



Canyon Winds

Retirement Community

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



Happy New Year!

We wish all of our residents and their families a wonderful year full of peace and joy. We are delighted to have you in our community!

Stay Sunny on the Inside

Wintertime is the season for citrus. And if the weather outside is frightful, an orange, clementine or grapefruit can put you in a sunshine state of mind. Citrus fruits are famous for their supply of immune-boosting vitamin C, and simply smelling their scents has been shown to be energizing.

'Who Loves Ya, Baby?'

Enjoy a lollipop on Jan. 21 in honor of Telly Savalas, who was born on that day in 1922. Best known for his award-winning role as a streetwise detective with a sweet tooth on the '70s series "Kojack," Savalas also starred in films such as "The Dirty Dozen" and "On Her Majesty's Secret Service."

Ideas Wanted

With a new year upon us, we are looking for ideas for new outings and activities. We would love to hear your suggestions, so please reach out to us!

January 2024



Warm Up With Ginger Tea





If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.

Celebrating MLK Jr. Day

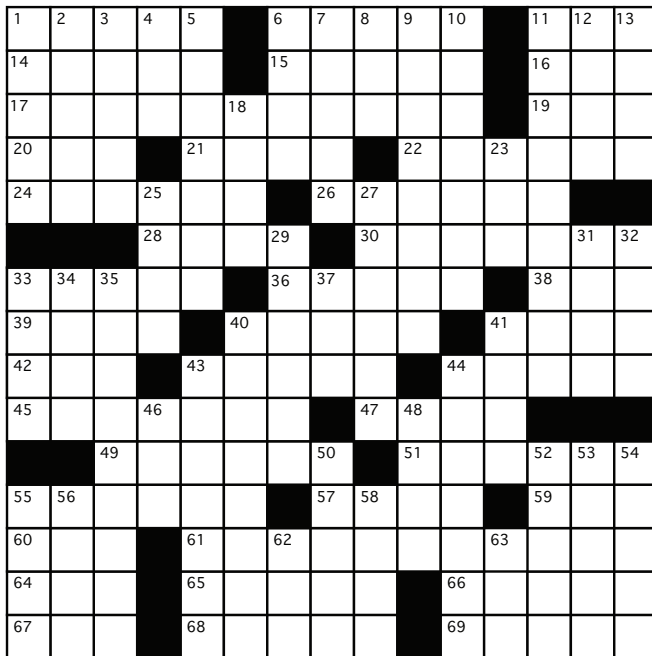
The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.

