



# Canyon Winds

## Retirement Community

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

### 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.

### 3 Things You Need To Know

Football season is underway, so make sure you're familiar with a few common terms you'll probably hear while watching a game:

1) *Fair catch*. A player in position to receive a punt signals for a fair catch by raising his arm above his head and waving it. Once a fair catch is signaled, the receiver cannot advance the ball, and the other team's players are not allowed to tackle him.

2) *Lateral*. A pass that goes sideways or backward is called a lateral. A team can lateral as many times as it likes on a play, and laterals can occur anywhere on the field.

3) *Shift*. The movement of two or more offensive players at the same time before the football is snapped is called a shift.

### Commemorating 9/11

Dedicated to honoring those who died on that tragic day, each Sept. 11 is observed as Patriot Day and a National Day of Service and Remembrance.

## 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.

### Bite Into Better Immunity

There may be some truth in the saying that an apple a day keeps the doctor away. The fruit's high levels of antioxidants and soluble fiber have been shown to help boost the immune system and fight certain diseases.

### The Air Force at 75

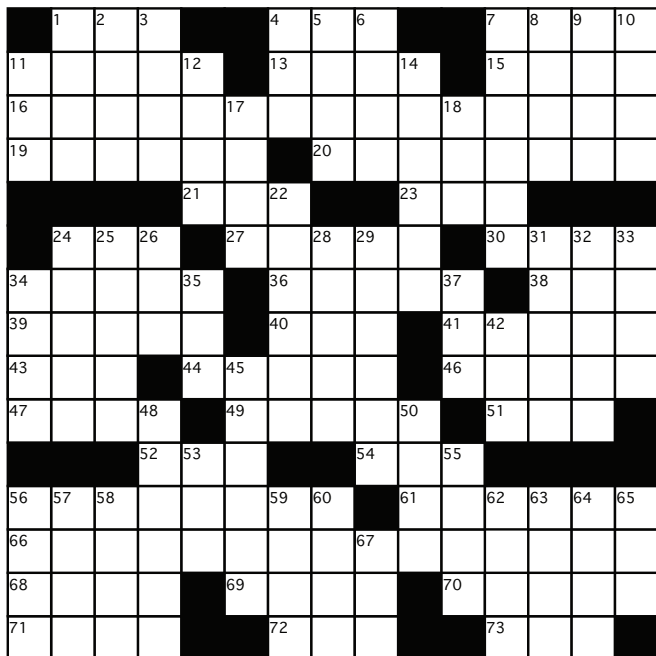
The U.S. Air Force turns 75 on Sept. 18, celebrating a long legacy of defending America's skies. In recognition of this milestone, the Air Force has declared their 2022 theme as "Innovate, Accelerate, Thrive ... the Air Force at 75."



| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|---|--|---|--|--|---|---|
|   | <h2 style="margin: 0;">HAPPY LABOR DAY!</h2>   | <p><b>KEY</b></p> <p><b>FIRST FLOOR</b><br/>           FP — Fireplace Room<br/>           DR — Dining Room<br/>           PDR — Private Dining Rm<br/>           PL — Pool<br/>           LOBBY — Lobby</p> <p><b>SECOND FLOOR</b><br/>           BN — Book Nook<br/>           L — Library</p>   | <p><b>KEY</b></p> <p><b>THIRD FLOOR</b><br/>           AR — Activities Room<br/>           FR — Fitness Room<br/>           TR — Theater Room<br/>           TL — Terrace Lounge<br/>           GN3 — 3rd Floor Game Nook</p> <p><b>FOURTH FLOOR</b><br/>           CH — Chapel<br/>           GN4 — 4th Floor Game Nook<br/>           The Hangar — 4th Floor Activities Room<br/>           HAIR SALON</p> | <p>9:00 <span style="color: red;">■</span> WATER AEROBICS POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR</p> <p>1:00 <span style="color: gray;">■</span> BINGO! TR</p> <p>2:15 <span style="color: red;">■</span> Painting 4th Floor Studio</p> <p>6:30 <span style="color: gray;">■</span> Hand &amp; Foot AR</p>   | <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 <span style="color: gray;">■</span> Nickel Pokeno AR</p> <p><b>3:00 HAPPY HOUR!! TL</b></p> <p>6:30 Movie Showing TR</p>   | <p>9:00 <span style="color: red;">■</span> WATER AEROBICS POOL</p> <p><b>1:00 <span style="color: orange;">■</span> Bible Study AR</b></p> <p>6:30 Movie Showing TR</p>   |
| <p>10:00 <span style="color: gray;">■</span> BINGO! AR</p> <p>10:00 <span style="color: orange;">■</span> Catholic Mass Streaming TR</p> <p>2:00 <span style="color: orange;">■</span> Virtual Church Service TR</p> <p>6:30 Movie Showing TR</p> | <p><b>Labor Day</b></p> <p>1:00 <span style="color: gray;">■</span> Hand &amp; Foot AR</p> <p>2:15 <span style="color: red;">■</span> Meditation TR</p> <p>6:30 <span style="color: gray;">■</span> Mexican Train GN3</p>  | <p>9:00 <span style="color: red;">■</span> WATER AEROBICS POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR</p> <p>2:00 <span style="color: red;">■</span> Hillsdale Lecture Series TR</p> <p>3:00 <span style="color: gray;">■</span> CARD GAMES AR</p> <p>6:30 Movie Showing TR</p>  | <p><b>9:00 <span style="color: blue;">■</span> Shopping Trip LOBBY</b></p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>10:30 <span style="color: orange;">■</span> Chapel CH</p> <p><b>1:00 <span style="color: purple;">■</span> CRAFT HOUR AR</b></p> <p>2:15 <span style="color: red;">■</span> Meditation TR</p> <p>6:30 <span style="color: gray;">■</span> Bridge** The HANGAR</p>                              | <p>9:00 <span style="color: red;">■</span> WATER AEROBICS POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR</p> <p>1:00 <span style="color: gray;">■</span> BINGO! TR</p> <p>2:15 <span style="color: red;">■</span> Painting 4th Floor Studio</p> <p>6:30 <span style="color: gray;">■</span> Hand &amp; Foot AR</p>   | <p>10:00 ONE-ON-ONE VISIT**</p> <p><b>10:00 <span style="color: blue;">■</span> TRADER JOE'S LOBBY</b></p> <p>11:00 <span style="color: gray;">■</span> Nickel Pokeno AR</p> <p><b>3:00 HAPPY HOUR!! TL</b></p> <p><b>3:00 <span style="color: blue;">■</span> MONET EXHIBIT LOBBY</b></p> <p>6:30 Movie Showing TR</p> | <p>9:00 <span style="color: red;">■</span> WATER AEROBICS POOL</p> <p>12:00 <span style="color: orange;">■</span> CARDS/ DOMINOES AR</p> <p><b>1:00 <span style="color: orange;">■</span> Bible Study AR</b></p> <p>6:30 Movie Showing TR</p> |
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| <p>10:00 <span style="color: gray;">■</span> BINGO! AR</p> <p>10:00 <span style="color: orange;">■</span> Catholic Mass Streaming TR</p> <p>2:00 <span style="color: orange;">■</span> Virtual Church Service TR</p> <p>6:30 Movie Showing TR</p> | <p><b>9:00 <span style="color: purple;">■</span> Coffee &amp; Donuts W/ Mesa PD LOBBY</b></p> <p><b>10:00 <span style="color: blue;">■</span> COSTCO LOBBY</b></p> <p>11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR</p> <p>1:00 <span style="color: gray;">■</span> Hand &amp; Foot AR</p> <p>2:15 <span style="color: red;">■</span> Meditation TR</p> <p>6:30 <span style="color: gray;">■</span> Mexican Train GN3</p> | <p>9:00 <span style="color: red;">■</span> WATER AEROBICS POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR</p> <p>2:00 <span style="color: red;">■</span> Hillsdale Lecture Series TR</p> <p>3:00 <span style="color: gray;">■</span> CARD GAMES AR</p> <p><b>5:00 <span style="color: blue;">■</span> FatCats Movie Theater LOBBY</b></p> <p>6:30 Movie Showing TR</p> | <p><b>9:00 <span style="color: blue;">■</span> Shopping Trip LOBBY</b></p> <p><b>10:00 <span style="color: purple;">■</span> KEN SORENSEN TR</b></p> <p>10:30 <span style="color: orange;">■</span> Chapel CH</p> <p>2:15 <span style="color: red;">■</span> Meditation TR</p> <p>6:30 <span style="color: gray;">■</span> Bridge** The HANGAR</p>   | <p>9:00 <span style="color: red;">■</span> WATER AEROBICS POOL</p> <p>10:00 <span style="color: orange;">■</span> Mass w/ Father Jerome CH</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR</p> <p>1:00 <span style="color: gray;">■</span> BINGO! TR</p> <p>2:15 <span style="color: red;">■</span> Painting 4th Floor Studio</p> <p>6:30 <span style="color: gray;">■</span> Hand &amp; Foot AR</p> | <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 <span style="color: gray;">■</span> Nickel Pokeno AR</p> <p><b>2:00 <span style="color: purple;">■</span> KARAOKE W/ MARTY TL</b></p> <p><b>3:00 HAPPY HOUR!! TL</b></p> <p>6:30 Movie Showing TR</p>  | <p>9:00 <span style="color: red;">■</span> WATER AEROBICS POOL</p> <p>12:00 <span style="color: orange;">■</span> CARDS/ DOMINOES AR</p> <p><b>1:00 <span style="color: orange;">■</span> Bible Study AR</b></p> <p>6:30 Movie Showing TR</p> |
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## Crossword Puzzle



