

# Chaparral Winds

Retirement Community

16623 N. West Point Parkway | Surprise, AZ 85374 | 623-975-0880

## January Birthdays!



Nobuko L. – 2nd


Wishing you the best in the year to come.  
May your days be filled with sunshine and  
beautiful colors.

## Staff Directory

Lisa Wynn.....Executive Director  
Jessie Ahia.....Nurse  
Holly Erickson.....Marketer  
Sylvia Gonzales.....Community Liaison  
Venessa Gutierrez.....RCC  
Annalisa Silva.....AL Activity Director  
Malena Falcon.....REC  
Arthur Guillory.....Maintenance Director  
Ashley Rodriguez.....Chef

## January 2026






 **New Year's Traditions in the United States**  
New Year's Day is celebrated on January 1st and marks the beginning of a brand-new year. Many people welcome the new year with hope, reflection, and celebration.

One of the most popular traditions is watching the ball drop in Times Square in New York City at midnight. Families and friends often gather to watch this event on television while counting down the final seconds of the year.

Another common tradition is making New Year's resolutions, where people set personal goals such as staying healthy, learning something new, or spending more time with loved ones.

On New Year's Day, many enjoy special meals that are believed to bring good luck, such as black-eyed peas, cabbage, pork, or cornbread. Others attend parades, including the famous Rose Parade in California, or watch college football games. Most importantly, New Year's is a time to reflect on the past year, appreciate family and friends, and look forward to the year ahead with optimism and joy.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>AR = Activity Room T = Theater DR = Dining Room CY = Courtyard B = Bistro L = Lounge IL = Independent Living LB = Library PDR = Private Dining Room</p> <p>MS = Memory Support FL = Front Lobby MP = Multipurpose Room MR = 1st Floor MR AL = Assisted Living MSL = Memory Support Lounge</p>		<p>ALL EVENTS ARE SUBJECT TO CHANGE</p>		<p><b>1</b> 9:00 Donuts &amp; Coffee 10:00 Bingo with Dianne 12:00 Manicures 1:00 Puzzles 3:00 Armchair Travel 6:00 Light Stretching &amp; Meditation</p>	<p><b>2</b> 10:00 Chair Exercise 2:00 Bingo 5:00 Relaxing Art &amp; Music 6:00 Movie &amp; Popcorn</p>
<p>9:00 Chair Exercise 10:00 Bingo 1:00 Scrabble 6:00 Puzzles</p> <p style="text-align: right;"><b>4</b></p>	<p>9:45 This Week in History 10:00 Bingo 1:00 Exercise with Jessica 2:30 Brain Aerobics 3:00 Wii Bowling 6:00 Light Stretching &amp; Mediation</p> <p style="text-align: right;"><b>5</b></p>	<p>9:00 5K 10:00 Wii Bowling 12:30 Chair Exercise 1:00 Activity Store 3:00 Manicures 6:00 Movie &amp; Popcorn</p> <p style="text-align: right;"><b>6</b></p>	<p>9:00 Bible Study with Tony 10:00 Bingo with David 10:00 Reflective Journaling 11:00 Buffalo Wild wings lunch outing 2:30 Chair Exercise With Weights 3:15 Relaxing Art &amp; Music 6:00 Light Stretching &amp; Meditation</p> <p style="text-align: right;"><b>7</b></p>	<p>9:00 5K 10:00 Gardening 2:00 Pet Therapy with Rosie (HOW) 2:30 Chair Zumba 3:00 Wii Bowling 6:00 Movie &amp; Popcorn</p> <p style="text-align: right;"><b>8</b></p>	<p>9:00 Donuts &amp; Coffee 10:00 Bingo with Dianne 12:00 Manicures 1:00 Puzzles 2:00 Mindful Music &amp; Movement with Darlene 3:00 Armchair Travel 6:00 Light Stretching &amp; Meditation</p> <p style="text-align: right;"><b>9</b></p>	<p>10:00 Chair Exercise 2:00 Bingo 5:00 Relaxing Art &amp; Music 6:00 Movie &amp; Popcorn</p> <p style="text-align: right;"><b>10</b></p>
