20 Chair Exercise, AC 9:30 Outing: Desert Diamond Casino and Lunch 10:30 Current Events, CH 2:00 Movie Matinee, MT 2:00 Bridge, BR 3:30 Walking Group, L 6:15 Euchre, TV 6:45 Evening Movie, MT</p>	<p>13</p> <p>9:20 Chair Exercise, AC 11:45 Chef's/Residents' Meeting, DR 2:00 Bingo with Liz, AC 2:00 Movie Matinee, MT 3:00 Trivia, A 6:45 Evening Movie, MT</p>	<p>14 VALENTINE'S DAY</p> <p>9:20 Chair Exercise & Balance, AC 10:00 Worship Service, CH 10:45 The Game of Farkle, AC 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 2:00 Valentine's Day Entertainment: Paul Martin, A 3:30 Walking Group, L 4:00 Social Hour, AC 6:45 Evening Movie, MT</p>	<p>15</p> <p>9:15 Exercise, AC 10:30 Bean Bag Baseball, AC 11:00 Book Club, CH 2:00 Needlework, CH 2:00 Movie Matinee, MT 3:30 Wii Bowling, AC 6:15 Skip-Bo, TV 6:45 Evening Movie, MT </p>
<p>16</p> <p>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 </p>	<p>17 PRESIDENTS DAY</p> <p>9:20 Chair Exercise & Balance, AC 9:30 Bible Study, CH 10:00 Mah Jongg, BR 10:00 Shopping, L 10:00 Pet Partners Therapy Dog, A 10:00 LNR Jewelry, A 2:00 Entertainment: Wild Bill, AC 2:00 Bridge, BR 2:00 Movie Matinee, MT 2:00 Shopping, L 2:15 Mah Jongg, BR 3:30 Walking Group, L 6:15 Mexican Train, TV 6:45 Evening Movie, MT</p>	<p>18</p> <p>9:20 Chair Exercise, AC 10:00 Catholic Communion, CH 11:00 Memory Enhancement Class, AC 2:00 Movie Matinee, MT 2:00 Bingo with Right at Home, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT</p>	<p>19</p> <p>9:20 Chair Exercise, AC 9:30 Errand Day 10:30 Parkinson's Support Group, MT 2:00 Bridge, BR 2:00 Classical Music Class Series "Great Symphonies," MT 2:00 Errand Day 3:30 Walking Group, L 6:15 Euchre, TV 6:45 Evening Movie, MT </p>	<p>20</p> <p>9:20 Chair Exercise, AC 11:00 Yoga with Sasha, LB 11:00 All About Ears with Susan Tek, AC 11:45 Chef's/Residents' Meeting, DR 2:00 Bingo with Liz, AC 3:00 Trivia, A 3:00 Dementia Talk, Part 3, MT 6:45 Evening Movie, MT</p>	<p>21</p> <p>9:20 Chair Exercise & Balance, AC 10:00 Worship Service, CH 10:45 The Game of Farkle, AC 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 2:00 Pima Council on Aging Presentation, MT 3:30 Walking Group, L 6:45 Evening Movie, MT</p>	<p>22</p> <p>9:15 Exercise, AC 10:00 Donut Social, TV 10:30 Bean Bag Baseball with Oro Valley Youth Group, AC 2:00 Needlework, CH 2:00 Movie Matinee, MT 3:30 Wii Bowling, AC 6:15 Skip-Bo, TV 6:45 Evening Movie, MT</p>
<p>23</p> <p>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</p>	<p>24</p> <p>9:20 Chair Exercise & Balance, AC 9:30 Bible Study, CH 10:00 Shopping, L 2:00 Bridge, BR 2:00 Movie Matinee, MT 2:00 Shopping, L 2:00 Bean Bag Baseball, AC 2:15 Mah Jongg, BR 3:30 Walking Group, L 6:15 Mexican Train, TV 6:45 Evening Movie, MT</p>	<p>25</p> <p>9:20 Chair Exercise, AC 10:00 Catholic Communion, CH 11:00 Memory Enhancement Class, AC 2:00 Movie Matinee, MT 2:00 Walker Repair, A 2:00 Bingo with Right at Home, AC 2:00 Mardi Gras Celebration: Old Pueblo Bluegrass Band, A 6:15 Rummikub, TV 6:45 Evening Movie, MT</p>	<p>26 ASH WEDNESDAY</p> <p>9:20 Chair Exercise, AC 9:30 Errand Day 10:30 Current Events, CH 11:45 Manager's/Residents' Meeting, DR 2:00 Bridge, BR 2:00 Classical Music Class Series "Great Symphonies," MT 3:30 Walking Group, L 6:15 Euchre, TV 6:45 Evening Movie, MT</p>	<p>27</p> <p>9:20 Chair Exercise, AC 11:45 Chef's/Residents' Meeting, DR 2:00 Bingo with Liz, AC 2:00 Movie Matinee, MT 3:00 Trivia, A 6:45 Evening Movie, MT</p>	<p>28</p> <p>9:20 Chair Exercise & Balance, AC 10:00 Worship Service, CH 10:45 The Game of Farkle, AC 2:00 Wii Bowling, AC 2:00 Art Talk: "Navajo Rugs" Presented by Linda Friedman, MT 3:15 Movie Matinee, MT 3:30 Walking Group, L 4:00 Social Hour, AC 6:45 Evening Movie, MT</p>	<p>29</p> <p>9:15 Exercise, AC 10:30 Bean Bag Baseball, AC 2:00 Needlework, CH 2:00 Movie Matinee, MT 2:00 Gerrie's 100th Birthday Party with Manny Herrera, AC 3:30 Wii Bowling, AC 6:15 Skip-Bo, TV 6:45 Evening Movie, MT </p>



The Benefits of Social Activities for Seniors

You already know that staying physically active in your autumn years offers a variety of health benefits, like lessening chronic pain, delaying and preventing certain diseases and helping you recover faster from an illness or injury. While exercise is extremely important for a high quality of life, the connections you make with others and the relationships you continue to build also have a major impact on your overall wellness.

