



Wayne Anderson ..... 04/14

Clyde Hawkins..... 04/15

Carmen Orta..... 04/19

Andriana Smith..... 04/27

Patricia Fortner..... 04/31



## • MAY 2022 • Dates to Celebrate

May Day ..... 5/1

National Pet Week..... 5/1-5/7

Cinco de Mayo ..... 5/5

National Nurses' Week..... 5/6-5/12

Mothers' Day..... 5/8

National Skilled Nursing Care Week ..... 5/8-5/14

Armed Forces Day ..... 5/21

National Senior Health & Fitness Day..... 5/25

Memorial Day ..... 5/30

**Birthstone:** Emerald  
**Flower:** Lily of the Valley  
**Zodiac Signs:** Taurus/Gemini

# CINCO DE MAYO

CELEBRATION MARGARITA  
 DANCING MEXICO  
 DECORATIONS PARADE  
 ENCHILADA PINATA  
 FIESTA SALSA  
 GUACAMOLE SERAPE  
 GUITAR SOMBRERO  
 MARACAS TAMALE



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 P C E M A O N S I M E U M D D I I M S D



# Hartin APARTMENTS News

*A Monthly Publication of Christian Care Communities and Services*

## MAY 2022

### Our Team

**Kristen Mazza**  
Executive Director

**Karen Davis**  
Administrative Assistant

**Riley Israel**  
Senior Living Counselor

**Miranda Graves**  
Life Enrichment Director

**John Phillips**  
Dietary Director

**Norma Padilla**  
Housekeeping Supervisor

**Linda Starnes**  
Resident Liaison

**Ramona Paniagua**  
Accounting

**Kim Alford**  
Concierge

## IT'S GETTING HOT IN HERE



Are you a spicy food fan? Not so much? Some haven't tolerated spice their entire lives, while others have loved it their entire lives. Some found a happy medium and became spice girls and boys at some point down the line. New research shows there may be some method to this madness – a scientific one, in fact.

The recent 2021 Nobel Prize in Medicine and Physiology winners can shed some light on the subject. Dr. Ardem Patapoutain and Dr. David Julius focused on the body's receptors, specifically those related to temperature and touch. Their studies included testing with the organic compound capsaicin. It's what gives us the "mouth's on fire" feeling when we eat spicy food. The further the testing went, the more environmental factors were considered. Testing in warmer climates was included. As trials went on, a conclusion became clear: Cells responded to both heightened temperatures as well as capsaicin. Thus, a new discovery was made and TRP, the temperature sensing protein, emerged.

Now that you know environmental factors play a role in your spice-o-meter, does it change the way you feel about it? There are a lot of scientific variables that affect our palettes. Something to keep in mind.



