

Chaparral Winds

Retirement Community

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

July Birthdays



Marie S. – 10th
Bill T. – 17th

Staff Directory

Lisa Wynn.....Executive Director
Jessie Ahia.....Nurse
Venessa Gutierrez.....RCC
Holly Erickson.....Marketing Consultant
Sylvia Gonzalez.....Community Liaison
Annalisa Silva.....AL Activity Director
Malena Falcon.....REC
Chris Adams.....Maintenance Director
Ashley Rodriguez.....Chef




July 2026



Happy 250th Birthday, United States!

This year marks a historic milestone as the United States celebrates its 250th birthday! On July 4, 2026, our nation commemorates 250 years since the signing of the Declaration of Independence in 1776. This special anniversary is a time to reflect on our country's rich history, honor the sacrifices of those who came before us, and celebrate the freedoms we enjoy today.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>9:00 Bible Study with Tony 1</p> <p>10:00 Noodle Knockout</p> <p>2:30 Chair Drumming Exercise</p> <p>3:15 Relaxing Art & Music</p> <p>6:00 Light Stretching & Meditation</p>	<p>9:00 5K 2</p> <p>10:00 Gardening</p> <p>1:00 Red White & Blue Sundae social</p> <p>2:30 Chair Zumba</p> <p>3:00 Brain Aerobics</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Donuts & Coffee 3</p> <p>10:00 Noodle Knockout</p> <p>1:00 Puzzles</p> <p>3:00 Armchair Travel</p> <p>6:00 Light Stretching & Meditation</p>	<p>10:00 Chair Exercise 4</p> <p>2:00 Bingo</p> <p>5:00 Relaxing Art & Music</p> <p>6:00 Movie & Popcorn</p>
<p>9:00 Chair Exercise 5</p> <p>10:00 Bingo</p> <p>1:00 Scrabble</p> <p>6:00 Puzzles</p>	<p>9:45 Stretching 6</p> <p>10:00 Bingo</p> <p>12:00 Puzzles</p> <p>1:00 Exercise with Jessica</p> <p>2:30 Brain Aerobics</p> <p>3:00 Wii Bowling</p> <p>6:00 Light Stretching & Meditation</p>	<p>9:00 5K 7</p> <p>10:00 Bingo</p> <p>12:30 Chair Exercise</p> <p>1:00 Activity Store</p> <p>2:00 Snow cone cart</p> <p>3:00 Manicures</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Bible Study with Tony 8</p> <p>10:00 Noodle Knockout</p> <p>11:00 Red Robin lunch outing</p> <p>2:30 Chair Exercise With Weights</p> <p>3:15 Relaxing Art & Music</p> <p>6:00 Light Stretching & Meditation</p>	<p>9:00 5K 9</p> <p>10:00 Gardening</p> <p>1:00 Sip & Paint</p> <p>2:00 Pet Therapy with Rosie (HOW)</p> <p>3:00 Brain Aerobics</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Donuts & Coffee 10</p> <p>10:00 Bingo with Dianne</p> <p>12:00 Manicures</p> <p>1:00 Puzzles</p> <p>3:00 Armchair Travel</p> <p>6:00 Light Stretching & Meditation</p>	<p>10:00 Chair Exercise 11</p> <p>2:00 Bingo</p> <p>5:00 Relaxing Art & Music</p> <p>6:00 Movie & Popcorn</p>