Studies show that seniors who stay socially active and engaged experience a variety of benefits, including:

- Better cognitive function. Social activities keep us sharp and mentally engaged, and this is important to prevent the onset of dementia or Alzheimer's disease.
- Maintaining good emotional health. Connecting with others helps keep you in a positive mood, which in turn wards off depression.
- Improving physical health. Socially active seniors tend to be more physically active, too. Plus, you tend to eat more and make better food choices when you eat with others.
- Boosted immune system. Studies show that seniors who stay engaged with others, and life around them, have higher levels of immune-system functioning.
- Enjoying restful sleep. If you have difficulty sleeping at night, it could be that you're feeling isolated and lonely. Research shows that people who have more fulfilling relationships in their lives tend to sleep better than those who don't.
- Increased longevity. Live a longer, happier life by keeping your social circle strong. Friends and loved ones help you deal with life's daily stresses, and are often key to encouraging you to live a healthier lifestyle, too.

www.silvermaples.org/importance-of-social-activities-for-seniors/



Enjoying music by Mustang Johnny



Bill playing along with Mustang Johnny.

Book Club News By Kay Gragg

Are you reading anything this year yet? Anything — newspapers, magazines, books, cereal boxes? It's good for the brain and better than television! Carol Wyatt, resident, gave me a resource that she likes very much. She has trouble seeing and uses the Arizona Talking Book Library. The Library is based in Phoenix and has provided her with a free special cassette player and books on tape. The phone number is 1-800-255-5578. If you have difficulty seeing and love reading and learning, this is the way to go. Check it out.

At our February 15th meeting, we will be discussing "The Underground Girls of Kabul" by Jenny Norberg. In Afghanistan, a culture ruled almost entirely by men, the birth of a son is celebrated but a daughter's is often mourned. Yet a third kind of child exists there — the "bacha posh," a girl temporarily raised and presented as a boy. Jenny Norberg crafts a powerful and moving account of the people living on the other side of a deeply segregated society where women have very little freedom.

Told with deep insight into everyday Afghan life and anchored by unforgettable characters, the book follows those born as girls but living as boys through childhood and puberty — only to be forced later to resume their roles as women, entering marriage and having children of their own. Norberg also offers a new perspective on the extreme sacrifices of women and girls in Afghanistan, set against the violent background of America's longest war, while examining the parallels to "bacha posh" in our own history.

We will meet in the Chapel at 11 a.m. on Saturday, February 15th. All are welcome. Direct any questions you may have to our Chairwoman, Maxine Campbell.





Hawthorn Gingerbread Contest

Every year, Hawthorn has a gingerbread contest between all 80-plus communities. This year, Desert Springs created a gingerbread village, "It's Beginning to Look a lot Like Christmas." The focal point of the village was the huge gingerbread Christmas tree placed in the center of the village. Thanks to the residents who helped with the beautiful and fun village.

History of the Gingerbread:

No confection symbolizes the holidays quite like gingerbread in its many forms, from edible houses to candy-studded gingerbread men to spiced loaves of cake-like bread. In Medieval England, the term gingerbread simply meant preserved ginger and wasn't applied to the desserts we are familiar with until the 15th century. The term is now broadly used to describe any type of sweet treat that combines ginger with honey, treacle or molasses.

Gingerbread houses originated in Germany during the 16th century. The elaborate cookie-walled houses, decorated with foil in addition to gold leaf, became associated with Christmas tradition. Their popularity rose when the Brothers Grimm wrote the story of Hansel and Gretel, in which the main characters stumble upon a house made entirely of treats deep in the forest. It is unclear whether or not gingerbread houses were a result of the popular fairy tale or vice versa.

Recently, the record for world's largest gingerbread house was broken. The previous record was set by the Mall of America in 2006. The new winning gingerbread house, spanning nearly 40,000 cubic feet, was erected at Traditions Golf Club in Bryan, Texas. The house required a building permit and was built much like a traditional house. 4,000 gingerbread bricks were used during its construction. To put that in perspective, a recipe for a house this size would include 1,800 pounds of butter and 1,080 ounces of ground ginger. Sounds more like a gingerbread resort!

Gingerbread arrived in the New World with English colonists. The cookies were sometimes used to sway Virginia voters to favor one candidate over another. This softer version of gingerbread was more common in America. George Washington's mother, Mary Ball Washington, served her recipe for gingerbread to the Marquis de Lafayette when he visited her Fredericksburg, Virginia, home. Since then, it was known as Gingerbread Lafayette. The confection was passed down through generations of Washingtons.

www.pbs.org/food/the-history-kitchen/history-gingerbread/



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. She enjoys doing hair and loves having her salon at Desert Springs. Carol enjoys working with our residents, and her prices are amazingly affordable. Please call 561-248-5934 to make an appointment. Women's Haircut: \$18; Men's: \$14.

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Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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