



Chaparral Winds

Retirement Community

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

Staff Directory

Stephanie Dodson	Director
Jill Hayes	Marketer
Kimberly Felix	Activities Coordinator
Arthur Guillory	Maintenance
John Ayotte	Maintenance
Margie Renteria	Caregiver
Jake Steinbach	Transportation
Gennady Piatnitsky	Transportation
Ashley Rodrigues	Chef
Jasmine, Keveline, Rose	
Amy, Toni	Receptionists
Rebeca Bennett	Housekeeper
Cathy Jarrel	Housekeeper
Maria Deleon	Housekeeper

January Birthdays!!

Nobuko Lane 1/02
 Bob Evans 1/04
 Martha Bleyl 1/05
 Robert Elwood 1/5
 Karen Smith 1/10
 Barbara Weber 1/12
 Fay Hutcherson 1/15
 Sherwin Troy 1/22
 Ann Gibbs 1/23
 Len Britz 1/29
 Joan Angel 1/30
 Wes Sundin 1/31

Brainteaser

Question: Look at my face, I am somebody.
 Look at my back, I am nobody. What am I?
 Answer: A mirror.

January 2023



Board Games and the Brain

Besides being fun, board games also benefit the brain. The strategy and problem-solving skills involved in playing board games engages the parts of the brain that control memory and complex thinking. Research shows that participating in non-digital games helps keep the mind sharp, even for people who waited until their later years to start playing regularly.

This Month's Birthstone

The January birthstone is the garnet. Commonly red, the jewel also comes in the colors orange, yellow, purple and green. Garnet is found in many different locations, but during Victorian times, the region of Bohemia in the Czech Republic was the main source of these jewels. An antique garnet hair comb, fashioned during those times, is in the Smithsonian's possession. Resembling an elaborate tiara, it is the most famous piece of garnet jewelry.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 1 1:30 Bunco TL 1:30 Catholic Communion, Rosary, and Chapel CR 2:00 Bible Study Tony MP 6:00 Family Movie TL	New Year's Day (Observed) 2 7:00 Wii Bowling TL 9:30 Fitness with Alison TL 12:00 -3:00 Bistro Open 1:00 Catholic Bible Study CR 2:00 -3:00 Bistro Open 5:15 Crown Card Game MP 6:00 Hand and Foot 1MR	3 9:50 Surprise Marketplace outing 10:00 -11:00 Short Shop Store 10:00 Barber Shop Talk MP 10:00 Stretching TL 1:00 Mahjong TL 1:15 Bridge 1MR 2:00 Po.Ke.No MP 2:30 Book Club TL	4 7:00 -9:00 Waffle Wednesday 9:30 Confession CR 10:00 Catholic Mass TL 10:30 Exercise w/ Michael TL 10:50 Fry's Shopping Out 11:00 Wii Bowling TL 1:00 Devotion and Prayer 1MR 2:00 -3:00 Bistro Open 2:00 Line Dancing with Susan TL 6:00 Dime Bingo MP	5 9:30 Chair Exercise TL 9:30 Walmart Shopping outing 10:00 Mary Kay FP 10:30 Knit, Crochet, etc. TL 1:30 Mexican Train 1MR 2:00 Short Stop Store 5:30 Jackpot Bingo MP	6 9:30 Fitness w/ Alison TL 11:00 Southwest Mobility TL 2:30 Hot Topics New MP 6:00 Action Movie TL 6:00 Poker 1MR	7 7:00 Wii Bowling TL 9:00 Tai Chi TL 10:30 Christian Service TL 6:00 Romantic Movie TL
8 1:30 Bunco TL 1:30 Catholic Communion, Rosary, and Chapel CR 2:00 Bible Study Tony MP 6:00 Family Movie TL	9 7:00 Wii Bowling TL 9:30 Fitness w/ Alison TL 1:00 Catholic Bible Study CR 2:00 Bistro Open 5:15 5 Crown Card Game MP 6:00 Hand and Foot 1MR	10 9:00 Community Classroom MP 9:50 Surprise Marketplace outing 10:00 -11:00 Short Shop Store 10:00 Barber Shop Talk MP 10:00 Stretching TL 1:00 Mahjong TL 1:15 Bridge 1MR 2:00 Po.Ke.No MP 2:30 Book Club TL	11 9:30 Birthday Breakfast MP 10:30 Exercise w/ Michael TL 10:50 Safeway Shopping Out 11:00 Wii Bowling TL 1:00 -2:00 Devotion and Prayer 2:00 -3:00 Bistro Open 2:00 Line Dancing with Susan TL 6:00 Dime Bingo MP	12 9:30 Chair Exercise TL 9:30 Walmart Shopping outing 10:30 Knit, Crochet, etc. TL 1:00 Baking with Kimberly 1:30 Mexican Train 1MR 2:00 Short Stop Store 5:30 Jackpot Bingo MP	13 7:00 Wii Bowling TL 9:30 Fitness w/ Alison TL 9:30 Sundome Plaza /Ninos Lunch 2:30 Hot Topics News MP 6:00 -7:00 Julius Aguilar Entertainment!! FP 6:00 Action Movie TL 6:00 Poker 1MR	14 7:00 Wii Bowling TL 9:00 Tai Chi TL 6:00 Romantic Movie TL
15 1:30 Bunco TL 1:30 Catholic Communion, Rosary, and Chapel CR 2:00 Bible Study Tony MP 6:00 Family Movie TL	Martin Luther King Jr. Day 16 7:00 Wii Bowling TL 9:30 Biscuit Cafe outing 9:30 Fitness w/ Alison TL 1:00 Catholic Bible Study CR 2:00 -3:00 Bistro Open 6:00 Hand and Foot 1MR	17 9:50 Surprise Marketplace outing 10:00 -11:00 Short Shop Store 10:00 Barber Shop Talk MP 10:00 Stretching TL 1:00 Mahjong TL 1:15 Bridge 1MR 2:00 Po.Ke.No MP 2:30 Book Club TL	18 10:30 Exercise w/ Michael TL 10:50 Fry's Shopping Out 11:00 Wii Bowling TL 1:00 Devotion and Prayer 1MR 2:00 -3:00 Bistro Open 2:00 Line Dancing with Susan TL 2:00 Relaxing Art MP 6:00 Dime Bingo MP	Popcorn Day!!! 19 9:30 Chair Exercise TL 9:30 Walmart Shopping outing 10:30 Knit, Crochet, etc. TL 1:30 Mexican Train 1MR 2:00 Short Stop Store 2:30 Movie and Popcorn TL 5:30 Jackpot Bingo MP 6:00 Movie and Popcorn TL	20 9:30 Big Lots Shopping 9:30 Fitness w/ Alison TL 2:30 Hot Topics New MP 6:00 Action Movie TL 6:00 Poker 1MR	21 7:00 Wii Bowling TL 9:00 Tai Chi TL 6:00 Romantic Movie TL
22 1:30 Bunco TL 1:30 Catholic Communion, Rosary, and Chapel CR 2:00 Bible Study Tony MP 6:00 Family Movie TL	23 7:00 Wii Bowling TL 9:00 -12:00 Casino Outing 9:30 Fitness w/ Alison TL 1:00 Catholic Bible Study CR 2:00 -3:00 Bistro Open 5:30 5 Crown Card Game MP 6:00 Hand and Foot 1MR	24 9:30 Barber Shop Talk MP 9:50 Surprise Marketplace outing 10:00 -11:00 Short Shop Store 10:00 Stretching TL 1:00 Mahjong TL 1:15 Bridge 1MR 2:00 Po.Ke.No MP 2:30 Book Club TL	25 10:30 Exercise w/ Michael TL 10:50 Safeway Shopping Out 11:00 Wii Bowling TL 1:00 -2:00 Devotion and Prayer 1MR 2:00 -3:00 Bistro Open 2:00 Line Dancing with Susan TL 6:00 Dime Bingo MP	26 9:30 Chair Exercise TL 9:30 Walmart Shopping outing 10:30 Knit, Crochet, etc. TL 11:30 -1:00 Tastes from Around the World DR 1:30 Mexican Train 1MR 2:00 Short Stop Store 5:30 Jackpot Bingo MP	27 9:30 Fitness w/ Alison TL 2:00 Happy Hour MP 6:00 Action Movie TL 6:00 Poker 1MR	28 7:00 Wii Bowling TL 9:00 Tai Chi TL 6:00 Romantic Movie TL
29 1:30 Bunco TL 1:30 Catholic Communion, Rosary, and Chapel CR 2:00 Bible Study Tony MP 6:00 Family Movie TL	30 7:00 Wii Bowling TL 1:00 Catholic Bible Study CR 2:00 -3:00 Bistro Open 5:30 5 Crown Card Game MP 6:00 Hand and Foot 1MR	31 9:50 Surprise Marketplace outing 10:00 -11:00 Short Shop Store 10:00 Barber Shop Talk MP 10:00 Stretching TL 1:00 Mahjong TL 1:15 Bridge 1MR 2:00 Po.Ke.No MP 2:30 Book Club with Movie TL				



