

# THE Peaks

## AT SANTA RITA

### Active Retirement Living

661 W. Calle Torres Blancas • Green Valley, AZ 85614 • Phone (520) 777-4800 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

## JANUARY 2021

### THE PEAKS AT SANTA RITA STAFF

Management Team ..... LEW & LINDA SPEARS  
Management Team ..... JOHN & JEAN HOGSTAD  
Executive Chef ..... MITCH THOMAS  
Activity Coordinator ..... BARBARA SUTTON  
Maintenance Coordinator ..... VERN COX  
Transportation ..... J.C. CARRIZOZA  
Head Housekeeper ..... MARIA PALOMINO

### TRANSPORTATION

**Monday, 8:15 and 9 a.m.:** Green Valley Shopping

**Tuesday, All Day:** Tucson Medical Appointments

**Thursday, All Day:** Green Valley Medical Appointments

### HOURS OF OPERATION

**Daily:** 6 a.m. to 6 p.m.

**Breakfast:** 6 a.m. to 9 a.m.

**Dinner:** 11:30 a.m. to 1 p.m.

HAWTHORN  
SENIOR LIVING

## Hawthorn Adventure 2021: Island Hopping!

Swaying palms,  
powder-fine beaches,  
and clear blue  
waters — get ready  
for a tropical getaway,  
you won't soon forget!  
Beginning the week of  
January 18th through  
February 5th, The  
Peaks at Santa Rita  
will be embarking on  
an Island-Hopping



Adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest, and relaxation as we explore these amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing the food, history, and culture of each of these beautiful destinations. Be sure to attend the Island-Hopping Kickoff to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Travel Guide Barbara for all the details!



## App Adventures

From phone calls and video chats to text messaging and social media, smartphones and tablets help us keep in touch with family and friends. And with apps available for nearly every interest, they can also keep you busy! Explore your device's app store by searching some of these topics:

**Games and puzzles:** Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today's mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

**Nature hobbies:** Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

**Books:** Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you'll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

**Foreign languages:** Multiple apps make learning a language fun with daily challenges and interactive games. Developing this new skill can benefit your brain.

**Mindfulness:** Apps aimed at relaxing are popular. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.



## January Trivia Challenge

Ring in the New Year with a January Trivia Challenge! Below are five trivia questions all themed around the month of January. How many can you answer correctly? Answers can be found on the back page! Good luck!

1. What color is often associated with January's birthstone, garnet?
  - A. Blue
  - B. Red
  - C. Yellow
  - D. Green
2. Which January event occurred first in history?
  - A. The Lone Ranger debuted on Detroit radio.
  - B. Indira Gandhi became India's prime minister.
  - C. Wham-O produced the first Frisbees.
  - D. The League of Nations was instituted.
3. First published on January 29, 1845, what famous poem begins, "Once upon a midnight dreary, while I pondered, weak and weary"?
  - A. Wolfgang Amadeus Mozart
  - B. Rod Taylor
  - C. Eartha Kitt
  - D. Elvis Presley
4. True or false? One of January's birth flowers, the snowdrop, used to be considered bad luck.
5. All born in January, which of the following was NOT a musician?
  - A. Wolfgang Amadeus Mozart
  - B. Rod Taylor
  - C. Eartha Kitt
  - D. Elvis Presley



## The Words of MLK

In honor of Martin Luther King Jr. Day on January 18th, here are some of his most enduring speeches.

**Montgomery bus boycott speech** — One of King's first public speeches took place on December 5th, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

**"I Have a Dream"** — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28th, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

**Nobel Peace Prize speech** — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10th, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

**"How Long, Not Long"** — On March 25th, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

**"I've Been to the Mountaintop"** — King gave his final address in Memphis, Tennessee, on April 3rd, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.