<p>9:00 Chair Exercise 12</p> <p>10:00 Bingo</p> <p>1:00 Scrabble</p> <p>6:00 Puzzles</p>	<p>9:45 Stretching 13</p> <p>10:00 Bingo</p> <p>12:00 Puzzles</p> <p>1:00 Exercise with Jessica</p> <p>2:30 Brain Aerobics</p> <p>3:00 Wii Bowling</p> <p>6:00 Light Stretching & Meditation</p>	<p>9:00 5K 14</p> <p>10:00 Bingo</p> <p>12:30 Chair Exercise</p> <p>2:00 Entertainment (Ellen Davis)</p> <p>2:00 Veterans Coffee</p> <p>3:00 Manicures</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Bible Study with Tony 15</p> <p>10:00 Noodle Knockout</p> <p>11:00 Angry Crab lunch outing</p> <p>2:30 Chair Drumming Exercise</p> <p>3:15 Relaxing Art & Music</p> <p>6:00 Light Stretching & Meditation</p>	<p>9:00 5K 16</p> <p>10:00 Gardening</p> <p>1:00 Arts & Crafts</p> <p>2:30 Chair Zumba</p> <p>3:00 Brain Aerobics</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Donuts & Coffee 17</p> <p>10:00 Bingo with Dianne</p> <p>12:30 Tattoos & Booze happy hour</p> <p>1:30 Music & Movement with Darlene</p> <p>3:00 Armchair Travel</p> <p>6:00 Light Stretching & Meditation</p>	<p>10:00 Chair Exercise 18</p> <p>2:00 Bingo</p> <p>5:00 Relaxing Art & Music</p> <p>6:00 Movie & Popcorn</p>
<p>9:00 Chair Exercise 19</p> <p>10:00 Bingo</p> <p>1:00 Scrabble</p> <p>6:00 Puzzles</p>	<p>9:45 Stretching 20</p> <p>10:00 Bingo</p> <p>12:00 Puzzles</p> <p>1:00 Exercise with Jessica</p> <p>2:30 Brain Aerobics</p> <p>3:00 Wii Bowling</p> <p>6:00 Light Stretching & Meditation</p>	<p>9:00 5K 21</p> <p>10:00 Bingo</p> <p>12:30 Chair Exercise</p> <p>1:00 Activity Store</p> <p>2:00 Snow cone cart</p> <p>3:00 Manicures</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Bible Study with Tony 22</p> <p>10:00 Noodle Knockout</p> <p>11:00 Longhorn lunch outing</p> <p>2:30 Chair Exercise With Weights</p> <p>3:15 Relaxing Art & Music</p> <p>6:00 Light Stretching & Meditation</p>	<p>9:00 5K 23</p> <p>10:00 Gardening</p> <p>2:00 Entertainment (Jeff S) AL</p> <p>2:00 Pet Therapy with Rosie (HOW)</p> <p>3:00 Brain Aerobics</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Donuts & Coffee 24</p> <p>10:00 Bingo with Dianne</p> <p>12:00 July Birthday Lunch</p> <p>1:00 Manicures</p> <p>2:00 Mindful Music & Movement with Darlene</p> <p>3:00 Armchair Travel</p> <p>6:00 Light Stretching & Meditation</p>	<p>10:00 Chair Exercise 25</p> <p>2:00 Bingo</p> <p>5:00 Relaxing Art & Music</p> <p>6:00 Movie & Popcorn</p>
<p>9:00 Chair Exercise 26</p> <p>10:00 Bingo</p> <p>1:00 Scrabble</p> <p>6:00 Puzzles</p>	<p>9:45 Stretching 27</p> <p>10:00 Bingo</p> <p>12:00 Puzzles</p> <p>1:00 Exercise with Jessica</p> <p>2:30 Brain Aerobics</p> <p>3:00 Wii Bowling</p> <p>6:00 Light Stretching & Meditation</p>	<p>9:00 5K 28</p> <p>10:00 Bingo</p> <p>12:30 Chair Exercise</p> <p>1:15 Chair Volleyball</p> <p>3:00 Manicures</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Bible Study with Tony 29</p> <p>10:00 Noodle Knockout</p> <p>11:00 Olive Garden lunch outing</p> <p>2:30 Chair Drumming Exercise</p> <p>3:15 Relaxing Art & Music</p> <p>6:00 Light Stretching & Meditation</p>	<p>9:00 5K 30</p> <p>10:00 Gardening</p> <p>1:00 Arts & Crafts</p> <p>2:30 Chair Zumba</p> <p>3:00 Brain Aerobics</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Donuts & Coffee 31</p> <p>10:00 Bingo with Dianne</p> <p>12:00 Manicures</p> <p>1:00 Puzzles</p> <p>1:30 Music & Movement with Darlene</p> <p>3:00 Armchair Travel</p> <p>6:00 Light Stretching & Meditation</p>	<p>ALL</p> <p>EVENTS</p> <p>ARE SUBJECT</p> <p>TO CHANGE</p>

SNAPSHOT OF *Father's Day*

