



# Canyon Winds

## Retirement Community

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

### Take a Leap

2024 is a leap year, when February has an extra day. Take inspiration from Leap Day on Feb. 29 to “take a leap” and try something new in your life, such as joining a club or taking a class.

### Making a Splash

If you watch sports, then you probably know about the famed Gatorade shower, also known as the Gatorade dunk or bath. This tradition of dumping a cooler full of liquid onto the head coach—or star player—began with New York Giants defensive tackle Jim Burt in 1984. After some grueling practices that resulted in a winning game, Burt, linebacker Harry Carson and team dumped the icy drink all over head coach Bill Parcells. This bit of fun has since become a beloved tradition for victorious teams.

### Memorable Melody: ‘You’ve Got a Friend’

This beloved folk ballad was written and recorded by Carole King in 1971, but her close friend and collaborator James Taylor was the one who took it to the top of the charts that same year. Though King didn’t write the tune specifically for Taylor, she was inspired by a line in his hit song “Fire and Rain”—“I’ve seen lonely times when I could not find a friend”—and penned a heartfelt response, reassuring the listener that “All you have to do is call, and I’ll be there.” Both artists earned Grammys for “You’ve Got a Friend”—song of the year for King and best male pop vocal for Taylor—and it’s a signature song for each that they’ve often performed together.

### February 2024







### Valentine’s Day Treat

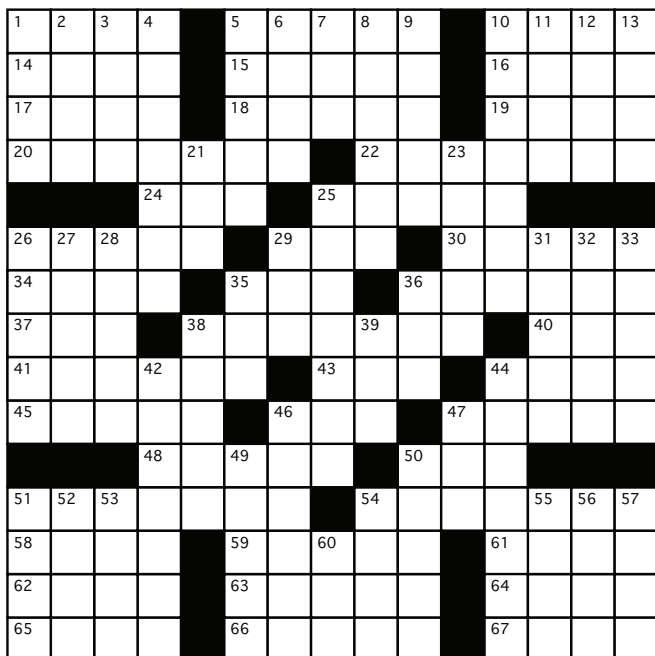
Conversation hearts, also known as candy hearts or Sweethearts, date back to the late 1800s when Oliver Chase and his brother Daniel created the sugary treats. They used vegetable dye to print words on what were originally scallop-shaped confections. Phrases were much longer then, with sayings such as “Married in white, you have chosen right” and “How long shall I have to wait? Please be considerate.” In 1902, the famous heart shape appeared and simpler prints came out, like the familiar “Be Mine” or “Kiss Me.”