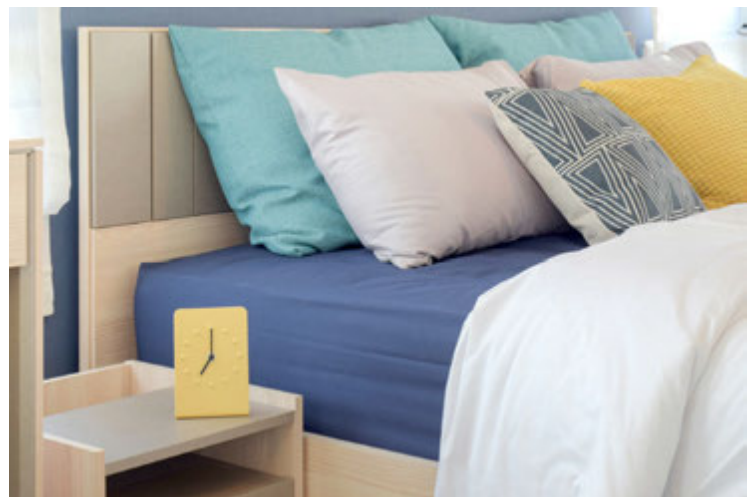
## Kick-Start Your Day

How you start your day affects how you feel and act the rest of the day. These simple habits can get you ready to take on whatever comes your way.

**Wake up to music:** Groggy when you first get up? Using an upbeat song instead of a harsh beeping sound as your alarm can help you feel more awake and alert. Scientists say a melody eases the brain into waking up, while alarms seem to confuse it.

**Stay offline:** If you use your phone as an alarm, resist the urge to stay on your device and scroll through your social media, check your email or read the news. Use the time to make a plan for the day ahead, journal or just think.

**Make your bed:** This small task can have a big impact on the rest of your day. High achievers agree that completing small actions, such as straightening your bed, will give you a sense of pride and provide momentum to accomplish other tasks.



JAN 2021

Birthdays

Marilyn Mc., 6th  
Jim T., 6th  
Margaret S., 7th  
Gary B., 15th  
Ron R., 16th  
Gene T., 17th  
John G., 23rd  
Tanya Le., 24th  
Lucille L., 24th  
Mirjam W., 25th  
Mitch T., 27th (Employee)  
Barbara Pl., 27th  
Keven S., 28th  
Lanelle K., 30th  
Ron N., 31st

Anniversaries

Bob & Corinne P.,  
1/15/1999

Locations

Bistro Room, BR  
Cinema, CN  
Dining Room, DR  
Fireplace Patio, FP  
Fireside Lobby, FL  
Game Room, GR  
Gym, GY  
Library, LB  
Poolside, PL  
Putting Green, PG  
Resident Computer  
Room, RC

