



Chaparral Winds

Retirement Community

16623 N West Point Pkwy • Surprise, AZ 85374 • (623) 975-0880

Staff Directory

Janet Tena	Executive Director
Wendi Minor	Nurse
Nicole Leyva	Marketing Coordinator
Venessa Gutierrez	Resident Care Coordinator
Angela Delgado	MC Resident Care Coordinator
Annalisa Silva	AL Activity Director
Malena Falcon	MC Activity Coordinator
Doug Hayes	Maintenance
Rene Mear	Housekeeping
Lynn Alferes	Housekeeping



Assistant Living Week

9-11-2022	Football Jersey Day
9-12-2022	Sports Day
9-13-2022	Hat Day
9-14-2022	Western Day
9-15-2022	Jean Day
9-16-2022	Color Code Day
9-17-2022	Crazy Mismatch Sock & Shoe Day

September 2022



A World of Words


Imagine studying a vocabulary list that's 1,000 words long. That's about how many words are added to the Merriam-Webster Dictionary every year. As language evolves, yielding new words and definitions of existing terms, experts study trends and usage so dictionaries can keep up with the times. If the Oxford English Dictionary is your go-to reference, study hard—they update every quarter, adding an average of 4,000 words a year.

Bite Into Better Immunity

There may be some truth in the saying that an apple a day keeps the doctor away. The fruit's high levels of antioxidants and soluble fiber have been shown to help boost the immune system and fight certain diseases.

The Air Force at 75

The U.S. Air Force turns 75 on Sept. 18, celebrating a long legacy of defending America's skies. In recognition of this milestone, the Air Force has declared their 2022 theme as "Innovate, Accelerate, Thrive ... the Air Force at 75."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR- Activity Room L- Lounge T- Theater Room LB- Library DR- Dining Room PDR- Private Dining Room FR- Fitness Room IL- Independent Living				Happy Birthday Peggy L! 1 9:00 Wii Bowling L 10:00 Bingo AR 12:30 Arts & Crafts AR 2:30 Blackjack L 3:30 Puzzles LB	2 9:00 Donuts & Coffee AR 10:00 Bingo AR 10:00 Southwest Mobility FR 12:30 Manicures AR 2:30 Poker L	Happy Birthday Robert D!!!! 3 Happy Birthday Joseph V!!!! 10:00 Bingo AR 1:00 Relaxing Art AR
4 10:00 Bingo AR 1:00 Table Games AR	Labor Day 5 10:00 Bingo AR 1:00 Wii Bowling L	Happy Birthday Dorele P! 6 9:30 Confessions IL 10:00 Bingo AR 10:00 Roman Catholic Mass IL 12:00 Cooking / Baking AR 2:30 Blackjack L 5:30 Movie & Popcorn T	7 9:00 Bible Study w/ Tony L 10:00 Bingo AR 11:00 Tokyo Joe's 1:00 Relaxing Art AR 2:00 Hand & Foot L 3:00 Puzzles LB	8 9:00 Wii Bowling L 10:00 Bingo AR 12:30 Arts & Crafts AR 2:30 Blackjack L 3:30 Puzzles LB	9 9:00 Donuts & Coffee AR 10:00 Bingo AR 1:00 Manicures AR 2:30 Poker L	10 10:00 Bingo AR 1:00 Relaxing Art AR
Happy Birthday Helen S!!!! Football 11 Jersey Day 10:00 Bingo AR 1:45 Bean Bag Toss AR	Sports Day 12 9:00 Walmart 10:00 Bingo AR 1:45 Pie Throw AR 1:45 Snow Cones 2:30 Hand & Foot L	Hat Day 13 10:00 Bingo AR 1:45 Balloon Darts 2:00 Veterans Coffee PDR 3:00 Black Jack L 5:30 Movie & Popcorn T	Western Day 14 9:00 Bible Study w/ Tony L 10:00 Bingo AR 12:00 Relaxing Art AR 1:45 Water Gun 3:00 Puzzles LB	Jean Day 15 9:00 Wii Bowling L 10:00 Bingo AR 2:30 Blackjack L 3:30 Puzzles LB	Color Code Day 16 9:00 Donuts & Coffee AR 10:00 Bingo AR 1:45 Happy Hour DR 3:00 Poker L	Happy Birthday Anna Lou L!!!! 17 Crazy Sock & Shoe Day 10:00 Bingo AR 1:45 Treasure Hunt
18 10:00 Bingo AR 1:00 Table Games AR	19 9:00 Walmart 10:00 Bingo AR 12:00 Cooking/ Butterscotch Pudding 2:30 Hand & Foot L	National Pepperoni Pizza Day 20 9:00 Resident Counsel PDR 10:00 Bingo AR 12:00 Cooking / Pepperoni Pizza 2:00 Blackjack L 5:30 Movie & Popcorn T	Happy Birthday Virginia L!!!! 21 Waffle Wednesday 9:00 Bible Study w/ Tony L 10:00 Bingo AR 11:00 Casino Outing 3:00 Puzzles LB	22 9:00 Wii Bowling L 10:00 Bingo AR 12:30 Arts & Crafts AR 2:30 Blackjack L 3:30 Puzzles LB	National Checkers Day 23 9:00 Donuts & Coffee AR 10:00 Bingo AR 12:00 Checkers L 2:00 Entertainment	24 10:00 Bingo AR 1:00 Relaxing Art AR
25 10:00 Bingo AR 1:00 Table Games AR	26 9:00 Walmart 10:00 Bingo AR 12:30 Sit & Get Fit T 2:30 Hand & Foot L 4:00 Movie Night	27 9:00 Wii Bowling L 10:00 Bingo AR 12:00 Pinochle AR 2:00 Blackjack L	National Beer Day 28 9:00 Bible Study w/ Tony L 10:00 Bingo AR 11:00 Fuddrucker's Outing 1:00 Relaxing Art AR 2:00 Hand & Foot L 3:00 Puzzles LB	29 10:00 Bingo AR 12:30 Arts & Crafts AR 2:30 Blackjack L 3:30 Puzzles LB	Orange Shirt Day 30 9:00 Donuts & Coffee AR 10:00 Bingo AR 12:30 Manicures AR 2:30 Poker L	

Word Search

Category: Famous Mikes and Michaels

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

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

- Word Search Solution:
1. Caine
 2. Connors
 3. Ditka
 4. Douglas
 5. Dukakis
 6. Eisner
 7. Farrell
 8. Gross
 9. Jackson
 10. Jordan
 11. Keaton
 12. Landon
 13. Moriarty
 14. Myers
 15. Nesmith
 16. Phelps
 17. Piazza
 18. Redgrave
 19. Tyson
 20. Wallace

