



# Canyon Winds

## Retirement Community

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

### Happy Valentine's Day!

We'd like to wish all of our residents a very happy Valentine's Day. May your day be extra sweet!



### Super Bowl Party

It's Super Bowl time! Which team are you rooting for? Or are you cheering for the commercials, or just looking for the chips and dip? Whatever draws you to the big game, join us for football, food and fun during our Super Bowl party!

### Super Bowl Rings

Along with the Vince Lombardi Trophy, the Super Bowl's winning players and staff are gifted custom rings for the championship. So is the officiating crew. Those picked to referee the NFL's biggest game of the year each receive smaller versions of the keepsake.

### February 2024



### Awaiting the Season's Change

"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch." —Patience Strong

### Cold and Flu Truth

"Feed a cold, starve a fever." This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.

### Happy Birthday to Our Canyon Winds Residents






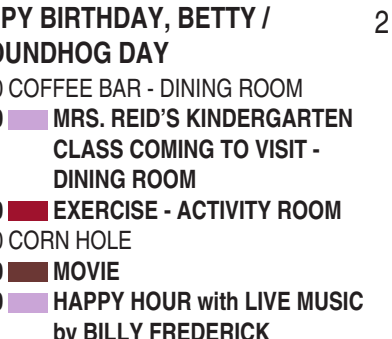
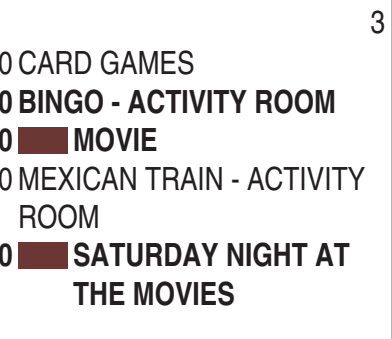


Aldine "Betty" 2/2

Anna 2/15

Linda R. 2/20

### Celebrate Your Spunk

You go, girl! February is Spunky Old Broads Month.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HAPPY GROUNDHOG DAY			 HAPPY Valentine's Day			
<b>GRAMMY AWARDS</b> 4 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	<b>5</b> 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM 1:00 BRIDGE 1:00 MUSIC THERAPY with HALLIE HARDY 2:00 MOVIE - THEATER ROOM	<b>6</b> 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH @ SALERNO'S 12:30 MEXICAN TRAIN or RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING	<b>7</b> NATIONAL SINGING 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	<b>8</b> 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 NONDENOMINATIONAL SERVICE 10:30 SHOPPING AND LUNCH @ SUPERSTITION SPRINGS MALL	<b>9</b> HAPPY BIRTHDAY, BETTY / GROUNDHOG DAY 6:30 COFFEE BAR - DINING ROOM 8:30 MRS. REID'S KINDERGARTEN CLASS COMING TO VISIT - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 MOVIE 2:30 HAPPY HOUR with LIVE MUSIC by BILLY FREDERICK	<b>10</b> CHINESE NEW YEAR 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
<b>11</b> SUPER BOWL 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 MOVIE - THEATER ROOM 2:00 MEXICAN TRAIN - ACTIVITY ROOM 4:00 SUPER BOWL PARTY - Theater Room	<b>12</b> LINCOLN'S BIRTHDAY 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM 1:00 BRIDGE 1:00 MUSIC THERAPY with HALLIE HARDY 2:00 MOVIE - THEATER ROOM 2:30 TRIVIA hosted by DALE LIKENS	<b>13</b> MARDI GRAS & PACZKI DAY 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH @ NANDO'S 12:30 MEXICAN TRAIN or RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING	<b>14</b> VALENTINE'S DAY 6:30 COFFEE BAR - DINING ROOM 8:30 MS. McKEE'S 5TH GRADE CLASS COMING TO VISIT - DINING ROOM 10:00 CORN HOLE 11:00 VALENTINE'S DAY LUNCH WITH LIVE ENTERTAINMENT - LEE FORD 1:00 BIBLE STUDY with CHAPLAIN DAVID 1:00 HANDBELLS - ACTIVITY ROOM 2:30 MOVIE - THEATER ROOM	<b>15</b> 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 NONDENOMINATIONAL SERVICE 1:00 SHOPPING @ BASHAS 2:30 MIX & MINGLE - GET TO KNOW YOUR NEIGHBOR: ACTIVITY ROOM	<b>16</b> 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 CORN HOLE 1:00 FITNESS SCREENING HOSTED by ALECA - ACTIVITY ROOM 1:30 MOVIE 2:30 HAPPY HOUR with LIVE MUSIC by BILLY FREDERICK	<b>17</b> RANDOM ACTS OF KINDNESS 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
<b>18</b> HAPPY BIRTHDAY, ANNA NATIONAL DRINK WINE DAY 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	<b>19</b> Presidents Day 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM 1:00 BRIDGE 1:00 MUSIC THERAPY with HALLIE HARDY 2:00 MOVIE - THEATER ROOM 2:30 RESIDENT COUNCIL MEETING	<b>20</b> HAPPY BIRTHDAY, LINDA R. NATIONAL LOVE YOUR PET DAY 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH @ THE HUB 12:30 MEXICAN TRAIN or RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING	<b>21</b> 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY with CAROL DENADEL 2:30 GAME TIME with the SANDLOT BASEBALL TEAM - ACTIVITY ROOM 2:30 MOVIE - THEATER ROOM	<b>22</b> NATIONAL MARGARITA 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 NONDENOMINATIONAL SERVICE 1:00 SHOPPING @ TARGET	<b>23</b> 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 & VOCALS	<b>24</b> SAG AWARDS 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
<b>25</b> PGA AWARDS 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	<b>26</b> 6:30 COFFEE BAR - DINING ROOM 9:30 EXERCISE - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM 1:00 ARMCHAIR TRAVEL 1:00 BRIDGE 2:00 MOVIE - THEATER ROOM	<b>27</b> 6:30 COFFEE BAR - DINING ROOM 8:45 EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH @ UNCLE BEARS 12:30 MEXICAN TRAIN or RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING	<b>28</b> 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	<b>29</b> 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 NONDENOMINATIONAL SERVICE 1:00 SHOPPING @ THE DOLLAR STORE 7:00 LADIES' GAME NIGHT - ACTIVITY ROOM		




 Word Search  
**February**

Arrow	Heart
Candy	Hug
Card	Kiss
Cupid	Love
February	Red
Flowers	Roses
Friends	Sweet
Groundhog	Valentine

G	V	A	L	E	N	T	I	N	E	F	D	R	A	C
O	F	R	U	O	X	C	O	S	R	E	W	O	L	F
H	E	P	J	V	V	R	Q	P	B	A	S	A	R	
D	E	W	R	D	N	E	R	I	C	R	J	E	F	I
N	K	A	N	S	B	B	I	X	R	U	C	S	J	E
U	X	D	R	I	N	F	U	O	S	A	P	X	O	N
O	R	L	S	T	A	K	W	V	N	R	B	I	K	D
R	X	I	L	I	E	T	O	D	E	Y	G	M	D	S
G	U	H	H	T	L	E	Y	S	A	F	H	C	T	O
S	F	C	P	D	I	U	W	S	Z	K	D	E	M	R
G	F	O	B	X	Y	I	V	S	I	U	T	K	K	P
U	K	Y	Z	S	B	D	R	K	S	T	J	C	K	K
W	W	Z	K	U	B	L	I	D	U	I	G	O	B	X
C	E	Z	X	P	X	F	H	K	B	U	K	C	A	A