



# Chaparral Winds

## Retirement Community

16617 N West Point Pkwy • Surprise, AZ 85374 • (623) 544-4777

### Staff Directory

Stephanie Dodson	Director
Jill Hayes	Marketer
Angela Boyd	Activities Coordinator
Arthur Guillory	Maintenance
Sarah Martinez	Caregiver
Walter Mummel	Transportation
Ashley Rodrigues	Chef
Jasmine, Keveline, Michelle, Amy	Receptionists
Rebecca Bennett	Housekeeper
Cathy Jarrel	Housekeeper

### Upcoming Events

- 01/05 Waffle Wednesday
- 01/06 Sing Along With Esther
- 01/07 Happy Hour
- 01/10 Casino Outing
- 01/12 Birthday Breakfast
- 01/21 Teachers Group Meeting Delta Kappa



### 'Nest' Is One

How many words can you come up with using the letters in "mittens"?

### 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
						1 Get Some Exercise in the Gym • 7:00 Wii Bowling TL • 9:00 Tai Chi TL • 10:30 Lutheran Service TL • 6:00 Action Movie TL
2 • 1:30 Bunco TL • 1:30 Rosary, Chaplet and Catholic Communion CR • 2:00 Bible Study with Tony MP • 6:00 Family Movie TL	3 • 7:00 Wii Bowling TL • 9:30 Fitness Focus with Alison TL • 11:00 Relaxing Art MP • 1:00 Catholic Bible Study TL • 2:00-3:00 Bistro Open • 5:30 5 Crown Card Game MP • 6:00 Hand and Foot 1MR	4 • 7:00 Wii Bowling TL • 9:50 Surprise Marketplace Out • 10:00 Stretch Class TL • 10:00-11:00 Short Stop Store • 10:00 Barbershop Talk MP • 1:00 Po.ke.no MP • 1:30 Bridge 1MR • 6:00 Music with Peter	5 • 7:00-9:00 Waffle Wednesday • 7:00 Wii Bowling TL • 10:00 Strength Class TL • 10:50 Fry's Shopping Out • 11:00 Wii Bowling TL • 12:00 Devotion and Prayer MP • 2:00-3:00 Bistro Open • 6:00 Dime Bingo TL • 9:00 Waffle Wednesday DR	6 • 9:30 Walmart Shopping Out • 10:00 Chair Exercise TL • 1:30 Mexican Train 1MR • 2:00-3:00 Short Stop Store • 5:30 Jackpot Bingo MP • 6:00 Sing along with Esther	7 • 7:00 Wii Bowling TL • 9:30 Fitness Focus with Alison TL • 11:30 Ladies' Lunch Olive Garden • 2:30 Hot Topics in the News MP • 6:00 Romantic Movie TL • 6:00 Poker 1MR	8 Take a Walk in the Halls/Outside • 7:00 Wii Bowling TL • 9:00 Tai Chi TL • 10:30 Lutheran Service TL • 6:00 Western Movie TL
9 • 1:30 Bunco TL • 1:30 Rosary, Chaplet and Catholic Communion CR • 2:00 Bible Study with Tony MP • 6:00 Family Movie TL	10 • 7:00 Wii Bowling TL • 9:30-2:00 Casino • 9:30 Fitness Focus with Alison TL • 11:00 Relaxing Art MP • 1:00 Catholic Bible Study TL • 2:00-3:00 Bistro Open • 5:30 5 Crown Card Game MP • 6:00 Hand and Foot 1MR	11 • 7:00 Wii Bowling TL • 9:50 Surprise Marketplace Out • 10:00 Stretch Class TL • 10:00-11:00 Short Stop Store • 10:00 Barbershop Talk MP • 1:00 Po.ke.no MP • 1:30 Bridge 1MR	12 • 7:00 Wii Bowling TL • 9:00 Birthday Breakfast • 9:50 Surprise Marketplace Out • 10:00 Stretch Class TL • 10:00-11:00 Short Stop Store • 10:00 Barbershop Talk MP • 1:00 Po.ko.ne MP • 1:30 Bridge 1MR	13 • 9:30 Walmart Shopping Out • 10:00 Chair Exercise TL • 1:30 Mexican Train 1MR • 2:00-3:00 Short Stop Store • 5:30 Jackpot Bingo MP • 6:00 Musical on DVD	14 • 7:00 Wii Bowling TL • 9:30 Fitness Focus with Alison TL • 11:30 State 48 Brewery Lunch Outing • 2:30 Hot Topics in the News MP • 6:00 Romantic Movie TL • 6:00 Poker 1MR	15 Do a Puzzle in the Puzzle room • 7:00 Wii Bowling TL • 9:00 Tai Chi TL • 10:30 Lutheran Service TL • 6:00 Western Movie TL
16 • 1:30 Bunco TL • 1:30 Rosary, Chaplet and Catholic Communion CR • 2:00 Bible Study with Tony MP • 6:00 Family Movie TL	17 • 7:00 Wii Bowling TL • 9:30 Fitness Focus with Alison TL • 11:00 Relaxing Art MP • 1:00 Catholic Bible Study TL • 2:00-3:00 Bistro Open • 5:30 5 Crown Card Game MP • 6:00 Hand and Foot 1MR	18 • 7:00 Wii Bowling TL • 9:50 Surprise Marketplace Out • 10:00-11:00 Short Stop Store • 10:00 Barbershop Talk MP • 1:00 Po.ke.no MP • 1:30 Bridge 1MR	19 • 7:00 Wii Bowling TL • 10:00 Strength Class TL • 10:50 Fry's Shopping Out • 11:00 Wii Bowling TL • 12:00 Devotion and Prayer MP • 2:00-3:00 Bistro • 6:00 Musical on DVD	20 • 8:45 Nick's Diner Breakfast Outing • 9:00 Walmart Shopping Out • 10:00 Chair Exercise TL • 1:30 Mexican Train 1MR • 2:00-3:00 Short Stop Store • 5:30 Jackpot Bingo MP • 6:00 Sing along with Esther	21 • 7:00 Wii Bowling TL • 9:30 Fitness Focus with Alison TL • 10:00-12:00 Teachers Group Delta Kappa • 2:30-3:30 Happy Hour • 6:00 Romantic Movie TL • 6:00 Poker 1MR	22 Get Some Exercise in the Gym • 7:00 Wii Bowling TL • 9:00 Tai Chi TL • 10:30 Lutheran Service TL • 6:00 Action Movie TL
23 • 1:30 Bunco TL • 1:30 Rosary, Chaplet and Catholic Communion CR • 2:00 Bible Study with Tony MP • 6:00 Family Movie TL	24 • 7:00 Wii Bowling TL • 9:30 Fitness Focus with Alison TL • 1:00 Catholic Bible Study TL • 5:30 5 Crown Card Game MP • 6:00 Hand and Foot 1MR	25 • 7:00 Wii Bowling TL • 9:50 Surprise Marketplace Out • 10:00 Stretch Class TL • 10:00-11:00 Short Stop Store • 10:00 Barbershop Talk MP • 1:00 Po.ke.no MP • 1:30 Bridge 1MR	26 • 7:00 Wii Bowling TL • 10:00 Strength Class TL • 10:50 Fry's Shopping Out • 11:00 Wii Bowling TL • 12:00 Devotion and Prayer MP • 2:00-3:00 Bistro • 6:00 Musical on DVD	27 • 9:30 Walmart Shopping Out • 10:00 Chair Exercise TL • 1:30 Mexican Train 1MR • 2:00-3:00 Short Stop Store • 5:30 Jackpot Bingo MP • 6:00 Musical on DVD	28 • 7:00 Wii Bowling TL • 9:30 Fitness Focus with Alison TL • 2:30 Hot Topics in the News MP • 5:30 Macayo's Dinner Outing • 6:00 Romantic Movie TL • 6:00 Poker 1MR	29 Take a Walk in the Halls/Outside • 7:00 Wii Bowling TL • 9:00 Tai Chi TL • 10:30 Lutheran Service TL • 6:00 Western Movie TL
30 • 1:30 Bunco TL • 1:30 Rosary, Chaplet and Catholic Communion CR • 2:00 Bible Study with Tony MP • 6:00 Family Movie TL	31 • 7:00 Wii Bowling TL • 9:30 Fitness Focus with Alison TL • 1:00 Catholic Bible Study TL • 5:30 5 Crown Card Game MP • 6:00 Hand and Foot 1MR					





