



Canyon Winds

Retirement Community

7311 E Oasis St • Mesa, AZ 85207 • (480) 948-0600

Star-Spangled

The U.S. flag is unique in that it has more stars than the flag of any other nation. Celebrate the Stars and Stripes on Flag Day, June 14.

Hello, Yellow!

Cheerful and bright, yellow is the color of sunshine, sunflowers and smiley faces. It's a hue that is often associated with happiness and optimism. Even the brain agrees: It releases serotonin, the feel-good hormone, at the sight of yellow. The color's light waves are believed to stimulate the brain, increasing alertness and boosting mood.

Mineral vs. Chemical Sunscreen

There's a lot of talk nowadays about the better sunscreen for your skin—mineral or chemical? Here are the basic differences: Mineral sunscreen sits on the surface of your skin and blocks harmful UV rays. It tends to leave behind a white residue and may not be water-resistant. Chemical sunscreen gets absorbed into the skin, where the ingredients filter out UV rays rather than block them. These formulas go on more smoothly and won't wash off as quickly, but can be irritating to sensitive skin. Dermatologists say either type of sunscreen is effective, so it comes down to which one you're more likely to use.

Brainteaser

Question: What is special about the number 8,549,176,320?

Answer: It is the only number that lists all the single digits in alphabetical order.

June 2022



Beach Ball Blitz

Now an iconic symbol of summer, beach balls were invented in the late 1930s and were only about the size of a person's hand. The inflatable plastic toys, usually featuring a pattern of brightly colored stripes, floated to fame during the "beach party" film craze of the '60s. Now, beach balls come in all kinds of designs and sizes, with extra-large versions a popular sight at special events and photo shoots.

A Flavor That Rocks



Rich chocolate ice cream studded with almonds and a sticky river of marshmallows—that's the recipe for one of America's favorite ice cream flavors, rocky road. While origin stories for the sweet treat vary, food historians agree that the concoction was invented in the 1920s and was the first ice cream sold with mix-ins, rather than a plain flavor.

