

Chaparral Winds

Retirement Community

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

Look Who Has A Birthday

Happy
Birthday!

Lynn M. – 4th
Robin P. – 6th

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

August 2026

YOU'RE INVITED!

Banana Split SOCIAL

JOIN US FOR A SWEET TIME
FILLED WITH FRIENDS, LAUGHTER,
AND DELICIOUS TREATS!

EVERYONE
IS
WELCOME!



DATE: August 27, 2026

TIME: 12:30pm

LOCATION: Dining Room

WHAT'S INCLUDED:

- Build Your Own Banana Split
- Great Company!

~♥~ We can't wait to see you there! ~♥~



Thought for the Month

August reminds us to slow down, enjoy the sunshine, cherish friendships, and appreciate the beauty in everyday moments. Every smile shared and every memory made adds a little more joy to life. Let's make this month one to remember!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					August	10:00 Chair Excercise 2:00 Bingo 5:00 Relaxing Art & Music 6:00 Movie & Popcorn1
9:00 Chair Excercise 10:00 Bingo 1:00 Scrabble 6:00 Puzzles2	9:45 Stretching 10:00 Bingo 12:00 Puzzles 1:00 Exercise with Jessica 2:30 Brain Aerobics 3:00 Wii Bowling 6:00 Light Stretching & Meditation3	9:00 5K 10:00 Bingo 12:30 Chair Excercise 1:30 Activity Store 3:00 Manicures 6:00 Movie & Popcorn4	9:00 Bible Study with Tony 10:00 Noodle Knockout 11:00 Native Grill lunch outing 2:30 Chair Exercise With Weights 3:15 Relaxing Art & Music 6:00 Light Stretching & Meditation5	9:00 5K 10:00 Gardening 1:00 Sip & Paint 2:00 Pet Therapy with Rosie (HOW) 2:30 Chair Zumba 3:00 Brain Aerobics 6:00 Movie & Popcorn6	9:00 Donuts & Coffee 10:00 Bingo with Dianne 12:00 Manicures 1:00 Puzzles 2:00 Mindful Music & Movement with Darlene 3:00 Armchair Travel 6:00 Light Stretching & Meditation7	10:00 Chair Excercise 2:00 Bingo 5:00 Relaxing Art & Music 6:00 Movie & Popcorn8
9:00 Chair Excercise 10:00 Bingo 1:00 Scrabble 6:00 Puzzles9	9:45 Stretching 10:00 Bingo 12:00 Puzzles 1:30 Chair Volleyball 2:30 Brain Aerobics 3:00 Wii Bowling 6:00 Light Stretching & Meditation10	9:00 5K 10:00 Bingo 12:30 Chair Excercise 2:00 Entertainment (Gary H) 3:00 Manicures 6:00 Movie & Popcorn11	9:00 Bible Study with Tony 10:00 Noodle Knockout 11:00 Chilis lunch outing 2:30 Chair Drumming Exercise 3:15 Relaxing Art & Music 6:00 Light Stretching & Meditation12	9:00 5K 10:00 Gardening 1:30 Arts & Crafts 2:30 Chair Zumba 3:00 Brain Aerobics 6:00 Movie & Popcorn13	9:00 Donuts & Coffee 10:00 Bingo with Dianne 12:00 Manicures 1:00 Puzzles 1:30 Music & Movement with Darlene 3:00 Armchair Travel 6:00 Light Stretching & Meditation14	10:00 Chair Excercise 2:00 Bingo 5:00 Relaxing Art & Music 6:00 Movie & Popcorn15
9:00 Chair Excercise 10:00 Bingo 1:00 Scrabble 6:00 Puzzles16	9:45 Stretching 10:00 Bingo 12:00 Puzzles 1:00 Exercise with Jessica 2:30 Brain Aerobics 3:00 Wii Bowling 6:00 Light Stretching & Meditation17	9:00 5K 10:00 Bingo 12:30 Chair Excercise 1:00 Activity Store 3:00 Manicures 6:00 Movie & Popcorn18	9:00 Bible Study with Tony 10:00 Noodle Knockout 11:00 Tivolis lunch outing 2:30 Chair Exercise With Weights 3:15 Relaxing Art & Music 6:00 Light Stretching & Meditation19	9:00 5K 10:00 Gardening 1:30 Arts & Crafts 2:00 Pet Therapy with Rosie (HOW) 2:30 Chair Zumba 3:00 Brain Aerobics 6:00 Movie & Popcorn20	9:00 Donuts & Coffee 10:00 Bingo with Dianne 12:00 August Birthday Lunch 1:00 Puzzles 2:00 Mindful Music & Movement with Darlene 3:00 Armchair Travel 6:00 Light Stretching & Meditation21	10:00 Chair Excercise 2:00 Bingo 5:00 Relaxing Art & Music 6:00 Movie & Popcorn22
9:00 Chair Excercise 10:00 Bingo 1:00 Scrabble 6:00 Puzzles23	9:45 Stretching 10:00 Bingo 12:00 Puzzles 1:00 Exercise with Jessica 2:30 Brain Aerobics 3:00 Wii Bowling 6:00 Light Stretching & Meditation24	9:00 5K 10:00 Bingo 12:30 Chair Excercise 2:00 Entertainment & Happy Hour (Jeff S) 3:00 Manicures 6:00 Movie & Popcorn25	9:00 Bible Study with Tony 10:00 Noodle Knockout 11:00 Peter Piper Pizza lunch outing 2:30 Chair Drumming Exercise 3:15 Relaxing Art & Music 6:00 Light Stretching & Meditation26	9:00 5K 10:00 Gardening 12:30 Banana Split social 2:00 Entertainment & Happy Hour (John Case) 3:00 Brain Aerobics 6:00 Movie & Popcorn27	9:00 Donuts & Coffee 10:00 Bingo with Dianne 12:00 Manicures 1:00 Puzzles 1:30 Music & Movement with Darlene 3:00 Armchair Travel 6:00 Light Stretching & Meditation28	10:00 Chair Excercise 2:00 Bingo 5:00 Relaxing Art & Music 6:00 Movie & Popcorn29
9:00 Chair Excercise 10:00 Bingo 1:00 Scrabble 6:00 Puzzles30	9:45 Stretching 10:00 Bingo 12:00 Puzzles 1:00 Create your own aromatherapy 2:30 Brain Aerobics 3:00 Wii Bowling 6:00 Light Stretching & Meditation31	ALL EVENTS ARE SUBJECT TO CHANGE				

SNAPSHOT OF *July*

