



Chaparral Winds

Retirement Community

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

Staff Directory

Lisa	Director
Cathy	Administrative Assistant
Melissa	Marketer
Keveline	Activities Coordinator
Arthur	Maintenance
Steve	Maintenance
Russ	Transportation
Jake	Transportation
Margie	Home Care
Ashley	Chef
Liz	Dining Room Manager
Kathleen, Toni, Amy,	Receptionists
Danielle, Marissa	
Carmen	Housekeeper
Karen	Housekeeper
Veve	Housekeeper

January Birthdays!

Martha Bleyl 1/5
 Karen Smith 1/10
 Barbara Weber 1/12
 Robert Dole 1/18

Welcome, Glad You're Here!

Robert & Katie Hokanson C110
 Judy Laffin 146
 Bill Johnston 139
 Wayne Kramer 118



January 2025

Building Blocks of Success

Break through a mental block by playing with blocks! From Lego bricks to classic wooden blocks, these toys aren't just for kids. Taking a break and building structures with blocks can help grown-ups with problem-solving and creative tasks, since focusing on the hands-on activity can clear the mind and stimulate out-of-the-box thinking. Join us on January 28th.

Stay Sharp

The brain is one of the most important parts of the body and needs to be exercised just as much as anything else. Follow these tips to keep your brain at its best:



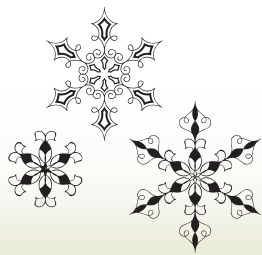
Make your activities brain-healthy. Entertain yourself with hobbies that will also help keep your mind sharp. Learn how to play a musical instrument, speak a foreign language, play chess, do puzzles or juggle. Learning new skills helps strengthen underused parts of the brain.

Be creative. Write a story, compose a song or paint—anything to get your creative juices flowing.

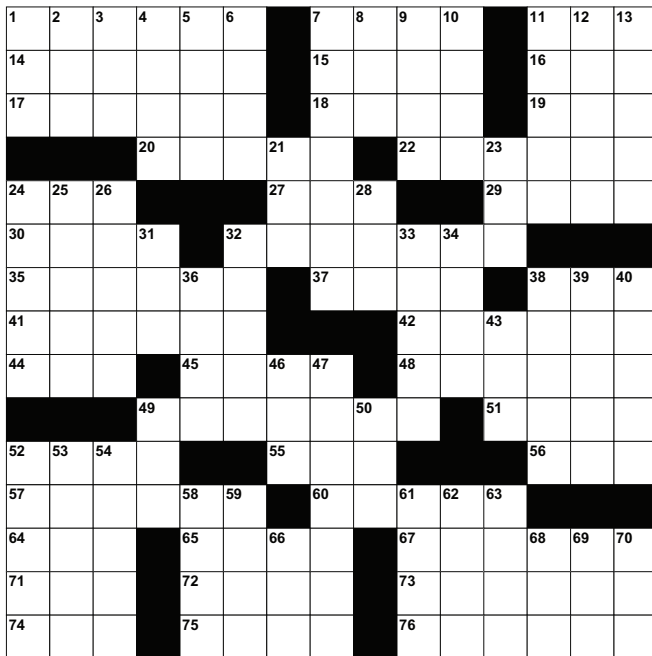
Exercise. Exercise helps your brain as much as it helps the rest of your body. Also try stress-reducing activities such as meditation, yoga and dance.

Eat right. Eating a balanced diet can work wonders for your mental abilities. Munch on some brain foods, such as eggs, blueberries and salmon.

