



Canyon Winds

Retirement Community

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A Tribute to Veterans

Veterans Day on Nov. 11 is a federal holiday that honors all men and women who have served in the U.S. armed forces. Originally called Armistice Day, the day marks the 11th hour of the 11th day of the 11th month of 1918 when an armistice between Germany and the Allies went into effect, ending World War I.

Courage Makes a Hero

"Being a hero doesn't mean you're invincible. It just means that you're brave enough to stand up and do what's needed." —Rick Riordan

Newsworthy Milestone

The longest-running show on television turns 75 this month. Created and originally hosted by journalist Martha Rountree, "Meet the Press" debuted on Nov. 6, 1947. The program's political commentary, panel discussions and exclusive interviews made it a staple of Sunday morning news in many households.

Giving Tuesday

Since its creation in 2012, the mission of Giving Tuesday is to encourage generosity during the shopping season. Through volunteering, food drives and charitable donations, millions of people worldwide have participated in the event, now held annually on the Tuesday after Thanksgiving.

Checkout Double-Check

After making a purchase, take a minute to scan your receipt before leaving the store. If you find a mistake, you can stop at customer service to have it corrected, saving you another trip.

November 2022




Happiness Helper: Practice Gratitude

The Thanksgiving holiday is centered on expressing gratitude, but making it a practice throughout the year can lead to more overall happiness. Taking time to think about the things you appreciate contributes to feelings of optimism and satisfaction and a greater sense of connection to others.