Happy Birthday to Our Canyon Winds Residents

Eileen 23rd

Wil 24th

Evelyn 29th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 BIBLE STUDY - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 2:30 PUZZLES & CARDS 6:00 POKER NIGHT - HOSTED BY JOAN - 2nd Fl Lobby</p>	<p>ROCKY ROAD DAY! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CATHOLIC SERVICES - THEATER ROOM 1:00 SHOPPING - WALMART 3:00 CLOTHES PIN GAME</p>	<p>NATIONAL DONUT DAY! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 ARMCHAIR TRAVELS OR MOVIE 2:00 BINGO - ACTIVITY ROOM 4:00 DINNER MUSIC BY OKKE & RIA</p>	<p>NATIONAL CHEESE DAY! 10:00 CARD GAMES 12:30 MOVIE/SNACKS - THEATER ROOM 1:30 BINGO - ACTIVITY ROOM 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 KARAOKE - THEATER ROOM</p>
<p>NATIONAL CANCER SURVIVORS DAY! 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES - TR 1:00 MOVIE/SNACKS - THEATER ROOM 2:00 MEXICAN TRAIN - ACTIVITY ROOM 3:00 RUMMIKUB - ACTIVITY ROOM</p>	<p>D-DAY! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 ARTS & CRAFT - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 1:00 MUSIC THERAPY 2:30 OPEN POOL TABLE FOR ALL</p>	<p>NATIONAL CHOCOLATE ICE CREAM DAY! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH - LUCKY LOU'S 12:30 MEXICAN TRAIN - ACTIVITY ROOM 2:00 BINGO - ACTIVITY ROOM 3:00 BINGO SHOPPING</p>	<p>NATIONAL BEST FRIENDS DAY! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 BIBLE STUDY - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 2:30 DIXIE OUR DOG THERAPY</p>	<p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CATHOLIC SERVICES - THEATER ROOM 1:00 SHOPPING - KOHL'S 2:30 BINGO - ACTIVITY ROOM</p>	<p>ICED TEA DAY! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 ARMCHAIR TRAVELS OR MOVIE 2:30 HAPPY HOUR</p>	<p>NATIONAL ROSE DAY! 10:00 CARD GAMES 12:30 MOVIE/SNACKS - THEATER ROOM 1:30 BINGO - ACTIVITY ROOM 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 KARAOKE - THEATER ROOM</p>
<p>NATIONAL LOVING DAY! 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES - TR 1:00 MOVIE/SNACKS - THEATER ROOM 2:00 MEXICAN TRAIN - ACTIVITY ROOM 3:00 RUMMIKUB - ACTIVITY ROOM</p>	<p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 ARTS & CRAFT - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 1:00 MUSIC THERAPY 2:30 OPEN POOL TABLE FOR ALL</p>	<p>FLAG DAY! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH - NANDO'S 12:30 MEXICAN TRAIN - ACTIVITY ROOM 2:00 BINGO - ACTIVITY ROOM 3:00 BINGO SHOPPING</p>	<p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 BIBLE STUDY - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 2:30 GAMES - CONNECT 4 & SORRY</p>	<p>NATIONAL FUDGE DAY! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CATHOLIC SERVICES - THEATER ROOM 1:00 FATHER'S DAY FIELD TRIP TO FALCON FIELD @ DQ</p>	<p>NATIONAL EAT YOUR VEGGIES DAY! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 ARMCHAIR TRAVELS OR MOVIE 2:00 BINGO - ACTIVITY ROOM</p>	<p>NATIONAL SPLURGE DAY! 10:00 CARD GAMES 12:30 MOVIE/SNACKS - THEATER ROOM 1:30 BINGO - ACTIVITY ROOM 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 KARAOKE - THEATER ROOM</p>
<p>FATHER'S DAY & Juneteenth 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES - TR 1:00 MOVIE/SNACKS - THEATER ROOM 2:00 MEXICAN TRAIN - ACTIVITY ROOM 3:00 RUMMIKUB - ACTIVITY ROOM</p>	<p>Juneteenth (Observed) 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 ARTS & CRAFT - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 1:00 MUSIC THERAPY 2:30 TRIVIA with DALE LIKENS - ACTIVITY ROOM</p>	<p>START OF SUMMER 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH - BARRO'S PIZZA 12:30 MEXICAN TRAIN - ACTIVITY ROOM 2:00 BINGO - ACTIVITY ROOM 3:00 BINGO SHOPPING</p>	<p>NATIONAL KISSING DAY! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 BIBLE STUDY - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 2:30 GIN RUMMY - ACTIVITY ROOM</p>	<p>HAPPY BIRTHDAY EILEEN! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CATHOLIC SERVICES - THEATER ROOM 1:00 SHOPPING - TARGET 2:30 BINGO</p>	<p>HAPPY BIRTHDAY WIL! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 ARMCHAIR TRAVELS OR MOVIE 2:30 HAPPY HOUR</p>	<p>10:00 CARD GAMES 12:30 MOVIE/SNACKS - THEATER ROOM 1:30 BINGO - ACTIVITY ROOM 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 KARAOKE - THEATER ROOM</p>
<p>NATIONAL CHOCOLATE PUDDING DAY! 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES - TR 1:00 MOVIE/SNACKS - THEATER ROOM 2:00 MEXICAN TRAIN - ACTIVITY ROOM 3:00 RUMMIKUB - ACTIVITY ROOM</p>	<p>BINGO DAY! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 ARTS & CRAFT - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 1:00 MUSIC THERAPY 2:00 BINGO - ACTIVITY ROOM</p>	<p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH - SMASHBURGER 12:30 MEXICAN TRAIN - ACTIVITY ROOM 2:00 BINGO - ACTIVITY ROOM 3:00 BINGO SHOPPING</p>	<p>HAPPY BIRTHDAY EVELYN! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 BIBLE STUDY - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 2:30 GIN RUMMY - ACTIVITY ROOM</p>	<p>NATIONAL WORK FROM HOME DAY! 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CATHOLIC SERVICES - THEATER ROOM 1:00 SHOPPING - FRY'S 2:30 BINGO</p>		



Something Old, Something New ...

Wedding trends come and go, and these days the happy couple's personalities shine through more than ever. Take a sweet peek back at when some wedding day fashions and traditions began.

<u>Decade</u>	<u>Wedding Trend</u>
1920s	Pearl necklaces, gift registries
1940s	Parachute dresses, groom's wedding band
1950s	Cake toppers, sweetheart necklines
1960s	Birdcages, daisy bouquets
1970s	Outdoor weddings, dance floor DJs
1980s	Puffy dress sleeves, unity candle, videotaped ceremony
1990s	Matching bridesmaids, destination weddings
2000s	Tiaras, cupcake towers, disposable cameras at reception
2010s	Farmhouse weddings, social media hashtags

"Then & Now"

"This Month In History" JUNE

1910: The first statewide celebration of Father's Day is held in Washington. The day honoring fathers was proclaimed a national holiday in 1972.

1928: Louis Armstrong and his Hot Five band record "West End Blues," considered to be one of the greatest jazz songs of all time.

1939: The first Little League Baseball game is played in Williamsport, Pa.

1944: Allied forces storm the beaches of Normandy, France, in the D-Day invasion of World War II.

1956: The last Packard rolls off the production line at the luxury car's manufacturing plant in Detroit.

1978: Comic strip cat "Garfield," created by Jim Davis, debuts in 41 newspapers.

1993: Chuck Berry, Ruth Brown and Billy Joel are among the stars who help break ground for the new Rock & Roll Hall of Fame building in Cleveland.

2007: After recovering from near extinction, the American bald eagle is removed from the endangered species list.

2012: Daredevil Nik Wallenda makes high-wire history after walking a 1,800-foot-long wire suspended over Niagara Falls.

2019: "Jeopardy!" contestant James Holzhauer's winning streak ends at 32 games. He won over \$2.4 million on the TV quiz show.