



Canyon Winds

Retirement Community

2851 N Boulder Cyn • Mesa, AZ 85207 • (480) 948-0700

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.



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.

Celebrate the Golden Gate

The rust-colored towers of the Golden Gate Bridge outlined against the crisp California sky is an iconic emblem of the United States. The bridge opened May 27, 1937, and was crossed by around 200,000 people on its first day of operations. Today, 40 million vehicles travel the bridge every year.

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 with toppings added separately. The name is said to represent the bumpy texture created by the nuts as well as the "rocky road" of life that many folks were traveling down during the Great Depression.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY FIRST FLOOR FP — Fireplace Room DR — Dining Room PDR — Private Dining Rm PL — Pool LOBBY — Lobby SECOND FLOOR BN — Book Nook L — Library	KEY THIRD FLOOR AR — Activities Room FR — Fitness Room TR — Theater Room TL — Terrace Lounge GN3 — 3rd Floor Game Nook FOURTH FLOOR CH — Chapel GN4 — 4th Floor Game Nook The Hangar — 4th Floor Activities Room HAIR SALON		10:30 ■ Chapel CH 12:00 ■ Shopping Trip LOBBY 2:15 ■ Meditation TR 6:30 ■ Bridge** The HANGAR	9:00 ■ WATER AEROBICS POOL 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BINGO! TR 2:15 ■ Painting 4th Floor Studio 6:30 ■ Hand & Foot AR	NATIONAL DONUT DAY 10:00 ■ New Resident Meet & Greet FP 11:00 ■ Nickel Pokeno AR 12:00 ■ TRADER JOE'S LOBBY 3:00 ■ HAPPY HOUR w/PIZZA TL 6:30 Movie Showing TR	9:00 ■ WATER AEROBICS POOL 12:00 ■ CARDS/ DOMINOS AR 6:30 Movie Showing TR
5 10:00 ■ BINGO! AR 10:00 ■ Catholic Mass Streaming TR 2:00 ■ Virtual Church Service TR 6:30 Movie Showing TR	6 10:00 ONE-ON-ONE VISIT** 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Hand & Foot AR 2:15 ■ Meditation TR	7 9:00 ■ WATER AEROBICS POOL 10:00 ONE-ON-ONE VISIT** 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Hillsdale Lecture Series TR 2:00 ■ CARD GAMES AR 6:30 Movie Showing TR	8 10:00 ■ ACTIVITIES MEETING AR 10:30 ■ Chapel CH 12:00 ■ English Rose Tea Room LOBBY 12:00 ■ Shopping Trip LOBBY 2:15 ■ Meditation TR 6:30 ■ Bridge** The HANGAR	9 9:00 ■ WATER AEROBICS POOL 10:00 ONE-ON-ONE VISIT** 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BINGO! TR 2:15 ■ Painting 4th Floor Studio 6:30 ■ Hand & Foot AR	10 10:00 ONE-ON-ONE VISIT** 11:00 ■ Nickel Pokeno AR 3:00 ■ Hale Theater LOBBY 3:00 ■ HAPPY HOUR!! TL 6:30 Movie Showing TR	11 9:00 ■ WATER AEROBICS POOL 6:00 ■ CRAFT HOUR W/ ANGELA AR 6:30 Movie Showing TR