Merry  
Christmas and  
Happy New  
Year!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NEW YEAR'S DAY 1	2
					9:30 <b>Strength &amp; Balance, FL</b> 1:00 Wii Bowling Team 6, LB 2:30 <b>Bingo, FL</b> 3:30 Ping-Pong, LB	9:00 Wii Bowling Team 8, LB 10:30 Wii Bowling Team 9, LB 1:00 Wii Bowliing Team 12, LB 3:00 <b>Ping-Pong, FL</b>
3 9:00 Wii Bowling Team 10, LB 1:30 Wii Bowling Team 13, LB 3:00 <b>Ping-Pong, FL</b>	4 8:15 <b>G.V. Shopping: Safeway</b> 9:00 <b>G.V. Shopping: Walmart</b> 9:30 Wii Bowling Team 5, LB 9:30 Exercise with Weights, FL 12:30 Wii Bowling Team 1, LB 2:30 <b>Bingo, FL</b> 3:00 <b>The Garden Club, LB</b>	5 9:30 Exercise with Bands, FL 10:00 <b>Farmer's Market, PL</b> 10:30 Wii Bowling Team 4, LB 2:00 <b>Craft Time, FL</b>	6 8:45 Wii Bowling Team 7, CN 9:00 <b>Trivia, LB</b> 9:30 Chair Zumba, FL 10:30 Wii Bowling Team 3, LB 2:15 <b>Bean Bag Baseball, FL</b>	7 Ice Cream Trolley, FL 9:00 Storytelling, LB 9:30 Balance Class, FL 10:00 Wii Bowling Team 2, LB 10:15 <b>Smoothie Time, FL</b>	8 9:30 <b>Strength &amp; Balance, FL</b> 1:00 Wii Bowling Team 6, LB 2:30 <b>Bingo, FL</b> 3:30 Ping-Pong, LB	9 9:00 Wii Bowling Team 8, LB 10:30 Wii Bowling Team 9, LB 1:00 Wii Bowliing Team 12, LB 3:00 <b>Ping-Pong, FL</b>
10 9:00 Wii Bowling Team 10, LB 1:30 Wii Bowling Team 13, LB 3:00 <b>Ping-Pong, FL</b>	11 8:15 <b>G.V. Shopping: Safeway</b> 9:00 <b>G.V. Shopping: Walmart</b> 9:30 Wii Bowling Team 5, LB 9:30 Exercise with Weights, FL 12:30 Wii Bowling Team 1, LB 2:30 <b>Bingo, FL</b>	12 9:30 Exercise with Bands, FL 10:00 <b>Farmer's Market, PL</b> 10:30 Wii Bowling Team 4, LB 2:00 <b>Craft Time, FL</b>	13 8:45 Wii Bowling Team 7, CN 9:00 <b>Trivia, LB</b> 9:30 Chair Zumba, FL 10:30 Wii Bowling Team 3, LB 2:15 <b>Bean Bag Baseball, FL</b>	14 Ice Cream Trolley, FL 9:00 Storytelling, LB 9:30 Balance Class, FL 10:00 Wii Bowling Team 2, LB 10:15 <b>Smoothie Time, FL</b>	15 9:30 <b>Strength &amp; Balance, FL</b> 1:00 Wii Bowling Team 6, LB 2:30 <b>Bingo, FL</b> 3:30 Ping-Pong, LB	16 9:00 Wii Bowling Team 8, LB 10:30 Wii Bowling Team 9, LB 1:00 Wii Bowliing Team 12, LB 3:00 <b>Ping-Pong, FL</b>
17 9:00 Wii Bowling Team 10, LB 1:30 Wii Bowling Team 13, LB 3:00 <b>Ping-Pong, FL</b>	MARTIN LUTHER KING JR. DAY 18 8:15 <b>G.V. Shopping: Safeway</b> 9:00 <b>G.V. Shopping: Walmart</b> 9:30 Wii Bowling Team 5, LB 9:30 Exercise with Weights, FL 12:30 Wii Bowling Team 1, LB 2:30 <b>Bingo, FL</b>	19 9:30 Exercise with Bands, FL 10:00 <b>Farmer's Market, PL</b> 10:30 Wii Bowling Team 4, LB 2:00 <b>Craft Time, FL</b>	20 8:45 Wii Bowling Team 7, CN 9:00 <b>Trivia, LB</b> 9:30 Chair Zumba, FL 10:30 Wii Bowling Team 3, LB 2:15 <b>Bean Bag Baseball, FL</b>	21 Ice Cream Trolley, FL 9:00 Storytelling, LB 9:30 Balance Class, FL 10:00 Wii Bowling Team 2, LB 10:15 <b>Smoothie Time, FL</b>	22 9:30 <b>Strength &amp; Balance, FL</b> 1:00 Wii Bowling Team 6, LB 2:30 <b>Bingo, FL</b> 3:30 Ping-Pong, LB	23 9:00 Wii Bowling Team 8, LB 10:30 Wii Bowling Team 9, LB 1:00 Wii Bowliing Team 12, LB 3:00 <b>Ping-Pong, FL</b>
24 9:00 Wii Bowling Team 10, LB 1:30 Wii Bowling Team 13, LB 3:00 <b>Ping-Pong, FL</b>	25 8:15 <b>G.V. Shopping: Safeway</b> 9:00 <b>G.V. Shopping: Walmart</b> 9:30 Wii Bowling Team 5, LB 9:30 Exercise with Weights, FL 12:30 Wii Bowling Team 1, LB 2:30 <b>Bingo, FL</b>	26 9:30 Exercise with Bands, FL 10:00 <b>Farmer's Market, PL</b> 10:30 Wii Bowling Team 4, LB 2:00 <b>Craft Time, FL</b>	27 8:45 Wii Bowling Team 7, CN 9:00 <b>Trivia, LB</b> 9:30 Chair Zumba, FL 10:30 Wii Bowling Team 3, LB 2:15 <b>Bean Bag Baseball, FL</b>	28 Ice Cream Trolley, FL 9:00 Storytelling, LB 9:30 Balance Class, FL 10:00 Wii Bowling Team 2, LB 10:15 <b>Smoothie Time, FL</b>	29 9:30 <b>Strength &amp; Balance, FL</b> 1:00 Wii Bowling Team 6, LB 2:30 <b>Bingo, FL</b> 3:30 Ping-Pong, LB	30 9:00 Wii Bowling Team 8, LB 10:30 Wii Bowling Team 9, LB 1:00 Wii Bowliing Team 12, LB 3:00 <b>Ping-Pong, FL</b>
31 9:00 Wii Bowling Team 10, LB 1:30 Wii Bowling Team 13, LB 3:00 <b>Ping-Pong, FL</b>						