**Hartin Apartments**  
 948 Wiggins Parkway • Mesquite, TX 75150 • (972) 698-2602

# Christian Care Communities and Services - Hartin Apartments



## MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:00 <b>Movie on Channel 16</b></p> <p>10:30 Sittersize- Wellness Center</p> <p>11:15 Aquasize- Wellness Center</p> <p>1:00 <b>Craft and Chat with Pam Wood -Swindoll</b></p> <p>3:00 <b>What 's Cookin' in Miranda Kitchen "EXERIMENTAL RANCH DIP" (Bus at 2:45)-Swindoll</b></p> <p>9:45 <b>Worship Service- Memorial Auditorium/Channel 16</b></p>	<p>2</p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:00 <b>Movie on Channel 16</b></p> <p>10:30 Sittersize- Wellness Center</p> <p>11:15 Aquasize- Wellness Center</p> <p>1:00 <b>Craft and Chat with Pam Wood -Swindoll</b></p> <p>3:00 <b>What 's Cookin' in Miranda Kitchen "EXERIMENTAL RANCH DIP" (Bus at 2:45)-Swindoll</b></p>	<p>3</p> <p><b>Wal-Mart Grocery Run at 8:45AM</b></p> <p><b>Check BINGO Numbers</b></p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:30 Better Balance- Wellness Center</p> <p>2:00 <b>Inspirational Moments With Ray-Ch 16</b></p> <p>2:30 <b>Shopping at Sprout's Farmer Market (Bus at 2:15PM)</b></p>	<p>4</p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>11:00 <b>Book Club Luncheon with Teresa Mazza (Lunch will be provided) - Swindoll</b></p> <p>11:15 Aquasize- Wellness Center</p> <p>2:00 <b>Mother's Day Tea (Bus at 1:45AM) -Swindoll</b></p> <p>6:00 <b>Worship Service- Memorial Auditorium (Bus at 5:30PM)</b></p>	<p>5</p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:30 Better Balance- Wellness Center</p> <p>11:30 <b>"Cinco De Mayo" Taco Bar -Swindoll</b></p> <p>1:30 Catholic Liturgy- Swindoll</p> <p>1:30 <b>Ambassador Meeting -Swindoll</b></p> <p>2:00 <b>Game Day &amp; Ice Cream -Swindoll</b></p> <p>3:00 <b>The Gathering - GWVDR</b></p>	<p>6</p> <p><b>Daily Delight Puzzles (Check Mailbox)</b></p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:00 <b>Ripley's Believe It Or Not! &amp; Lunch (Bus at 10:00AM)</b></p> <p>10:30 Chair Yoga- Wellness Center</p> <p>11:15 Aquasize- Wellness Center</p>	<p>7</p> <p>10:00 <b>Game Day With Friends- Swindoll (10:00AM-5:00PM)</b></p>
<p>8</p> <p><b>Happy Mother's Day</b></p> <p>9:45 <b>Worship Service- Memorial Auditorium/Channel 16</b></p>	<p>9</p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:00 <b>Movie on Channel 16</b></p> <p>10:30 Sittersize- Wellness Center</p> <p>11:15 Aquasize- Wellness Center</p> <p>11:30 <b>Hartin's Crafts Club -Swindoll (Bring a sack lunch)</b></p> <p>3:00 <b>Battle of the Brains "Trivia" -Swindoll</b></p>	<p>10</p> <p><b>Wal-Mart Grocery Run at 8:45AM</b></p> <p><b>Check BINGO Numbers</b></p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:30 Better Balance- Wellness Center</p> <p>2:00 <b>Inspirational Moments With Ray-Ch 16</b></p> <p>3:00 <b>Night Owls Supper Club "Texas Roadhouse " (Bus at 3:00PM)</b></p>	<p>11</p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:00 <b>Women's Kolaches &amp; Coffee &amp; Conversation- Swindoll Main Room</b></p> <p>10:00 <b>Men's Coffee with Donuts &amp; Conversation- Swindoll Library</b></p> <p>2:00 <b>Crossword Puzzle Time with Betty Goheen-SC</b></p> <p>6:00 <b>Worship Service- Memorial Auditorium (Bus at 5:30PM)</b></p>	<p>12</p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:30 Better Balance- Wellness Center</p> <p>1:30 Catholic Liturgy- Swindoll</p> <p>3:00 <b>The Gathering - GWVDR</b></p> <p>4:00 <b>Late Night "BINGO" -Swindoll</b></p>	<p>13</p> <p><b>Daily Delight Puzzles (Check Mailbox)</b></p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:30 Chair Yoga- Wellness Center</p> <p>10:45 <b>Lunch at Razzoo's Cajun Café &amp; Shopping at "Firewheel Town Center Mall" (Bus at 10:30AM)</b></p> <p>11:15 Aquasize- Wellness Center</p>	<p>14</p> <p>10:00 <b>Game Day With Friends- Swindoll (10:00AM-5:00PM)</b></p>