Do something out of the ordinary. A great way to stay keen is to try mixing up otherwise normal routines. Use your non-dominant hand to brush your teeth, take a different route for your daily walk or sit in a different place at the dinner table.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Join Us on January 28th in the Multipurpose Room Build a Lego Flower 	January 29th Let's Build a Puzzle Together 10:00-11:00 AR 	<p style="text-align: center;">All Events Are Subject to Change</p>	New Year's Day 1 11:00 AR Wii Bowling w/Keveline 1:00 MR -2:00 Women's Devotion and Prayer 6:00 MP Dime Bingo \$	2 9:30 AR -10:30 Fitness w/Alison FF 9:30 S Surprise Walmart Shopping 10:00 MP -11:00 Crafting Time 10:00 FP -12 Mary Kay 1:30 MR Mexican Train GG 2:00 SS -3:00 Short Stop Store 6:00 MP Jackpot Bingo\$	3 9:30 S Surprise Walmart Shopping 11:00 AR Southwest Mobility 6:00 TL Movie and Popcorn	4 10:30 AR Christian Service w/Communion 6:00 TL Movie
5 10:45 AL Roman Catholic Communion Service in AL Bistro 6:00 TL Movie	6 9:30 AR -10:30 Fitness w/ Alison FF 1:00 AR Bridge GG 2:00 B -3:00 Bistro ☕ 5:30 MP 5 Crown Card Game GG 6:00 MR Hand and Foot GG	7 9:30 S Surprise Marketplace 10:00 AR -10:45 Stretching DVD FF 10:00 SS -11:00 Short Shop Store 1:00 AR -3:00 Mahjong GG 2:00 MP -3:00 Pokeno w/Keveline\$ 2:00 MR -3:30 Hand and Foot GG 2:30 FP -3:30 Entertainment - Hooter M	8 Waffle Wednesday 7:00-9:00am DR 9:30 S Fry's Shopping 11:00 AR Wii Bowling w/Keveline 1:00 MR -2:00 Women's Devotion and Prayer 2:00 B -3:00 Bistro ☕ 6:00 MP Dime Bingo \$	9 9:30 AR -10:30 Fitness w/Alison FF 9:30 S Surprise Walmart Shopping 10:00 MP -11:00 Crafting Time 1:30 MR Mexican Train GG 2:00 SS -3:00 Short Stop Store 5:45 AR Sing Along w/ Esther M 6:00 MP Jackpot Bingo\$	10 9:30 S Surprise Walmart Shopping 2:30 MP -3:30 Happy Hour Kevie-Oke 6:00 TL Movie and Popcorn	11 6:00 TL Movie
12 10:45 AL Roman Catholic Communion Service in AL Bistro 6:00 TL Movie	13 9:30 AR -10:30 Fitness w/ Alison FF 10:00 S -12:00 Arrowhead Towne Center Mall 1:00 AR Bridge GG 2:00 B -3:00 Bistro ☕ 5:30 MP 5 Crown Card Game GG 6:00 MR Hand and Foot GG	14 9:30 S Surprise Marketplace 10:00 AR -10:45 Stretching DVD FF 10:00 SS -11:00 Short Shop Store 1:00 AR -3:00 Mahjong GG 2:00 MP -3:00 Pokeno w/Keveline\$ 2:00 MR -3:30 Hand and Foot GG 6:00 FP Entertainment - Jeff Sullivan M	15 Birthday Breakfast 9:30am-10:30am MP 9:30 S Trader Joe's Shopping 11:00 AR Wii Bowling w/Keveline 1:00 MR -2:00 Women's Devotion and Prayer 2:00 B -3:00 Bistro ☕ 3:00 DO Kimble's Kitchen Dinner Outing 6:00 MP Dime Bingo \$	16 9:30 AR -10:30 Fitness w/Alison FF 9:30 S Surprise Walmart Shopping 10:00 MP -11:00 Crafting Time 1:30 MR Mexican Train GG 2:00 SS -3:00 Short Stop Store 6:00 MP Jackpot Bingo (Jackpot Prize)\$	17 8:00-9:00 Donuts w/Keveline DR 9:30 S Surprise Walmart Shopping 6:00 TL Movie and Popcorn	18 6:00 TL Movie
19 10:45 AL Roman Catholic Communion Service in AL Bistro 6:00 TL Movie	20 Martin Luther King Jr. Day 9:00 O Casino Outing 9:30 AR -10:30 Fitness w/ Alison FF 1:00 AR Bridge GG 2:00 B -3:00 Bistro ☕ 5:30 MP 5 Crown Card Game GG 6:00 MR Hand and Foot GG	21 9:30 S Surprise Marketplace 10:00 AR -10:45 Stretching DVD FF 10:00 SS -11:00 Short Shop Store 1:00 AR -3:00 Mahjong GG 2:00 MP -3:00 Pokeno w/Keveline\$ 2:00 MR -3:30 Hand and Foot GG 2:30 -3:30 Entertainment - Vinny Dijohn M	22 9:30 S Dollar Tree Shopping 11:00 AR Wii Bowling w/Keveline 1:00 MR -2:00 Women's Devotion and Prayer 2:00 B -3:00 Bistro ☕ 6:00 MP Dime Bingo \$	23 9:30 AR -10:30 Fitness w/Alison FF 9:30 S Surprise Walmart Shopping 10:00 MP -11:00 Crafting Time 1:30 MR Mexican Train GG 2:00 SS -3:00 Short Stop Store 5:45 AR Gospel Sing Along w/ Esther M 6:00 MP Jackpot Bingo\$	24 9:30 S Surprise Walmart Shopping 3:00 DO Chef Pete's Bistro at the Chuckwagon Dinner Outing 6:00 TL Movie and Popcorn	25 6:00 TL Movie
26 10:45 AL Roman Catholic Communion Service in AL Bistro 6:00 TL Movie	27 9:30 AR -10:30 Fitness w/ Alison FF 11:00 LO Outback Steakhouse Lunch Outing 1:00 AR Bridge GG 2:00 B -3:00 Bistro ☕ 5:30 MP 5 Crown Card Game GG 6:00 MR Hand and Foot GG	28 9:30 S Surprise Marketplace 10:00 AR -10:45 Stretching DVD FF 10:00 SS -11:00 Short Shop Store 10:00 MP International LEGO Day Come and Build a Lego Flower 1:00 AR -3:00 Mahjong GG 2:00 MP -3:00 Pokeno w/Keveline\$ 2:00 MR -3:30 Hand and Foot GG	29 National Puzzle Day 10:00 AR -11:00 National Puzzle Day Let's Build a Puzzle Together 11:00 AR Wii Bowling w/Keveline 1:00 MR -2:00 Women's Devotion and Prayer 2:00 B -3:00 Bistro ☕ 6:00 MP Dime Bingo \$	30 9:30 AR -10:30 Fitness w/Alison FF 9:30 S Surprise Walmart Shopping 10:00 MP -11:00 Crafting Time 1:30 MR Mexican Train GG 2:00 SS -3:00 Short Stop Store 6:00 MP Jackpot Bingo\$	31 9:30 S Surprise Walmart Shopping 2:30 MP 3:30 Happy Hour 6:00 TL Movie and Popcorn	

