



Chaparral Winds

Retirement Community

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 Steve Brown Maintenance



12/7	Tom S
12/18	Jayantilal R
12/22	Izetta. C
12/22	Dorothy V
12/23	Clarke D

We have many birthdays this month, and we hope you'll help us wish them a happy birthday. If you know any of the following people, wave them over and sing "Happy Birthday."

December 2024



The Joy of Simple Things




A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats. Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations. Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts. Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music. Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Bingo riverboat outing (RSVP) 12:00 Crosswords (AR) 4:00 Puzzles (LB)	2 9:00 Walmart 9:30 Stretching (T) 10:00 Bingo (AR) 12:00 Manicure Monday AR (By Appointment) 1:00 Exercise w/ Kellan (AR) 2:00 Hand & Foot (AR)	3 9:00 5 K (AR) 10:00 Bingo (AR) 12:30 Blackjack (AR) 2:00 Checkers (AR) 4:00 Wii Bowling (L)	4 Waffle Wednesday 9:00 Bible Study w/ Tony (L) 9:30 Catholic Confessions (IL) 10:00 Bingo (AR) 10:00 Catholic Mass (IL) 10:00 Stretching (T) 2:00 Elements grand opening 2:00 Hand & Foot (AR) 3:15 Relaxing Art (AR)	5 9:00 5 K (AR) 9:30 Gardening (CY) 10:00 Bingo (AR) 12:00 Blackjack (L) 1:30 Christmas card craft (sign-up) 6:30 Hand & Foot (AR)	6 9:00 Donuts & Coffee (AR) 10:00 Southwest Mobility (B) 1:00 Exercise Room IL 2:00 Poker (5 Card Draw) L 3:00 Armchair Travel (T) 4:00 Puzzles (LB)	7 Pearl Harbor Remembrance Day 10:00 Bingo with David (AR) 12:00 Table Games (AR) 1:00 Wii Bowling (L)
8 12:00 Crosswords (AR) 4:00 Puzzles (LB)	9 9:00 Walmart 9:30 Stretching (T) 10:00 Bingo (AR) 12:00 Manicure Monday AR (By Appointment) 1:00 Exercise w/ Kellan (AR) 2:00 Hand & Foot (AR)	10 9:00 5 K (AR) 12:30 Blackjack (AR) 2:00 Entertainment (Hooters Blues) DR 2:00 Happy Hour (DR) 4:00 Wii Bowling (L)	11 9:00 Bible Study w/ Tony (L) 10:00 Bingo (AR) 11:00 Cracker Barrel lunch outing 2:00 Hand & Foot (AR) 2:30 Deck of fitness (AR) 3:15 Relaxing Art (AR)	12 9:00 5 K (AR) 9:30 Gardening (CY) 10:00 Bingo (AR) 12:00 Blackjack (L) 2:00 Gingerbread House Decorating (Sign-up) 5:30 Christmas light drive (Please Sign up)	13 9:00 Donuts & Coffee (AR) 10:00 Bingo (AR) 1:00 Exercise Room IL 2:00 Sit & Get fit with Darlene (DR) 3:00 Armchair Travel (T) 4:00 Puzzles (LB)	14 10:00 Bingo with David (AR) 12:00 Table Games (AR) 1:00 Wii Bowling (L)
15 12:00 Crosswords (AR) 4:00 Puzzles (LB)	16 9:00 Walmart 9:30 Stretching (T) 10:00 Bingo (AR) 1:00 Exercise w/ Kellan (AR) 2:00 Hand & Foot (AR)	17 9:00 5 K (AR) 9:00 Resident Council (PDR) 10:00 Bingo (AR) 1:00 Phoenix symphony string quartet (RSVP) 3:00 Scrabble (AR) 4:00 Wii Bowling (L)	18 9:00 Bible Study w/ Tony (L) 10:00 Bingo (AR) 11:00 Casino outing (sign-up) 12:00 Blackjack (L) 1:30 Chair exercise with weights (AR) 2:00 Hand & Foot (AR) 3:15 Relaxing Art (AR)	19 9:00 5 K (AR) 9:30 Gardening (CY) 10:00 Bingo (AR) 12:00 Blackjack (L) 4:30 Christmas dinner (RSVP) 6:30 Hand & Foot (AR)	20 9:00 Donuts & Coffee (AR) 12:00 Birthday lunch PDR (RSVP by 12/12) 1:00 Exercise Room IL 2:00 Christmas movie matinee & hot cocoa (T) 4:00 Puzzles (LB)	21 Pet Therapy With Lucy the Poodle 10:00 Bingo with David (AR) 12:00 Table Games (AR) 1:00 Wii Bowling (L)
22 12:00 Crosswords (AR) 4:00 Puzzles (LB)	23 9:00 Walmart 9:30 Stretching (T) 10:00 Bingo (AR) 12:00 Manicure Monday AR (By Appointment) 1:30 Christmas party (DR) 2:00 Hand & Foot (AR)	24 9:00 5 K (AR) 10:20 Guided Meditation/Reiki/Sound healing (B) 12:30 Blackjack (AR) 2:00 Karaoke (AR) 4:00 Wii Bowling (L)	25 	26 9:00 5 K (AR) 9:30 Gardening (CY) 10:00 Bingo (AR) 12:00 Coffee & Chat (B) 1:30 Blackjack (L) 6:30 Hand & Foot (AR)	27 9:00 Donuts & Coffee (AR) 10:00 Bingo (AR) 1:00 Exercise Room IL 2:00 Sit & Get fit with Darlene (DR) 3:00 Armchair Travel (T) 4:00 Puzzles (LB)	28 10:00 Bingo with David (AR) 12:00 Table Games (AR) 1:00 Wii Bowling (L)
29 12:00 Crosswords (AR) 4:00 Puzzles (LB)	30 9:00 Walmart 9:30 Stretching (T) 10:00 Bingo (AR) 12:00 Manicure Monday AR (By Appointment) 1:00 Exercise w/ Kellan (AR) 2:00 Hand & Foot (AR)	31 9:00 5 K (AR) 10:00 Bingo (AR) 12:30 Blackjack (AR) 2:00 Karaoke (AR) 4:00 Wii Bowling (L)	AR- ACTIVITY ROOM L- LOUNGE B- BISTRO T- THEATER LB- LIBRARY CY- COURTYARD PDR- PRIVATE DINING ROOM DR- DINING ROOM IL- INDEPENDENT LIVING	All Events Are Subject to Change		