## ‘Speech, Speech!’

Many powerful words have been spoken throughout history, and they continue to inspire future generations. Give a round of applause to some of the most iconic addresses of all time:

Year	Speech	Speaker
1588	“Speech to the Troops at Tilbury”	Elizabeth I
1775	“Give Me Liberty or Give Me Death!”	Patrick Henry
1851	“Ain’t I a Woman?”	Sojourner Truth
1863	“The Gettysburg Address”	Abraham Lincoln
1877	“Surrender Speech”	Chief Joseph
1939	“Farewell to Baseball Address”	Lou Gehrig
1940	“Their Finest Hour”	Winston Churchill
1961	“Inaugural Address”	John F. Kennedy
1963	“I Have a Dream”	Martin Luther King Jr.
1987	“Remarks at the Brandenburg Gate”	Ronald Reagan
1993	“On the Pulse of Morning”	Maya Angelou

## “This Month In History” JANUARY

**1906:** The sport of football is forever changed when a new game rule makes the forward pass a legal play.

**1912:** New Mexico joins the union as the 47th state.

**1924:** The first Winter Olympics are held in Chamonix, France.

**1943:** Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

**1955:** Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African American to perform a leading role with the company.

**1968:** Country music star Johnny Cash records a live album by playing two concerts at California’s Folsom State Prison.

**1972:** U.S. President Richard M. Nixon orders the development of a “new type of space transportation system,” the space shuttle program.

**1986:** The first national Martin Luther King Jr. holiday is observed.

**1994:** A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

**2000:** Celebrations worldwide mark the turn of the new millennium.

**2011:** Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

**2015:** At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.