### ACROSS

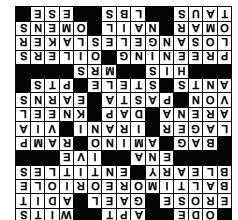
1. "\_\_\_ to Billy Joe"
4. Fitting
7. At one's \_\_\_ end
11. Jagged
13. Isle of Man resident
15. Miner's entrance
16. Baseball player
19. Like eyes, first thing in the morning
20. Gives a privilege
21. Last queen of Spain
23. Common contraction
24. Grocery holder
27. \_\_\_ acid
30. Freeway entrance
34. Beer's cousin
36. Persian
38. By way of
39. Sports building
40. Dip lightly in water
41. Assume a humble posture
43. Otto \_\_\_ Bismarck
44. Starchy food
46. Works for
47. Colony residents
49. Engraved pillar
51. Half-qt.
52. "He's got the whole world in \_\_\_."
54. Mme. or Sra.
56. Dressing up, fussily
61. Refueling ships

66. Basketball player
68. Bradley or Khayyam
69. Secure
70. Fortuneteller's concerns
71. Plato's Ts
72. Dieter's concerns: abbr.
73. Ending for Vietnam

### DOWN

1. Voiced
2. Ford's running mate
3. "¿Cómo \_\_\_ Ud.?"
4. In the past
5. Apple pie recipe verb
6. Prom-goer
7. One who is tipped
8. False deity
9. Floor square
10. Thérèse of Lisieux and others: abbr.
11. Go back
12. Ireland, to the Irish
14. Hand cream
17. Tropical bird
18. Danube or Nile: abbr.
22. In the center of
24. British peer
25. Representative
26. Adam's book: abbr.
28. Hot under the collar
29. Bomb ingredient
31. Keep from happening
32. Manners

33. Abbott and Costello or Bert and Ernie
34. Volcanic substance
35. Talk informally
37. Presidential nickname
42. Rest
45. Give out a task
48. Dressmaker's need
50. Love deity
53. Traveler's spot
55. Outbuilding
56. Piece of land
57. "Arrivederci, \_\_\_"
58. Biblical twin
59. Actor \_\_\_ McDonough
60. Spoken in a smooth, offhand manner
62. Like a poor excuse
63. \_\_\_ out a living; gets by
64. Frenchman's name
65. Yrbk. section
67. 1997 U. S. Open winner



# "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.