COLOR Your World



“This Month In History” DECEMBER

1907: On New Year’s Eve, a ball decorated with 100 lightbulbs is lowered down a flagpole over New York City’s Times Square. The ball drop has been featured in the annual celebration ever since.

1918: In the first official visit by a U.S. president to Europe, Woodrow Wilson travels to France for World War I peace negotiations.

1924: Astronomer Edwin Hubble announces his discovery of the existence of galaxies outside the Milky Way. The Hubble Space Telescope was named in his honor.

1941: America enters World War II after the Japanese attack on Pearl Harbor, Hawaii.

1962: The first observance of Kwanzaa takes place in Los Angeles. The seven-day holiday celebrates African heritage.

1970: Congress authorizes the creation of a new dollar coin depicting President Dwight D. Eisenhower.

1982: Gabriel Garcia Marquez is awarded the Nobel Prize in

literature. The Colombian writer is best known for his 1967 novel “One Hundred Years of Solitude.”

1990: British computer scientist Tim Berners-Lee demonstrates his information-sharing system that would become the World Wide Web.

2001: Italy’s Leaning Tower of Pisa reopens to the public after 11 years and \$27 million in work to fortify its famous lean.

2017: “Star Wars: The Last Jedi,” the eighth installment in the space fantasy series, premieres. The film’s \$1 billion in ticket sales made it the year’s highest-grossing film.