<p>9:00 Chair Exercise 10:00 Bingo 1:00 Scrabble 6:00 Puzzles</p> <p style="text-align: right;"><b>11</b></p>	<p>9:45 This Week in History 10:00 Bingo 12:00 Reflective Journaling 1:00 Exercise with Jessica 2:30 Brain Aerobics 3:00 Wii Bowling 6:00 Light Stretching &amp; Mediation</p> <p style="text-align: right;"><b>12</b></p>	<p>9:00 5K 10:00 Wii Bowling 12:30 Chair Exercise 1:00 Activity Store 2:00 Veterans Coffee 3:00 Manicures 6:00 Movie &amp; Popcorn</p> <p style="text-align: right;"><b>13</b></p>	<p>9:00 Bible Study with Tony 10:00 Bingo with David 10:00 Reflective Journaling 11:00 Az Diner lunch outing 2:30 Chair Drumming Exercise 3:15 Relaxing Art &amp; Music 6:00 Light Stretching &amp; Meditation</p> <p style="text-align: right;"><b>14</b></p>	<p>9:00 5K 10:00 Gardening 12:30 Sip &amp; Paint 2:00 Entertainment (Ellen Davis) 3:00 Wii Bowling 6:00 Movie &amp; Popcorn</p> <p style="text-align: right;"><b>15</b></p>	<p>9:00 Donuts &amp; Coffee 10:00 Bingo with Dianne 12:00 January Birthday lunch 1:00 Manicures 2:00 Puzzles 3:00 Armchair Travel 6:00 Light Stretching &amp; Meditation</p> <p style="text-align: right;"><b>16</b></p>	<p>10:00 Chair Exercise 2:00 Bingo 5:00 Relaxing Art &amp; Music 6:00 Movie &amp; Popcorn</p> <p style="text-align: right;"><b>17</b></p>
<p>9:00 Chair Exercise 10:00 Bingo 1:00 Scrabble 6:00 Puzzles</p> <p style="text-align: right;"><b>18</b></p>	<p>9:45 This Week in History 10:00 Bingo 12:00 Reflective Journaling 1:00 Exercise with Jessica 2:30 Brain Aerobics 3:00 Wii Bowling 6:00 Light Stretching &amp; Mediation</p> <p style="text-align: right;"><b>19</b></p>	<p>9:00 5K 10:00 Wii Bowling 12:30 Chair Exercise 1:00 Activity Store 2:00 Entertainment (Jeff S) 3:00 Manicures 6:00 Movie &amp; Popcorn</p> <p style="text-align: right;"><b>20</b></p>	<p>9:00 Bible Study with Tony 10:00 Bingo with David 10:00 Reflective Journaling 11:00 Peter Piper Pizza lunch outing 2:30 Chair Exercise With Weights 3:15 Relaxing Art &amp; Music 6:00 Light Stretching &amp; Meditation</p> <p style="text-align: right;"><b>21</b></p>	<p>9:00 5K 10:00 Gardening 1:00 Baking with Lisa 2:00 Pet Therapy with Rosie (HOW) 2:30 Chair Zumba 3:00 Wii Bowling 6:00 Movie &amp; Popcorn</p> <p style="text-align: right;"><b>22</b></p>	<p>9:00 Donuts &amp; Coffee 10:00 Bingo with Dianne 12:00 Manicures 1:00 Puzzles 2:00 Mindful Music &amp; Movement with Darlene 3:00 Armchair Travel 6:00 Light Stretching &amp; Meditation</p> <p style="text-align: right;"><b>23</b></p>	<p>10:00 Chair Exercise 2:00 Bingo 5:00 Relaxing Art &amp; Music 6:00 Movie &amp; Popcorn</p> <p style="text-align: right;"><b>24</b></p>
<p>9:00 Chair Exercise 10:00 Bingo 1:00 Scrabble 6:00 Puzzles</p> <p style="text-align: right;"><b>25</b></p>	<p>9:45 This Week in History 10:00 Bingo 12:00 Reflective Journaling 1:00 Exercise with Jessica 1:45 Arts &amp; Crafts with Kharissa 2:30 Brain Aerobics 3:00 Wii Bowling 6:00 Light Stretching &amp; Mediation</p> <p style="text-align: right;"><b>26</b></p>	<p>9:00 5K 10:00 Wii Bowling 12:30 Chair Exercise 1:00 Activity Store 3:00 Manicures 6:00 Movie &amp; Popcorn</p> <p style="text-align: right;"><b>27</b></p>	<p>9:00 Bible Study with Tony 10:00 Bingo with David 10:00 Reflective Journaling 11:00 Angry Crab lunch outing 2:30 Chair Drumming Exercise 3:15 Relaxing Art &amp; Music 6:00 Light Stretching &amp; Meditation</p> <p style="text-align: right;"><b>28</b></p>	<p>9:00 5K 10:00 Gardening 1:00 Arts &amp; Crafts 2:30 Chair Zumba 3:00 Wii Bowling 6:00 Movie &amp; Popcorn</p> <p style="text-align: right;"><b>29</b></p>	<p>9:00 Donuts &amp; Coffee 10:00 Bingo with Dianne 12:00 Manicures 1:00 Puzzles 3:00 Armchair Travel 6:00 Light Stretching &amp; Meditation</p> <p style="text-align: right;"><b>30</b></p>	<p>10:00 Chair Exercise 2:00 Bingo 5:00 Relaxing Art &amp; Music 6:00 Movie &amp; Popcorn</p> <p style="text-align: right;"><b>31</b></p>

# DECEMBER SNAPSHOTS



**Rock  
Painting with  
our  
Neighbors  
from Sprouts**

**Phoenix  
Symphony  
Christmas  
Concert**

