



Canyon Winds

Retirement Community

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

Learn About Loved Ones

March 20 is World Storytelling Day. Gather family and friends and share a story from your life, whether small or momentous. Then, give each of them the spotlight to do the same while you listen.

Pillow Pro Tip

Change the pillowcases on your bed every two to three days, health experts say. This guideline is especially important if you have allergies; fresh bedding keeps dust and pollen at bay, helping you breathe easier.

Memorable Melody: 'The Lion Sleeps Tonight'

One of the most recognizable songs in music history, this 1961 hit for doo-wop group The Tokens is known for the chanting line "Wimoweh, wimoweh," which is a clue to the song's origin. Originally written in 1939 by Solomon Linda, a musician from South Africa, it was titled "Mbube," the Zulu word for "lion." Pronounced "EEM-boo-beh," the word was misheard as "wimoweh" when folk group The Weavers covered it in 1952. Songwriter George David Weiss later composed the English lyrics—including the opening line of "In the jungle, the mighty jungle"—for The Tokens, who took the song to the top of the charts.

Brainteaser

Question: I have four wings but cannot fly. I never laugh and never cry. On the same spot, I'm always found, toiling away with little sound. What am I?

Answer: A windmill.

March 2023

Spring Starts

In the Northern Hemisphere, the spring equinox usually falls between March 19 and 21. This year, spring starts on March 20, and with it comes new beginnings. Take this opportunity to restart forgotten resolutions, begin a new journey you've been putting off or spruce up your home for a fresh feel.

Five a Day

National Nutrition Month, observed during March, is a reminder to make healthy eating a priority. For many adults, an attainable goal is to eat three servings of vegetables and two servings of fruit every day. This "five a day" suggestion is linked with a lower risk of chronic disease and increased longevity.

Wake With Cheer

"Hope sleeps in our bones like a bear waiting for spring to rise and walk." —Marge Piercy



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>KEY</p> <p>FIRST FLOOR FP — Fireplace Room DR — Dining Room PDR — Private Dining Rm PL — Pool LOBBY — Lobby</p> <p>SECOND FLOOR BN — Book Nook L — Library BR — Break Room</p>	<p>KEY</p> <p>THIRD FLOOR AR — Activities Room FR — Fitness Room TR — Theater Room TL — Terrace Lounge GN3 — 3rd Floor Game Nook</p> <p>FOURTH FLOOR CH — Chapel GN4 — 4th Floor Game Nook The Hangar — 4th Floor Activities Room HAIR SALON</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>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>1:00 Jack San Felice Lecture @ Flying Dutchman Museum</p> <p>2:15 ■ Painting 4th Floor Studio</p> <p>6:30 ■ Hand & Foot AR</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 w/ Dillon Spurlin on Guitar TL</p> <p>6:30 Movie Showing TR</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>10:00 ■ Catholic Mass Streaming TR</p> <p>1:00 ■ BINGO! AR</p> <p>2:00 ■ Virtual Church Service TR</p> <p>6:30 Movie Showing TR</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 ■ BIRTHDAY DINNER DR</p> <p>6:30 ■ Mexican Train GN3</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>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>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>2:30 ■ Resident Council Meeting 2nd floor Break Room</p> <p>6:30 ■ Hand & Foot AR</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>3:00 ■ HAPPY HOUR!! TL</p> <p>6:30 Movie Showing TR</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>10:00 ■ Catholic Mass Streaming TR</p> <p>1:00 ■ BINGO! AR</p> <p>2:00 ■ Virtual Church Service TR</p> <p>6:30 Movie Showing TR</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 ■ Mystery Dinner LOBBY</p> <p>6:30 ■ Pinochle AR</p>	<p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>10:00 ■ Blood Drive AR</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 ■ Trivia Night! AR</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 ■ Mystery Dinner LOBBY</p> <p>6:30 ■ Bridge** The HANGAR</p>	<p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>10:00 ■ Hearing Aid Service (FREE) The HANGAR</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>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>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>10:00 ■ Catholic Mass Streaming TR</p> <p>1:00 ■ BINGO! AR</p> <p>2:00 ■ Virtual Church Service TR</p> <p>6:30 Movie Showing TR</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 ■ Mexican Train GN3</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 ■ BOOK CLUB TL</p> <p>2:00 ■ Hillsdale Lecture Series TR</p> <p>3:00 ■ CARD GAMES AR</p> <p>6:30 Movie Showing TR</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>9:00 ■ WATER AEROBICS "B" POOL</p> <p>10:00 ■ Mass w/ Father Jerome CH</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>7:30 ■ WATER AEROBICS "A" POOL</p> <p>11:00 ■ Nickel Pokeno AR</p> <p>6:30 Movie Showing TR</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>10:00 ■ Catholic Mass Streaming TR</p> <p>1:00 ■ BINGO! AR</p> <p>2:00 ■ Virtual Church Service TR</p> <p>6:30 Movie Showing TR</p>	<p>7:30 ■ WATER AEROBICS "A" POOL</p> <p>10:00 ■ KEN SORENSEN LECTURE SERIES TR</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>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 ■ Trivia! AR</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 ■ Gary Finkelstein on Piano! AR</p> <p>6:30 ■ Bridge** The HANGAR</p>	<p>9:00 ■ WATER AEROBICS "B" POOL</p> <p>9:00 ■ Women's Breakfast DR</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>7:30 ■ WATER AEROBICS "A" POOL</p> <p>10:00 ONE-ON-ONE VISIT**</p> <p>11:00 ■ Nickel Pokeno AR</p> <p>3:00 ■ HAPPY HOUR!! TL</p> <p>6:30 Movie Showing TR</p>	