Puzzled Through Time

We use them to pass the time and make our brains stronger. Take a break from your daily crossword to peruse some puzzle history.

Year	Event
1762	A mapmaker named John Spilsbury creates the first jigsaw puzzle.
1783	Swiss mathematician Leonhard Euler comes up with a logic game called Latin Squares, the predecessor to Sudoku.
1890	An early version of a word search, titled "Proverbs Within a Maze," appears in a British puzzle book.
1913	Journalist Arthur Wynne creates the first crossword puzzle and publishes it in the New York World newspaper.
1942	Winners of a crossword challenge, issued by London paper The Daily Telegraph, are recruited to work as codebreakers for the Allies.
1968	A modern-like word search, containing the names of over 30 Oklahoma towns, is published in a digest owned by Norman E. Gibat.
1974	Erno Rubik, a professor in Hungary, invents the Magic Cube puzzle toy, later rebranded as Rubik's Cube.
2021	Software engineer Josh Wardle releases an online word puzzle called Wordle, which becomes a viral success on social media.

"This Month In History"

JANUARY

1908: Illuminated by 100 lightbulbs, the New Year's ball drops in New York City's Times Square for the first time. There have been seven different Times Square balls since, with the current design bedazzled with over 32,000 LEDs.

1915: Rocky Mountain National Park is established in Colorado, ensuring the region's environment, habitat and wildlife stay protected.

1929: The Seeing Eye, a training school for dog guides, opens in Nashville. The organization was originally founded to breed and train dogs for visually impaired World War I veterans.

1933: Work begins on the Golden Gate Bridge. The famous San Francisco Bay bridge was completed four years later.

1942: Twenty-six countries sign the Declaration of the United Nations, reaffirming their opposition to the Axis powers of World War II.

1960: Senator John F. Kennedy announces his intent to gain the Democratic presidential nomination. Voters later elected him as the nation's 35th president.

1984: The U.S. Supreme Court rules that recording TV programs on home VCRs does not violate copyright laws.

1994: At 14 years old, Peter Leko becomes the youngest grandmaster in chess. Abhimanyu Mishra, who obtained the title at age 12, is the current record holder.

2007: Apple introduces the first iPhone, which features a 3.5-inch touchscreen, built-in microphone and headset controls.