



# Canyon Winds

## Retirement Community

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

### Farewell to Summer

Observed on the first Monday in September, Labor Day recognizes the achievements of American workers. Many people consider Labor Day the end of the summer season and organize cookouts and other outdoor events. The week of Labor Day also marks the start of the National Football League's regular season.

### Social Strolls

Set aside specific times each week to take a walk with different friends. You'll get the benefits of a low-impact, cardiovascular workout while staying in touch with those near and dear to you.

### Memorable Melody: '9 to 5'

Dolly Parton wrote this anthem about the workday grind for the movie of the same name. The country star made her acting debut in the 1980 comedy and wrote the song during filming. Along with her singing and songwriting skills, Parton even put her acrylic fingernails to work for the tune: Listeners can hear them as the rhythmic clacking of a typewriter! The spirited theme song earned Parton an Oscar nomination for best original song and two Grammy Awards, including best country song.

### IT Professionals Day

They pick us up when we crash, they're always putting in extra shifts ... basically, we just couldn't hack it without them! Give extra appreciation to everyone working in information technology on the third Tuesday in September, IT Professionals Day.

### September 2022



### A World of Words






Imagine studying a vocabulary list that's 1,000 words long. That's about how many words are added to the Merriam-Webster Dictionary every year. As language evolves, yielding new words and definitions of existing terms, experts study trends and usage so dictionaries can keep up with the times. If the Oxford English Dictionary is your go-to reference, study hard—they update every quarter, adding an average of 4,000 words a year.

### The Air Force at 75

The U.S. Air Force turns 75 on Sept. 18, celebrating a long legacy of defending America's skies. In recognition of this milestone, the Air Force has declared their 2022 theme as "Innovate, Accelerate, Thrive ... the Air Force at 75."