<p>15</p> <p><b>Chocolate Chip Day</b></p> <p>9:45 <b>Worship Service- Memorial Auditorium/Channel 16</b></p>	<p>16</p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:00 <b>Movie on Channel 16</b></p> <p>10:30 Sittersize- Wellness Center</p> <p>11:15 Aquasize- Wellness Center</p> <p>2:30 <b>Spa Outing "Lux Nail Bar" (Bus at 2:15PM)</b></p> <p>2:30 <b>Emeritus Program- Chris Tucker: The Summer of 1927 -GWVDR</b></p>	<p>17</p> <p><b>Wal-Mart Grocery Run at 8:45AM</b></p> <p><b>Check BINGO Numbers</b></p> <p><b>Senior Citizens Day</b></p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:30 Better Balance- Wellness Center</p> <p>1:00 <b>Shopping at Target or Dollar Tree (Bus at 12:45)</b></p> <p>2:00 <b>Inspirational Moments With Ray-Ch 16</b></p> <p>4:30 <b>Birthday Crew Set-Up- Swindoll</b></p>	<p>18</p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>11:15 Aquasize- Wellness Center</p> <p>11:30 <b>May Potluck Birthday Party-Swindoll "Don't forget a side dish or dessert" (Bus at 11:15AM)</b></p> <p>6:00 <b>Worship Service- Memorial Auditorium (Bus at 5:30PM)</b></p>	<p>19</p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:30 Better Balance- Wellness Center</p> <p>1:30 Catholic Liturgy- Swindoll</p> <p>2:00 <b>Game Day &amp; Ice Cream -Swindoll</b></p> <p>3:00 <b>The Gathering - GWVDR</b></p> <p>3:30 <b>Total Hearing Loss- GWVMP</b></p>	<p>20</p> <p><b>Daily Delight Puzzles (Check Mailbox)</b></p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:00 <b>Harris Jewelry Repair -GWVMP</b></p> <p>10:30 Chair Yoga- Wellness Center</p> <p>10:30 <b>Lunch at Sunnyvale Park (Bus at 10:30AM)</b></p> <p>11:15 Aquasize- Wellness Center</p>	<p>21</p> <p>10:00 <b>Game Day With Friends- Swindoll (10:00AM-5:00PM)</b></p>
<p>22</p> <p>9:45 <b>Worship Service- Memorial Auditorium/Channel 16</b></p>	<p>23</p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:00 <b>Movie on Channel 16</b></p> <p>10:00 <b>Ham's Peach Orchard &amp; Lunch (Bus at 10:00AM)</b></p> <p>10:30 Sittersize- Wellness Center</p> <p>11:15 Aquasize- Wellness Center</p> <p>1:30 <b>Colorist With Attitude-SC</b></p> <p>2:30 <b>Bingo For Prizes (Bus at 2:00PM)-SC</b></p>	<p>24</p> <p><b>Wal-Mart Grocery Run at 8:45AM</b></p> <p><b>Check BINGO Numbers</b></p> <p><b>National Scavenger Hunt Day</b></p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:30 Better Balance- Wellness Center</p> <p>2:00 <b>Inspirational Moments With Ray-Ch 16</b></p>	<p>25</p> <p>8:45 <b>Breakfast Brunch Outing "Huddle House" (Bus at 8:45AM)</b></p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>11:15 Aquasize- Wellness Center</p> <p>2:00 <b>Word Puzzles Wednesday , Coffee &amp; Pie -Swindoll</b></p> <p>6:00 <b>Worship Service- Memorial Auditorium (Bus at 5:30PM)</b></p>	<p>26</p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:30 Better Balance- Wellness Center</p> <p>11:30 <b>Memorial Day BBQ -39er Park</b></p> <p>1:30 Catholic Liturgy- Swindoll</p> <p>2:30 <b>Twister with a Twist (A friendly game of twister, with a twist that is. When you spin the wheel, WIN a prize!) -Swindoll</b></p> <p>3:00 <b>The Gathering - GWVDR</b></p>	<p>27</p> <p><b>Daily Delight Puzzles (Check Mailbox)</b></p> <p><b>Miranda Off</b></p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:30 Chair Yoga- Wellness Center</p> <p>11:15 Aquasize- Wellness Center</p>	<p>28</p> <p>10:00 <b>Game Day With Friends- Swindoll (10:00AM-5:00PM)</b></p>
<p>29</p> <p>9:45 <b>Worship Service- Memorial Auditorium/Channel 16</b></p>	<p>30</p> <p><b>Memorial Day</b></p>	<p>31</p> <p><b>Check BINGO Numbers</b></p> <p><b>Wal-Mart Grocery Run at 1:00PM</b></p> <p>9:30 Christian Care Morning Show - Channel 16</p> <p>10:30 Better Balance- Wellness Center</p> <p>2:00 <b>Inspirational Moments With Ray-Ch 16</b></p>	<p><b>HAPPY Mother's DAY</b></p>			<p><b>KEY</b></p> <p>Swindoll Clubhouse.....SC</p> <p>Greenway Village.....GWVMP</p> <p>Multi-Purpose Room</p> <p>Greenway Village Game.....GWVGR</p> <p>Room</p> <p>Greenway Village Dining.....GWVDR</p> <p>Room</p> <p>Greenway Village Craft.....GWVCR</p> <p>Room</p>