



# Canyon Winds

## Retirement Community

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### Green Gem

August's birthstone, peridot, is known for its lime-green color, which varies in intensity due to the amount of iron present. The Romans called it "the evening emerald," as the gem appeared dark green in lamplight.

### A Wonderful Wildflower

The native North American wildflower known as coneflower brightens prairies, roadsides, parks and gardens with cheerful blooms that attract butterflies, bees and birds. The flowers, which belong to the daisy family, get their name from their spiny seed heads that resemble a cone. The classic purple coneflower is the most popular, but you'll also see white, red, orange, yellow and pink varieties.

### Playing With Sand

Just like building a sandcastle on a beach can evoke happiness, so can playing with sand as a form of sensory therapy. Sand has a long history of use in counseling sessions, and therapists say working with both wet and dry sand can ease feelings of anxiety and help a busy mind focus.

### Remember When: Iceboxes

Keeping food and drinks cool was a chore before electric refrigerators and freezers became common household appliances. At the turn of the 20th century, nearly every home's kitchen or pantry had an icebox—a wooden cabinet that was lined with zinc or tin and kept cool by a large block of ice. As the ice melted, it drained into a drip pan that had to be emptied often. Some iceboxes included an exterior access door so the iceman could deliver ice without having to come into the house.

## August 2022



### Quench Thirst With Lemonade


For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

### Lightweight Lit

What makes a book a "beach read"? Historically, this term referred to popular books released during the summer that captured a wide audience, similar to blockbuster movies. Now the idea of a beach read has evolved to mean literature that's generally easy to consume, whether it's a page-turning thriller, a joyful romance or a juicy drama.

**Happy Birthday to our Canyon Winds' Residents:**  
Irene, 16th, Gay, 26th & Kathy, 27th



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 ARTS &amp; CRAFTS - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 1:00 MUSIC THERAPY 2:30 BOWLING - HALLWAY 2ND FL</p>	<p>2 <b>NATIONAL COLORING BOOK DAY &amp; ICE CREAM SANDWICH DAY!</b> 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 &amp; ICE CREAM SANDWICHES 3:00 BINGO SHOPPING</p>	<p>3 <b>NATIONAL WATERMELON DAY!</b> 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 TRIVIA - GUESS THE JOB 6:00 POKER NIGHT - HOSTED BY JOAN - 2nd Fl Lobby</p>	<p>4 <b>OBAMA DAY!</b> 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CATHOLIC SERVICES - THEATER ROOM 1:00 SHOPPING - WALMART 2:30 LET'S DO PUZZLES TOGETHER!</p>	<p>5 <b>INTERNATIONAL BEER DAY!</b> 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 ARMCHAIR TRAVELS OR MOVIE 2:30 HAPPY HOUR</p>	<p>6 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>7 <b>PURPLE HEART DAY!</b> 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>8 <b>INTERNATIONAL CAT DAY!</b> 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 ARTS &amp; CRAFTS - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 1:00 MUSIC THERAPY 2:30 KARAOKE - THEATER ROOM</p>	<p>9 <b>BOOK LOVERS DAY!</b> 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 3:00 BINGO SHOPPING</p>	<p>10 <b>NATIONAL S'MORES DAY!</b> 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 S'MORES &amp; GAME DAY - ASSORTED BOARD &amp; CARD GAMES</p>	<p>11 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CATHOLIC SERVICES - THEATER ROOM 1:00 SHOPPING - TARGET 2:30 PUZZLE TIME!</p>	<p>12 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 ARMCHAIR TRAVELS OR MOVIE 2:00 BINGO 3:30 BINGO SHOPPING 5:30 MOVIE NIGHT - Hustle</p>	<p>13 <b>INTERNATIONAL LEFTHANDERS DAY!</b> 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>14 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>15 <b>NATIONAL RELAXATION DAY!</b> 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 ARTS &amp; CRAFTS - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 1:00 MUSIC THERAPY 2:30 TRIVIA with DALE LIKENS</p>	<p>16 <b>HAPPY BIRTHDAY IRENE! NATIONAL TELL A JOKE DAY!</b> 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH - RED, WHITE &amp; BREW 12:30 MEXICAN TRAIN - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING</p>	<p>17 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 2:00 DIXIE, OUR DOG THERAPY</p>	<p>18 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</p>	<p>19 <b>NATIONAL AVIATION DAY!</b> 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 ARMCHAIR TRAVELS OR MOVIE 2:30 HAPPY HOUR</p>	<p>20 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>21 <b>SENIOR CITIZENS DAY!</b> 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>22 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 ARTS &amp; CRAFTS - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 1:00 MUSIC THERAPY 2:00 RESIDENT COUNCIL MEETING</p>	<p>23 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH - KNEADERS BAKERY &amp; CAFE 12:30 MEXICAN TRAIN - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING</p>	<p>24 <b>NATIONAL WAFFLE DAY!</b> 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 GAME DAY - ASSORTED BOARD &amp; CARD GAMES</p>	<p>25 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 CATHOLIC SERVICES - THEATER ROOM 1:00 SHOPPING - BASHAS' 2:30 BINGO</p>	<p>26 <b>HAPPY BIRTHDAY GAY! NATIONAL DOG DAY!</b> 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 ARMCHAIR TRAVELS OR MOVIE 2:00 BINGO 3:30 BINGO SHOPPING</p>	<p>27 <b>HAPPY BIRTHDAY KATHY!</b> 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>28 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>29 6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE - ACTIVITY ROOM 10:00 ARTS &amp; CRAFTS - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM 1:00 MUSIC THERAPY 2:30 KARAOKE - THEATER ROOM</p>	<p>30 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 3:00 BINGO SHOPPING</p>	<p>31 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 WORDS IN WORDS GAME</p>			



## Movie Theater Milestones

From the first “talkies” to today’s special effects-packed blockbusters, cinemas have been drawing moviegoers for more than a century. Grab some snacks, sit back and view a few industry highlights.

Year	Milestone
1922	Air conditioning debuts at movie theaters.
1933	In New Jersey, the first drive-in theater opens.
1952	A movie craze emerges with 3D films.
1962	The first multiplex cinema is built in Missouri.
1970	Imax film technology debuts in Japan.
1981	Cup holders are added to movie seats.
2000	Customers get the option to buy tickets online.
2014	Large reclining seats become a feature at many theaters.

# “This Month In History”

## AUGUST

**1907:** UPS is founded as a messenger service by two teenagers in Seattle. It’s now one of the world’s largest package delivery companies.

**1913:** Stainless steel is invented by Harry Brearley of England.

**1946:** The first U.S. coin honoring an African American is authorized for minting. A commemorative half dollar was designed to pay tribute to educator Booker T. Washington.

**1959:** President Dwight D. Eisenhower signs an official proclamation admitting Hawaii as the 50th U.S. state.

**1969:** Half a million people gather at a farm in upstate New York for the Woodstock music festival. The landmark three-day event featured more than 30 artists and bands.

**1990:** MLB history is made when Ken Griffey Sr. and Ken Griffey Jr. become the first father and son to play on the same team, the Seattle Mariners.

**2005:** Hurricane Katrina forms in the Atlantic and makes landfall along the Gulf Coast, devastating the region.

**2020:** The music video of the hit song “Dynamite,” by Korean boy band BTS, sets a record on YouTube as the first video with over 100 million views in its first 24 hours.