Crossword Puzzle



ACROSS

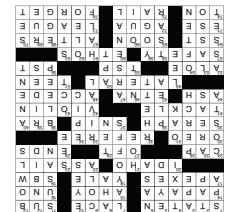
1. New York Island
7. Do up shoes
11. Hero sandwich
14. Tropical fruit
15. Sailor's "hey"
16. Card game
17. Peaks
18. Harvard's rival
19. Compass point
20. Potato state
22. Attack violently
24. Hat
27. Often poetically
29. Ceases
30. Brand of sandwich cookie
32. Head official on field
35. Angel
37. Trim
38. Jeep grill protective covering
41. Seize and throw to ground
42. Fiddle
44. Fire remains
45. Volcano in Italy
48. Give in
49. Ball thrown or tossed backward
51. Adolescent
52. Healing plant
55. Cooking measurement (abbr.)
56. Pacific Time
57. Stop opponent in its own end zone

60. Guiding principles
64. Fast plane
65. In the near future
67. Changes a text
71. East southeast
72. Water (Spanish)
73. Group of teams who compete against each other
74. Large weight unit
75. Scold
76. ___-me-not

DOWN

1. Resort hotel
2. Strike lightly
3. Imitate
4. Cab
5. Looked at
6. Space administration
7. Firings
8. Expression of surprise
9. Fizzy drink
10. Sight organs
11. Lazy ___ (turntable)
12. Uninvited
13. End of season reward for college teams
21. Garden tool
23. Perceive
24. ___ Rica
25. Regions
26. Bird seat
28. Yards needed for a first down
31. Tree that grows acorns

32. Mr. Butler in "Gone With the Wind"
33. Team played often and disliked
34. Great
36. Supplication
38. Sound
39. Travels on
40. Regarding
43. Halloween mo.
46. Gain
47. Armory
49. Downwind
50. Inclined
52. Resource
53. Cowboy rope
54. Many times
58. Russian ruler
59. Meditation
61. Mid-game break
62. Tub spread
63. Celebrity
66. French "yes"
68. Hard-boiled food
69. Regret
70. Position



30-Second Mysteries

WHY

The Case

In the midst of war, a king captures a queen and is then, in turn, captured. The captor is not in the military, but does hold a specific rank. All three survive to do battle again, and the circumstances are repeated. In fact, each time that they are face to face, there is no way that any other outcome is possible.

The Mystery

Why is no one injured and what rank captures the king?

Clues

- The captor does not wear a uniform.
- The war is popular.
- The war is waged by common people and may even involve children.
- The king was captured by a rank just above him.
- Like the king, the captor is a real card.
- No weapons were used in this war.

The first resident to come to Keveline with the answer. Will get a FREE Coffee coupon from the Bistro. One win per Resident every six months.