12 10:00 ■ BINGO! AR 10:00 ■ Catholic Mass Streaming TR 2:00 ■ Virtual Church Service TR 6:30 Movie Showing TR	13 10:00 ONE-ON-ONE VISIT** 11:00 ■ Mystery Lunch! LOBBY 1:00 ■ Hand & Foot AR 2:15 ■ Meditation TR 6:30 ■ Mexican Train GN3	14 9:00 ■ WATER AEROBICS POOL 10:00 ONE-ON-ONE VISIT** 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Hillsdale Lecture Series TR 2:00 ■ CARD GAMES AR 6:30 Movie Showing TR 6:30 ■ Trivia Night AR	15 10:00 ONE-ON-ONE VISIT** 10:30 ■ Chapel CH 12:00 ■ Shopping Trip LOBBY 2:15 ■ Meditation TR 3:00 ■ Chuck & Kelly Sing Along AR 6:30 ■ Bridge** The HANGAR	16 9:00 ■ WATER AEROBICS POOL 10:00 ■ KEN SORENSEN LECTURE TR 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BINGO! TR 2:15 ■ Painting 4th Floor Studio 6:30 ■ Hand & Foot AR	17 10:00 ONE-ON-ONE VISIT** 11:00 ■ Mystery Lunch! LOBBY 11:00 ■ Nickel Pokeno AR 3:00 ■ HAPPY HOUR!! TL 6:30 Movie Showing TR	18 9:00 ■ WATER AEROBICS POOL 12:00 ■ CARDS/ DOMINOS AR 1:00 ■ BOOK CLUB FP 6:30 Movie Showing TR
19 ----HAPPY FATHER'S DAY---- 10:00 ■ BINGO! AR 10:00 ■ Catholic Mass Streaming TR 2:00 ■ Virtual Church Service TR 6:30 Movie Showing TR	20 Juneteenth (Observed) 10:00 ONE-ON-ONE VISIT** 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Hand & Foot AR 2:15 ■ Meditation TR	21 WORLD DAY OF MUSIC 9:00 ■ WATER AEROBICS POOL 10:00 ONE-ON-ONE VISIT** 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Hillsdale Lecture Series TR 2:00 ■ Musical Performance AR 6:30 Movie Showing TR	22 10:00 ONE-ON-ONE VISIT** 10:30 ■ Chapel CH 12:00 ■ Shopping Trip LOBBY 2:15 ■ Meditation TR 6:30 ■ Bridge** The HANGAR	23 9:00 ■ WATER AEROBICS POOL 10:00 ■ Mass w/ Father Jovi CH 10:00 ONE-ON-ONE VISIT** 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BINGO! TR 2:15 ■ Painting 4th Floor Studio 6:30 ■ Hand & Foot AR	24 10:00 ONE-ON-ONE VISIT** 11:00 ■ Nickel Pokeno AR 12:00 ■ MUSEUM TRIP LOBBY 3:00 ■ HAPPY HOUR!! TL 6:30 Movie Showing TR	25 9:00 ■ WATER AEROBICS POOL 6:30 Movie Showing TR
26 10:00 ■ BINGO! AR 10:00 ■ Catholic Mass Streaming TR 2:00 ■ Virtual Church Service TR 6:30 Movie Showing TR	27 NATIONAL BINGO DAY 10:00 ■ CASINO! LOBBY 10:00 ONE-ON-ONE VISIT** 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Hand & Foot AR 2:15 ■ Meditation TR 6:30 ■ Mexican Train GN3	28 9:00 ■ WATER AEROBICS POOL 10:00 ONE-ON-ONE VISIT** 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Hillsdale Lecture Series TR 2:00 ■ CARD GAMES AR 6:30 Movie Showing TR 6:30 ■ Trivia Night AR	29 10:00 ONE-ON-ONE VISIT** 10:30 ■ Chapel CH 12:00 ■ Shopping Trip LOBBY 2:15 ■ Meditation TR 6:30 ■ Bridge** The HANGAR	30 9:00 ■ WATER AEROBICS POOL 10:00 ONE-ON-ONE VISIT** 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BINGO! TR 2:15 ■ Painting 4th Floor Studio 2:30 ■ Howard Anderson AstroShow TR 6:30 ■ Hand & Foot AR		