On the Menu: Giblet Gravy

For many, a traditional element of Thanksgiving dinner is rich and savory gravy made from giblets, which are the turkey's neck, heart, gizzards and liver. Often, a whole bird purchased from a supermarket will include these parts in a bag inside the turkey. When giblets are simmered with vegetables and herbs, the resulting stock is used to make a flavorful gravy. Some cooks also chop up the cooked giblet meat and add it to the gravy or mix it into stuffing.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 ■ CHAIR EXERCISE AR</p> <p>2:00 ■ Hillsdale Lecture Series TR</p> <p>3:00 ■ CARD GAMES AR</p> <p>6:30 Movie Showing TR</p>	<p>2</p> <p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>9:00 ■ Shopping Trip LOBBY</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>10:30 ■ Chapel CH</p> <p>1:00 ■ Billiards The HANGAR</p> <p>1:00 ■ Pie & Learn DR</p> <p>2:15 ■ Meditation TR</p> <p>6:30 ■ Bridge** The HANGAR</p>	<p>3</p> <p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 ■ CHAIR EXERCISE AR</p> <p>1:00 ■ BINGO! TR</p> <p>2:15 ■ Painting 4th Floor Studio</p> <p>6:30 ■ Hand & Foot AR</p>	<p>4</p> <p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>10:00 ■ Trader Joe's LOBBY</p> <p>11:00 ■ Nickel Pokeno AR</p> <p>3:00 ■ HAPPY HOUR!! TL</p> <p>6:30 Movie Showing TR</p>	<p>5</p> <p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>1:00 ■ Bible Study AR</p> <p>2:00 ■ CARDS/ DOMINOES AR</p> <p>6:30 Movie Showing TR</p>
<p>6</p> <p>10:00 ■ BINGO! AR</p> <p>10:00 ■ Catholic Mass Streaming TR</p> <p>2:00 ■ Virtual Church Service TR</p> <p>6:30 Movie Showing TR</p>	<p>7</p> <p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>10:00 ■ Superstition Springs Shopping LOBBY</p> <p>11:00 ■ CHAIR EXERCISE AR</p> <p>1:00 ■ Hand & Foot AR</p> <p>2:15 ■ Meditation TR</p> <p>6:30 ■ Mexican Train GN3</p>	<p>8</p> <p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 ■ CHAIR EXERCISE AR</p> <p>2:00 ■ Hillsdale Lecture Series TR</p> <p>3:00 ■ CARD GAMES AR</p> <p>6:30 Movie Showing TR</p>	<p>9</p> <p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>9:00 ■ Shopping Trip LOBBY</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>10:30 ■ Chapel CH</p> <p>1:00 ■ Billiards The HANGAR</p> <p>2:15 ■ Meditation TR</p> <p>3:00 ■ Trivia AR</p> <p>6:30 ■ Bridge** The HANGAR</p>	<p>10</p> <p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 ■ CHAIR EXERCISE AR</p> <p>1:00 ■ BINGO! TR</p> <p>2:15 ■ Painting 4th Floor Studio</p> <p>6:30 ■ Hand & Foot AR</p>	<p>11</p> <p>Veterans Day</p> <p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 ■ Nickel Pokeno AR</p> <p>2:00 ■ Karaoke w/ Marty! TL</p> <p>3:00 ■ HAPPY HOUR!! TL</p> <p>6:30 Movie Showing TR</p>	<p>12</p> <p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>10:00 ■ Canyon Winds Annual Car Show</p> <p>1:00 ■ Bible Study AR</p> <p>2:00 ■ CARDS/ DOMINOES AR</p> <p>6:30 Movie Showing TR</p>
<p>13</p> <p>10:00 ■ BINGO! AR</p> <p>10:00 ■ Catholic Mass Streaming TR</p> <p>2:00 ■ Virtual Church Service TR</p> <p>6:30 Movie Showing TR</p>	<p>14</p> <p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 ■ CHAIR EXERCISE AR</p> <p>1:00 ■ Hand & Foot AR</p> <p>2:15 ■ Meditation TR</p> <p>4:00 ■ Mystery DINNER LOBBY</p> <p>6:30 ■ Pinochle AR</p>	<p>15</p> <p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 ■ CHAIR EXERCISE AR</p> <p>2:00 ■ Hillsdale Lecture Series TR</p> <p>3:00 ■ CARD GAMES AR</p> <p>4:00 ■ Mystery DINNER LOBBY</p> <p>6:30 Movie Showing TR</p>	<p>16</p> <p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>9:00 ■ Shopping Trip LOBBY</p> <p>10:00 ■ KEN SORENSEN TR</p> <p>10:30 ■ Chapel CH</p> <p>1:00 ■ Billiards The HANGAR</p> <p>2:15 ■ Meditation TR</p> <p>6:30 ■ Bridge** The HANGAR</p>	<p>17</p> <p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 ■ CHAIR EXERCISE AR</p> <p>1:00 ■ BINGO! TR</p> <p>2:15 ■ Painting 4th Floor Studio</p> <p>6:30 ■ Hand & Foot AR</p>	<p>18</p> <p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>10:00 ■ Heard Museum LOBBY</p> <p>11:00 ■ Nickel Pokeno AR</p> <p>3:00 ■ HAPPY HOUR!! TL</p> <p>7:00 ■ Mesa Deseret Choir AR</p>	<p>19</p> <p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>1:00 ■ Bible Study AR</p> <p>2:00 ■ CARDS/ DOMINOES AR</p> <p>6:30 Movie Showing TR</p>