## Winter Wonders

It's winter here in the Northern Hemisphere, bringing cooler temperatures. Keep warm with this bundle of cold-weather facts:

- While it may not snow in every city, about 1,200 cubic miles of the fluffy stuff falls on North America every year.
- The Great Lakes region is known as the snow belt of the U.S.
- Fairbanks, Alaska, gets the title of America's coldest city in winter. Its average low temperature is a frosty 16 below zero.
- Residents of Bethel, Maine, built a record-breaking snowperson in 2008. Named Olympia, she stood 122 feet high—almost as tall as the Statue of Liberty—and was made of 13 million pounds of snow!
- You don't have to wait for spring to see beautiful blossoms. Pansies, snowdrops and English primroses are some common flowers that bloom during the chilly months.



## Answers: January Trivia Challenge

How did you do? Below are the answers to the January Trivia Challenge.

1. (B) Red. The term garnet comes from the Latin *granatum*, which means "seed" — a reference to their hue being akin to a pomegranate's seeds.
2. (D) The League of Nations was instituted on January 10, 1920. The Lone Ranger debuted on Detroit radio on January 30, 1933. Wham-O produced the first Frisbees on January 23, 1957. Indira Gandhi became India's first female prime minister on January 19, 1966.
3. (C) Edgar Allan Poe's "The Raven." The poem was published in the New York Evening Mirror.
4. True. The snowdrop was considered bad luck due to its tendency to grow in graveyards. Today, it is said to represent hope and beauty because it is one of the first flowers to come up through the snow.
5. (B) Rod Taylor. Born on January 11, 1930, Australian actor Rod Taylor was known for playing the lead in movies like Hitchcock's "The Birds."

# Where Are We Headed? Our Hawthorn Adventure Island Hopping Destinations

This month we are embarking on a three-week adventure through the Pacific Islands! Below is a little more information on the gorgeous destinations we will be visiting.

## **Aloha Hawaii!**

Snapshots of these islands scattered in the cobalt-blue Pacific Ocean are heavenly, without the need for any embellishment by tourist brochures. Sunrises and sunsets are so spectacular that they're cause for celebration all by themselves, such as atop Haleakalā volcano on Maui. As tropical getaways go, Hawaii couldn't be easier or more worth the trip. Whether you're dreaming of swimming in crystal waterfall pools or lazing on the golden sand beaches, you can find what you're looking for here.

## **Bula! Welcome to Fiji!**

Dazzling sands, perfect palm trees, and waters so blue they glow — Fiji's beaches look airbrushed. While stunning stretches abound, it's on the islands of the Mamanucas and Yasawas that you'll find heavenly heavyweights. These beaches are the poster-child of paradise. The appeal of the islands stretches beyond holiday snaps; the reefs, bays, and sublime sands have provided cinematic eye candy to films including "Cast Away" with Tom Hanks and the 1980 teen dream classic "The Blue Lagoon."

## **Kia Ora! Welcome to New Zealand**

There are just 4.8 million New Zealanders, scattered across 103,483 square miles: Bigger than the UK with one-fourteenth of the population. Take a leaf out of the locals' book and embrace the laid-back vibes and rejuvenating activities. Find a beach where you can sunbathe the day away, splash around in a hot pool, or shop for quirky souvenirs. There are plenty of ways to enjoy downtime on your holiday in New Zealand.



THE Peaks  
AT SANTA RITA  
Active Retirement Living

661 W. Calle Torres Blancas  
Green Valley, AZ 85614



*It's always Warm at*

THE Peaks  
AT SANTA RITA  
Active Retirement Living

We invite you to experience the warmth of our community. With caring staff onsite, your rent also includes a chef-prepared continental breakfast served daily, transportation, swimming pool and hot tub, fitness center, theater, and so much more!

**520-777-4800**