### Happy Birthday to Our Canyon Winds Residents

Betty 2nd  
Maudestine 10th  
Hazen 12th  
Sigi 17th and Terry 30th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>4 <b>HELLO September</b></p> <p>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>5 <b>HAPPY LABOR DAY</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 10:00 ARTS &amp; CRAFTS - ACTIVITY ROOM <b>1:00 MUSIC THERAPY</b> 2:00 MOVIE - THEATER ROOM <b>4:00 KARAOKE DINNER ENTERTAINMENT</b></p>	<p>6 <b>9.11 PATRIOT DAY NEVER FORGET</b></p> <p><b>READ A BOOK DAY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 9:30 Wii BOWLING - THEATER ROOM <b>11:00 LUNCH - CHILI'S</b> 12:30 MEXICAN TRAIN - ACTIVITY ROOM <b>2:00 BINGO</b> 3:00 BINGO SHOPPING</p>	<p><b>HAPPY Grandparents DAY</b></p> <p><b>NATIONAL BEER LOVERS DAY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM <b>2:30 EMBROIDERY</b> <b>6:00 POKER NIGHT - HOSTED BY JOAN - 2nd Fl Lobby</b></p>	<p>1</p> <p>6:30 COFFEE BAR - DINING ROOM 10:00 CATHOLIC SERVICES - THEATER ROOM <b>1:00 SHOPPING - WALMART</b> 3:00 TRIVIA or GAMES</p>	<p>2 <b>HAPPY BIRTHDAY BETTY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 MOVIE <b>2:30 HAPPY HOUR</b></p>	<p>3 <b>INTERNATIONAL BACON DAY!</b></p> <p>10:00 CARD GAMES 12:30 MOVIE/SNACKS - THEATER ROOM <b>1:30 BINGO - ACTIVITY ROOM</b> 2:30 MEXICAN TRAIN - ACTIVITY ROOM <b>5:30 KARAOKE - THEATER ROOM</b></p>
<p>11 <b>PATRIOT DAY, GRANDPARENTS DAY &amp; NATIONAL ASSISTED LIVING WEEK!</b></p> <p>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>12 <b>HAPPY BIRTHDAY HAZEN! EMMY AWARDS!</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 10:00 ARTS &amp; CRAFTS - ACTIVITY ROOM <b>1:00 MUSIC THERAPY</b> 2:00 MOVIE - THEATER ROOM</p>	<p>13</p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 9:30 Wii BOWLING - THEATER ROOM <b>11:00 LUNCH - VITO'S PIZZA</b> 12:30 MEXICAN TRAIN - ACTIVITY ROOM <b>2:00 BINGO</b> 3:00 BINGO SHOPPING</p>	<p>14</p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM <b>2:00 COME JOIN US FOR BRIDGE</b> <b>2:00 WRIGLEY - OUR THERAPY DOG</b></p>	<p>15</p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 10:00 CATHOLIC SERVICES - THEATER ROOM <b>1:00 SHOPPING - TARGET</b> 3:00 TRIVIA or GAMES</p>	<p>16 <b>NATIONAL POW/MIA RECOGNITION DAY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 MOVIE <b>2:30 HAPPY HOUR</b></p>	<p>17 <b>HAPPY BIRTHDAY SIGI!</b></p> <p>10:00 CARD GAMES 12:30 MOVIE/SNACKS - THEATER ROOM <b>1:30 BINGO - ACTIVITY ROOM</b> 2:30 MEXICAN TRAIN - ACTIVITY ROOM <b>5:30 KARAOKE - THEATER ROOM</b></p>
<p>18 <b>NATIONAL CHEESEBURGER DAY!</b></p> <p>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>19</p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 10:00 ARTS &amp; CRAFTS - ACTIVITY ROOM <b>1:00 MUSIC THERAPY</b> 2:00 MOVIE - THEATER ROOM <b>2:00 RESIDENT COUNCIL MEETING</b></p>	<p>20 <b>NATIONAL PEPPERONI PIZZA DAY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 9:30 Wii BOWLING - THEATER ROOM <b>11:00 LUNCH - FLANCER'S INCREDIBLE SANDWICHES</b> 12:30 MEXICAN TRAIN - ACTIVITY ROOM <b>2:00 BINGO</b> 3:00 BINGO SHOPPING</p>	<p>21 <b>INTERNATIONAL DAY OF PEACE!</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM <b>2:30 EMBROIDERY</b></p>	<p>22 <b>FALL BEGINS!</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 10:00 CATHOLIC SERVICES - THEATER ROOM <b>1:00 SHOPPING - BASHAS</b> <b>2:30 LET'S DO PUZZLES TOGETHER!</b></p>	<p>23</p> <p>6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 MOVIE 2:00 BINGO 3:30 BINGO SHOPPING <b>5:30 MOVIE NIGHT - PURPLE HEARTS</b></p>	<p>24</p> <p>10:00 CARD GAMES 12:30 MOVIE/SNACKS - THEATER ROOM <b>1:30 BINGO - ACTIVITY ROOM</b> 2:30 MEXICAN TRAIN - ACTIVITY ROOM <b>5:30 KARAOKE - THEATER ROOM</b></p>
<p>25 <b>NATIONAL DAUGHTER'S DAY!</b></p> <p><b>9:00 BRIDGE</b> 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>26 <b>NATIONAL PANCAKE DAY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 10:00 ARTS &amp; CRAFTS - ACTIVITY ROOM <b>1:00 MUSIC THERAPY</b> 2:00 MOVIE - THEATER ROOM</p>	<p>27 <b>NATIONAL VOTER REGISTRATION DAY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 9:30 Wii BOWLING - THEATER ROOM <b>11:00 LUNCH - PANDA EXPRESS (Chinese)</b> 12:30 MEXICAN TRAIN - ACTIVITY ROOM <b>2:00 BINGO</b> 3:00 BINGO SHOPPING</p>	<p>28 <b>NATIONAL SON'S DAY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY - ACTIVITY ROOM 1:00 MOVIE - THEATER ROOM <b>2:30 MUSICAL PUPPETEER - DINING ROOM</b></p>	<p>29 <b>NATIONAL COFFEE DAY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:00 EXERCISE 10:00 CATHOLIC SERVICES - THEATER ROOM <b>10:30 SHOPPING AND LUNCH - SUPERSTITION SPRINGS MALL</b> 3:00 TRIVIA or GAMES</p>	<p>30 <b>HAPPY BIRTHDAY TERRY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 MOVIE 2:00 BINGO 3:30 BINGO SHOPPING</p>	





## School Tools

Pencils, pens, paper and paint—students use these items and more in school. Study this list to see when some school supplies were newcomers to the classroom.

<u>Years</u>	<u>School Supplies</u>
1850s	Prang watercolor sets
1900s	Crayola crayons
1940s	Pee-Chee pocket folders
1950s	Metal lunchboxes featuring characters
1960s	Spiral notebooks
1970s	Pocket calculators
1980s	Trapper Keeper binders
2000s	Laptop computers
2010s	Tablet computers

"Then & Now"

# "This Month In History"

## SEPTEMBER

**1927:** Baseball great Babe Ruth hits his 60th home run in a single MLB season, setting a record that would stand for the next 34 years.

**1961:** The Peace Corps becomes a permanent government agency. Since then, more than 240,000 Americans have volunteered with the program to serve in developing countries.

**1964:** "Grapes of Wrath" author John Steinbeck is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

**1977:** Wearing water skis, the "Happy Days" character Fonzie jumps over a shark in an episode of the popular sitcom. The phrase "jumping the shark" is now used to describe the moment when an entertainment franchise dips in quality.

**1982:** With the motto "The Nation's Newspaper," USA Today publishes its first issue. Today, it is the most-read newspaper in the United States.

**1993:** The truth is out there! Sci-fi drama series "The X-Files" premieres on television.

**2016:** California's Yosemite National Park adds Ackerson Meadow to its protected boundary, expanding the park by 400 acres.

**2020:** Supreme Court justice Ruth Bader Ginsburg becomes the first woman to lie in state in the U.S. Capitol in Washington, D.C.