<p>20</p> <p>10:00 ■ BINGO! AR</p> <p>10:00 ■ Catholic Mass Streaming TR</p> <p>2:00 ■ Virtual Church Service TR</p> <p>6:30 Movie Showing TR</p>	<p>21</p> <p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 ■ CHAIR EXERCISE AR</p> <p>1:00 ■ Hand & Foot AR</p> <p>2:15 ■ Meditation TR</p> <p>3:00 ■ Concert at The Canyon AR</p> <p>6:30 ■ Mexican Train GN3</p>	<p>22</p> <p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 ■ CHAIR EXERCISE AR</p> <p>2:00 ■ Hillsdale Lecture Series TR</p> <p>3:00 ■ CARD GAMES AR</p> <p>3:00 ■ Hale Theater LOBBY</p> <p>6:30 Movie Showing TR</p>	<p>23</p> <p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>9:00 ■ Shopping Trip LOBBY</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>10:30 ■ Chapel CH</p> <p>1:00 ■ Billiards The HANGAR</p> <p>2:15 ■ Meditation TR</p> <p>3:00 ■ Trivia AR</p> <p>6:30 ■ Bridge** The HANGAR</p>	<p>24</p> <p>Thanksgiving</p> <p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>10:00 ■ Mass w/ Father Jerome CH</p> <p>1:00 ■ BINGO! TR</p> <p>2:15 ■ Painting 4th Floor Studio</p> <p>6:30 ■ Hand & Foot AR</p>	<p>25</p> <p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>11:00 ■ Nickel Pokeno AR</p> <p>3:00 ■ HAPPY HOUR!! TL</p> <p>6:30 Movie Showing TR</p>	<p>26</p> <p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>1:00 ■ Bible Study AR</p> <p>2:00 ■ CARDS/ DOMINOES AR</p> <p>6:30 Movie Showing TR</p>
<p>27</p> <p>10:00 ■ BINGO! AR</p> <p>10:00 ■ Catholic Mass Streaming TR</p> <p>2:00 ■ Virtual Church Service TR</p> <p>6:30 Movie Showing TR</p>	<p>28</p> <p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>10:00 ■ COSTCO LOBBY</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 ■ CHAIR EXERCISE AR</p> <p>1:00 ■ Hand & Foot AR</p> <p>2:15 ■ Meditation TR</p> <p>6:30 ■ Pinochle AR</p>	<p>29</p> <p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 ■ CHAIR EXERCISE AR</p> <p>2:00 ■ Hillsdale Lecture Series TR</p> <p>3:00 ■ CARD GAMES AR</p> <p>5:00 ■ FatCats Movie Theater LOBBY</p> <p>6:30 Movie Showing TR</p>	<p>30</p> <p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>9:00 ■ Shopping Trip LOBBY</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>10:30 ■ Chapel CH</p> <p>1:00 ■ Billiards The HANGAR</p> <p>2:15 ■ Meditation TR</p> <p>6:30 ■ Bridge** The HANGAR</p>	<p>-----KEY-----</p> <p>FIRST FLOOR</p> <p>FP — Fireplace Room</p> <p>DR — Dining Room</p> <p>PDR — Private Dining Rm</p> <p>PL — Pool</p> <p>LOBBY — Lobby</p> <p>SECOND FLOOR</p> <p>BN — Book Nook</p> <p>L — Library</p>	<p>-----KEY-----</p> <p>THIRD FLOOR</p> <p>AR — Activities Room</p> <p>FR — Fitness Room</p> <p>TR — Theater Room</p> <p>TL — Terrace Lounge</p> <p>GN3 — 3rd Floor Game Nook</p> <p>FOURTH FLOOR</p> <p>CH — Chapel</p> <p>GN4 — 4th Floor Game Nook</p> <p>The Hangar — 4th Floor Activities Room</p> <p>HAIR SALON</p>	



HAPPY
Thanksgiving

“This Month In History”

NOVEMBER

1876: Yale defeats Princeton in the first college football game played on Thanksgiving.

1935: Departing from San Francisco, the China Clipper seaplane carries over 110,000 pieces of mail across the Pacific Ocean, arriving in the Philippines seven days later. The completion of the voyage marked the beginning of trans-Pacific airmail service and travel.

1945: The super-strong, spunky girl with the mismatched socks is introduced to readers when

Astrid Lindgren’s book “Pippi Longstocking” is published in Sweden.

1963: Priced at \$15.95, the Easy-Bake Oven debuts in toy stores. Half a million of the mini appliances were sold during the first year.

1982: The first Honda Accord rolls off the assembly line in Marysville, Ohio, making Honda the first Asian automaker to manufacture cars in the U.S.

1993: A football record is set when the Miami Dolphins defeat the Philadelphia Eagles, crowning head coach Don Shula the winningest coach in NFL history.

2005: Angela Merkel is sworn in as the first female chancellor of Germany.

2019: The iconic black leather outfit worn by Olivia Newton-John in the 1978 film “Grease” is auctioned off for \$405,700, with 100% of the proceeds donated to the actress’ cancer research organization.