



Chaparral Winds

Retirement Community

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Knock-Knock, New Year

January gets its name from the Latin word for door, since it opens the new year.

Special Snowflakes

You've probably heard that no two snowflakes are the same. But how do we know this for sure? Scientists say it's a matter of probability: A fully formed snowflake has about a quintillion molecules (a quintillion is the number 1 followed by 18 zeroes). The chance of these molecules arranging themselves in the exact same way more than once is incredibly slim, especially when affected by constantly changing factors like temperature and humidity.

Arriving in America

Historians estimate that over two-thirds of Americans can trace their ancestry to Ellis Island, the immigration station in New York Harbor that opened 130 years ago on Jan. 1, 1892. During the checkpoint's 62 years of operation, more than 12 million people passed through its doors on their way to a new life in the U.S.

Cozy by the Fire

There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.

January 2022



Artful Inspiration

Pick up a pencil or paintbrush, visit a virtual gallery, listen to a symphony or explore another branch of creativity on Jan. 31, Inspire Your Heart With Art Day.

Day of Service

Martin Luther King Jr. once proposed, "Life's most persistent and urgent question is: 'What are you doing for others?'" Honor King's legacy by volunteering on the annual holiday and national day of service.

Logical Lunges for Your Brain

Happy World Logic Day on Jan. 14! Teasers and puzzles such as riddles, sudoku, word problems and rebus clues are all fun ways to challenge the brain. Because these types of puzzles involve creative problem-solving techniques that are different than everyday thoughts, solving them is like taking your brain to the gym, ensuring that your mental muscles are stretched.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						New Year's Day 10:00 Bingo AR 1:00 Relaxing Art AR
2 10:00 Bingo AR 1:00 Table Games AR	3 9:00 Walmart 10:00 Bingo AR 12:00 Pinochle AR 2:00 Sit & Get Fit 6:00 The Greatest Showman T	4 9:00 Wii Bowling L 10:00 Bingo AR 12:00 Walking w/Ann LY 1:30 Baking W/Ann 5:30 The Titanic T	5 10:00 Bingo AR 11:00 Chili's Lunch Outing 1:30 Relaxing Art AR 2:45 Wii Bowling L	6 8:45 Pinochle AR 10:00 Bingo AR 1:00 Arts & Crafts AR 2:00 Poker L 3:30 Puzzles LB	7 9:00 Donuts & Coffee AR 10:00 Bingo AR 10:00 Southwest Mobility FR 12:00 UNO AR 1:00 Manicures AR 2:30 Hand and Foot L	8 10:00 Bingo AR 1:00 Relaxing Art AR
9 10:00 Bingo AR 1:00 Table Games AR	10 9:00 Walmart 10:00 Bingo AR 12:00 Pinochle AR 2:00 Sit & Get Fit 6:00 Phantom of the Opera T	11 Happy Birthday Linda! 9:00 Wii Bowling L 10:00 Bingo AR 12:00 Walking w/Ann LY 2:00 Entertainment W/ Katherine DR 5:30 Les Miserables T	12 10:00 Bingo AR 12:00 Jersey Mikes Lunch Outing 1:30 Relaxing Art AR 2:45 Wii Bowling L	13 9:00 Resident Counsel PDR 10:00 Bingo AR 1:00 Arts & Crafts AR 2:00 Canasta L 3:30 Puzzles LB	14 9:00 Donuts & Coffee AR 10:00 Bingo AR 12:00 UNO AR 1:00 Manicures AR 2:30 Hand and Foot L	15 Happy Birthday Chuck! 10:00 Bingo AR 1:00 Relaxing Art AR 2:00 In Motion dance Performance DR
16 10:00 Bingo AR 1:00 Table Games AR	17 9:00 Walmart 10:00 Prize Bingo AR 12:00 Pinochle AR 2:00 Sit & Get Fit 6:00 Western Movies T	18 9:00 Wii Bowling L 10:00 Bingo AR 12:00 Walking w/Ann LY 2:00 White Owl Native American Flute Circle 5:30 The Notebook T	19 10:00 Bingo AR 1:30 Relaxing Art AR 2:45 Wii Bowling L 11:00 Tacos Calafia Lunch Outing	20 8:45 Pinochle AR 10:00 Bingo AR 1:00 Arts & Crafts AR 2:00 Poker L 3:30 Puzzles LB	21 9:00 Donuts & Coffee AR 10:00 Bingo AR 12:00 UNO AR 1:00 Manicures AR 2:15 Happy Hour AR	22 10:00 Bingo AR 1:00 Relaxing Art AR
23 10:00 Bingo AR 1:00 Table Games AR	24 9:00 Walmart 10:00 Bingo AR 12:00 Pinochle AR 2:00 Sit & Get Fit	25 9:00 Wii Bowling L 10:00 Bingo AR 12:00 Walking w/Ann LY 1:30 Hand and foot L 3:30 Puzzles LB 5:30 The Sacketts T	26 10:00 Bingo AR 12:00 Panda Express LY 1:30 Relaxing Art AR 2:45 Wii Bowling L	27 8:45 Phase 10 AR 10:00 Bingo AR 1:00 Arts & Crafts AR 2:00 Canasta L 3:30 Puzzles LB	28 9:00 Donuts & Coffee AR 10:00 Bingo AR 12:00 UNO AR 1:00 Manicures AR 2:30 Hand and Foot L	29 10:00 Bingo AR 1:00 Relaxing Art AR
30 10:00 Bingo AR 1:00 Table Games AR	31 9:00 Walmart 10:00 Bingo AR 12:00 Pinochle AR 2:00 Sit & Get Fit					

Word Search

Category: Weights, Measures & Periods of Time

H M S P M H E T R A U Q
 O D G H T N O M G G M U
 U F D A G P I N T C I O
 R G H F L N G D D V L C
 D C O D U L D T W E E K
 F O S T S D O D D N G G
 T C E E C N C N T S H Y
 R B Q G C G V U G D E O
 E H D A Y O R C H A X U
 T C D R A Y N V R C C N
 I N G P O U N D S H V C
 L I S X T E Z G A C R E

1. Pound _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Word Search Solution:

1. Acre
2. Century
3. Day
4. Foot
5. Gallon
6. Hour
7. Inch
8. Liter
9. Mile
10. Minute
11. Month
12. Ounce
13. Pint
14. Pound
15. Quart
16. Second
17. Ton
18. Week
19. Yard
20. Year