Happy Birthday to Our Canyon Winds' Residents

Carrol 1/9
Theresa 1/10
Jean 1/22
Elaine 1/27

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>2024 HAPPY NEW YEAR</div>	New Year's Day / Rose Bowl 1 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM 1:00 MUSIC THERAPY with HALLIE HARDY 2:00 MOVIE - THEATER ROOM	2 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH - PANDA EXPRESS (Chinese) 12:30 MEXICAN TRAIN or RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING	3 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY with CHAPLAIN DAVID 2:30 GAME DAY - SKIP-BO 2:30 MOVIE - THEATER ROOM	4 NATIONAL SPAGHETTI DAY 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 10:00 CATHOLIC SERVICES - HOSTED by THOM and CAROL with ALL SAINTS CATHOLIC CHURCH 10:00 NON-DENOMINATIONAL SERVICE 1:00 SHOPPING - WALMART 2:30 TRIVIA or GAMES	5 NATIONAL BIRD DAY 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 MOVIE 2:30 HAPPY HOUR with LIVE MUSIC by BILLY FREDERICK	6 10:00 CARD GAMES 1:30 BINGO - ACTIVITY ROOM 1:30 MOVIE 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 SATURDAY NIGHT AT THE MOVIES
NATIONAL BOBBLEHEAD DAY 7 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 MOVIE - THEATER ROOM 2:00 MEXICAN TRAIN - ACTIVITY ROOM 5:30 MOVIE	8 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM 1:00 MUSIC THERAPY with HALLIE HARDY 2:00 MOVIE - THEATER ROOM 2:30 TRIVIA hosted by DALE LIKENS	9 LAW ENFORCEMENT APPRECIATION DAY 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH - TOM'S BBQ 12:30 MEXICAN TRAIN or RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING	10 HAPPY BIRTHDAY, THERESA 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY with CAROL DENADEL 1:00 HAND BELLS - ACTIVITY ROOM 2:30 MOVIE - THEATER ROOM	11 NATIONAL MILK DAY 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 10:00 CATHOLIC SERVICES - HOSTED by THOM and CAROL with ALL SAINTS CATHOLIC CHURCH 10:00 NON-DENOMINATIONAL SERVICE 1:00 SHOPPING - DOLLAR STORE 2:30 TRIVIA or GAMES	12 KISS A GINGER DAY 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 4:00 DINNER ENTERTAINMENT LEE FORD GUITAR AND VOCALS	13 10:00 CARD GAMES 1:30 BINGO - ACTIVITY ROOM 1:30 MOVIE 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 SATURDAY NIGHT AT THE MOVIES
14 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 MOVIE - THEATER ROOM 2:00 MEXICAN TRAIN - ACTIVITY ROOM 5:30 MOVIE	Martin Luther King Jr. Day / NATIONAL HAT DAY 15 9:30 EXERCISE - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM 1:00 MUSIC THERAPY with HALLIE HARDY 2:00 MOVIE - THEATER ROOM 2:30 RESIDENT COUNCIL MEETING 4:00 WEAR YOUR FAVORITE HAT TO DINNER DAY!	16 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH - LUCKY LOU'S 12:30 MEXICAN TRAIN or RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING	17 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY with CHAPLAIN DAVID 2:30 BALLOON TENNIS 2:30 MOVIE - THEATER ROOM	18 WINNIE THE POOH DAY 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 10:00 CATHOLIC SERVICES - HOSTED by THOM and CAROL with ALL SAINTS CATHOLIC CHURCH 10:00 NON-DENOMINATIONAL SERVICE 1:00 SHOPPING - BASHAS 2:30 MIX & MINGLE - GET TO KNOW YOUR NEIGHBOR: ACTIVITY ROOM	19 NATIONAL POPCORN DAY 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 MOVIE 2:00 HAPPY HOUR with LIVE MUSIC by BILLY FREDERICK	20 10:00 CARD GAMES 1:30 BINGO - ACTIVITY ROOM 1:30 MOVIE 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 SATURDAY NIGHT AT THE MOVIES
NATIONAL HUG DAY 21 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 MOVIE - THEATER ROOM 2:00 MEXICAN TRAIN - ACTIVITY ROOM 5:30 MOVIE	HAPPY BIRTHDAY, JEAN 22 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM 1:00 MUSIC THERAPY with HALLIE HARDY 2:00 MOVIE - THEATER ROOM	23 NATIONAL PIE DAY 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH - DENNY'S 12:30 MEXICAN TRAIN or RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING	24 NATIONAL PEANUT BUTTER DAY 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY with CAROL DENADEL 2:30 CONNECT 4 2:30 MOVIE - THEATER ROOM	25 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 10:00 CATHOLIC SERVICES - HOSTED by THOM and CAROL with ALL SAINTS CATHOLIC CHURCH 10:00 NON-DENOMINATIONAL SERVICE 1:00 SHOPPING - TARGET 2:30 TRIVIA or GAMES 7:00 LADIES' GAME NIGHT - ACTIVITY ROOM	26 NATIONAL SPOUSES DAY 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 4:00 DINNER ENTERTAINMENT ROLF WEST MUSIC, ITALIAN	27 10:00 CARD GAMES 1:30 BINGO - ACTIVITY ROOM 1:30 MOVIE 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 SATURDAY NIGHT AT THE MOVIES
28 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 MOVIE - THEATER ROOM 2:00 MEXICAN TRAIN - ACTIVITY ROOM 5:30 MOVIE	29 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM 1:00 ARM CHAIR TRAVEL 2:00 MOVIE - THEATER ROOM	30 NATIONAL CROISSANT DAY 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH - FLANCER'S INCREDIBLE SANDWICHES 12:30 MEXICAN TRAIN or RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING	31 NATIONAL HOT CHOCOLATE DAY 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY with CHAPLAIN DAVID 2:30 MOVIE - THEATER ROOM 2:30 TIME FOR UNFINISHED ARTS & CRAFTS			

Crossword Puzzle



ACROSS

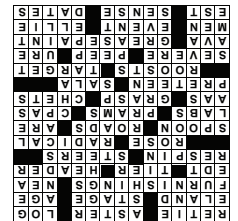
1. Fasten anew
6. Fall flower
11. Piece of wood
14. Antelope
15. Put on
16. Grow gray
17. Sofas, chairs, beds and tables
19. Teachers' org.
20. NY's time zone, during the summer
21. Level
22. Double-___; baseball fan's delight
24. Twirl again
26. Drives
28. Left one's bed
30. Extreme
33. Baby's utensil
36. Trails
38. Exist
39. Places for experiments
40. British buggies
41. Expert accountants, for short
42. Four-semester degs.
43. Hold tightly
44. Huntley and Atkins
45. Twelve-year-old
47. Room in a casa
49. Perches
51. Dart's destination

55. Rigorous
57. Chicken's sound
59. Suffix for depart or sculpt
60. ___ Gardner
61. Clown's makeup
64. Fellows
65. Happening
66. Woman's nickname
67. Suffix for few or new
68. Perceive
69. Desert fruits

DOWN

1. ___ to; cite
2. Escape detection
3. Bakery products
4. Place to spend a night
5. Newspaper issue
6. Arthur of the courts
7. Agitates
8. Earth tone
9. Intellectuals: slang
10. Plants a second time
11. Scenic painting
12. Curved molding
13. Equipment
18. Wrongdoings
23. Onassis, to friends
25. Major-leaguers
27. Stomps
29. Astray
31. Smell ___; suspect trickery

32. Not as much
33. Swat
34. Former TV personality Jack
35. On the watch
37. Intl. alliance
40. Save
41. Blacken
43. Bush and Bush
44. Showed approval
46. Place for a nail
48. Fits to ___
50. Extends across
52. Feeling of self-reproach
53. "Sesame Street" fellow
54. Heads of France
55. Identical
56. Days preceding
58. This: Sp.
62. Poetic contraction
63. Yellowhammer State: abbr.



"Approach the new year with resolve to find the opportunities hidden in each new day."

—Michael Josephson