CANYON WINDS RECURRING ACTIVITIES

Water Aerobics - low impact exercise that helps your balance and coordination, improves your cardiovascular strength, and can help increase your flexibility and build your physical endurance. Not to mention it is a great social activity and lots of fun.

Chair Exercises - Another low impact exercise option. These exercises are a great way to wake up your joints and muscles through seated stretches, arm and leg workouts, as well as some standing exercises.

Meditation - Everyone could use a deep breath every now and then. Through short guided meditation paired with calming visuals, this is a perfect way to put your feet up and relax your mind.

One-on-One - One-on-Ones are held with Kelly (Activity Director) Mon. - Fri. at 10am (unless noted otherwise) and are in place for her to assist with whatever you need help with be it computer troubles or if you'd just like to have a friendly chat. :)

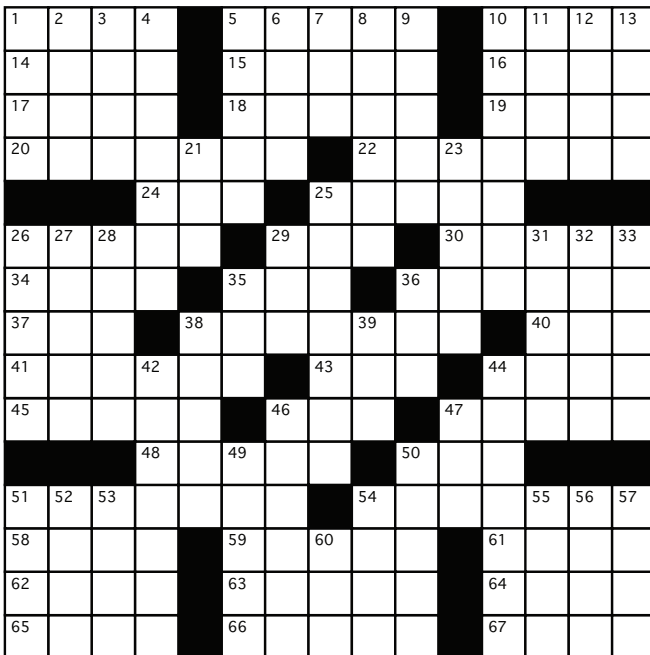
Shopping Trip: Weekly shopping trip to our local shops. Signup sheet can be found in the lobby.

Trivia: Held every 2nd and 4th Tuesday, Trivia is an evening of fun, yet at times, challenging questions with a grand prize of a trophy full of chocolate at the end. No need to sign up - just bring you and your smarts!

Card Games/Bridge/Mexican Train/Hand & Foot: All resident-led games! Newcomers are always welcome!

Painting: Led by the wonderful Donna Wilson, painting class is held in the 4th floor studio and is open to all who are looking to take a break and create! All materials are provided.

Crossword Puzzle



ACROSS

1. Central part
5. Humiliation
10. Fling
14. Spoken
15. Unimpressive abode
16. Choir member
17. Pass out
18. Cheer
19. Worms or salmon eggs
20. Analyzed ore
22. Dessert cart items
24. ___ King Cole
25. Essential car part
26. Rebound
29. Boat propeller
30. Gives up
34. Garlic's characteristic
35. Unpopular govt. agency
36. Smooth fabric
37. Certain tennis stroke
38. House of ill repute
40. Woman's item
41. Brightly plumed bird
43. Polish off
44. County event
45. French pension
46. Gallery visitor's interest
47. Mushroom variety
48. Mountain lakes
50. Average

51. Show beforehand
54. Built
58. Second to fall
59. Desert plants
61. Celtic language
62. Meter maid of song
63. Pseudonym
64. Meat spread
65. British submachine gun
66. One of 150 in the Bible
67. Shadowbox

DOWN

1. Unconscious state
2. Miners' discoveries
3. "Fiddlesticks!"
4. Former First Lady
5. Piece of paper
6. Grasp
7. ___ Gardner
8. Shooting star
9. Choose
10. Liza Minnelli film
11. Jai ___
12. Hubbub
13. Little kids
21. Tuberous vegetable
23. Of the neighborhood
25. Learns well
26. Peach or olive
27. Worship
28. Hood or Williams

29. Gold: Sp.
31. Shut out; exclude
32. Like a haunted house
33. Growl fiercely
35. Hothead's problem
36. Ready-go connection
38. Unpromising
39. Sombrero
42. Footstool
44. Surgeon's tool
46. Historical records
47. ___ West
49. Summarize
50. Light refractor
51. Saloons
52. Correct text
53. London gallery
54. Catchall abbr.
55. Ensnare
56. This: Sp.
57. Graceful forest animal
60. Agcy. established in 1947 for natl. security