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>KEY</b> <b>FIRST FLOOR</b> FP- Fireplace DR- Dining Room PDR- Private Dining Room PL- Pool LOBBY- Lobby <b>SECOND FLOOR</b> BN- Book Nook L- Library BR- Break Room	<b>KEY</b> <b>THIRD FLOOR</b> AR- Activities Room FR- Fitness Room TR- Theater Room TL- Terrace Lounge <b>FOURTH FLOOR</b> CH- Chapel The Hangar- 4th Floor Activities Room HAIR SALON	<div>1</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 BINGO! TR</div> <div>2:15 Painting 4th Floor Studio</div> <div>6:30 Hand &amp; Foot AR</div>	<div>2</div> <div>8:00 WATER AEROBICS "A" POOL</div> <div>10:00 CASINO LOBBY</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 Nickel Pokeno AR</div> <div>3:00 HAPPY HOUR!! TL</div> <div>6:30 Movie Showing TR</div>	<div>3</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>1:00 Bible Study AR</div> <div>2:00 CARDS/ DOMINOES AR</div> <div>6:30 Movie Showing TR</div>
<div>4</div> <div>10:00 Catholic Mass Streaming TR</div> <div>1:00 BINGO! AR</div> <div>2:00 Virtual Church Service TR</div> <div>6:30 Movie Showing TR</div>	<div>5</div> <div>8:00 WATER AEROBICS "A" POOL</div> <div>10:00 TRADER JOE'S LOBBY</div> <div>1:00 Hand &amp; Foot AR</div> <div>2:15 Meditation TR</div> <div>3:00 Readers' Theater</div> <div>4:00 Resident Birthday Dinner</div> <div>6:30 Mexican Train AR</div>	<div>6</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>2:00 Hillsdale Lecture Series TR</div> <div>3:00 CARD GAMES AR</div> <div>3:30 Steve Nissle Lecture "Route 66" TR</div> <div>6:30 Movie Showing TR</div>	<div>7</div> <div>8:00 WATER AEROBICS "A" POOL</div> <div>9:00 Shopping Trip LOBBY</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>10:30 Chapel CH</div> <div>1:00 Billiards The HANGAR</div> <div>2:15 Meditation TR</div> <div>6:30 Bridge** The HANGAR</div>	<div>8</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 BINGO! TR</div> <div>2:15 Painting 4th Floor Studio</div> <div>2:30 Resident Council Meeting 2nd floor Break Room</div> <div>6:30 Hand &amp; Foot AR</div>	<div>9</div> <div>8:00 WATER AEROBICS "A" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 Nickel Pokeno AR</div> <div>3:00 HAPPY HOUR!! TL</div> <div>6:30 Movie Showing TR</div>	<div>10</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>1:00 Bible Study AR</div> <div>2:00 CARDS/ DOMINOES AR</div> <div>2:00 KARAOKE TL</div> <div>6:30 Movie Showing TR</div>
<div>11</div> <div>10:00 Catholic Mass Streaming TR</div> <div>1:00 BINGO! AR</div> <div>2:00 Virtual Church Service TR</div> <div>3:00 BYOB Super Bowl TR</div> <div>6:30 Movie Showing TR</div>	<div>12</div> <div>8:00 WATER AEROBICS "A" POOL</div> <div>10:00 ONE ON ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>11:00 MYSTERY LUNCH LOBBY</div> <div>1:00 Hand &amp; Foot AR</div> <div>2:15 Meditation TR</div> <div>6:30 Pinochle AR</div>	<div>13</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 SPONSORED SHOW- Piano Bar Gary</div> <div>2:00 Hillsdale Lecture Series TR</div> <div>3:00 CARD GAMES AR</div> <div>6:30 Trivia Night! TL</div>	<div>14</div> <div>HAPPY VALENTINE'S DAY</div> <div>8:00 WATER AEROBICS "A" POOL</div> <div>9:00 Shopping Trip LOBBY</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>10:30 Chapel CH</div> <div>11:00 MYSTERY LUNCH LOBBY</div> <div>11:30 Barbershop Quartet Love songs - Dining Room</div> <div>1:00 Billiards The HANGAR</div> <div>2:15 Meditation TR</div> <div>6:30 Bridge** The HANGAR</div>	<div>15</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 BINGO! TR</div> <div>2:15 Painting 4th Floor Studio</div> <div>6:30 Hand &amp; Foot AR</div>	<div>16</div> <div>8:00 WATER AEROBICS "A" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 Nickel Pokeno AR</div> <div>3:00 HALE THEATER LOBBY</div> <div>3:00 HAPPY HOUR!! TL</div> <div>6:30 Movie Showing TR</div>	<div>17</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>1:00 Bible Study AR</div> <div>2:00 CARDS/ DOMINOES AR</div> <div>6:30 Movie Showing TR</div>
<div>18</div> <div>10:00 Catholic Mass Streaming TR</div> <div>1:00 BINGO! AR</div> <div>2:00 Virtual Church Service TR</div> <div>6:30 Movie Showing TR</div>	<div>19</div> <div>Presidents Day</div> <div>8:00 WATER AEROBICS "A" POOL</div> <div>1:00 Hand &amp; Foot AR</div> <div>2:15 Meditation TR</div> <div>6:30 Mexican Train AR</div>	<div>20</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>11:00 SW Mobility</div> <div>1:00 BOOK CLUB TL</div> <div>2:00 Hillsdale Lecture Series TR</div> <div>3:00 CARD GAMES AR</div> <div>6:30 Movie Showing TR</div>	<div>21</div> <div>8:00 WATER AEROBICS "A" POOL</div> <div>9:00 Shopping Trip LOBBY</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>10:30 Chapel CH</div> <div>1:00 Billiards The HANGAR</div> <div>1:00 VILLAGE MED</div> <div>2:15 Meditation TR</div> <div>6:30 Bridge** The HANGAR</div>	<div>22</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 BINGO! TR</div> <div>2:15 Painting 4th Floor Studio</div> <div>6:30 Hand &amp; Foot AR</div>	<div>23</div> <div>8:00 WATER AEROBICS "A" POOL</div> <div>10:00 COSTCO LOBBY</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 Nickel Pokeno AR</div> <div>2:30 HAPPY HOUR!! TL</div> <div>3:00 SPONSORED SHOW- Gustavo Angeles</div> <div>6:30 Movie Showing TR</div>	<div>24</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>1:00 Bible Study AR</div> <div>2:00 CARDS/ DOMINOES AR</div> <div>6:30 Movie Showing TR</div>
<div>25</div> <div>10:00 Catholic Mass Streaming TR</div> <div>1:00 BINGO! AR</div> <div>2:00 Virtual Church Service TR</div> <div>6:30 Movie Showing TR</div>	<div>26</div> <div>8:00 WATER AEROBICS "A" POOL</div> <div>9:00 Men's Breakfast</div> <div>10:00 ONE ON ONE VISIT</div> <div>10:30 Heard Museum LOBBY</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 Hand &amp; Foot AR</div> <div>2:15 Meditation TR</div> <div>6:30 Pinochle AR</div>	<div>27</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>2:00 Hillsdale Lecture Series TR</div> <div>3:00 CARD GAMES AR</div> <div>6:30 Trivia! TL</div>	<div>28</div> <div>8:00 WATER AEROBICS "A" POOL</div> <div>9:00 Shopping Trip LOBBY</div> <div>10:00 KEN SORENSEN LECTURE SERIES</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>10:30 Chapel CH</div> <div>1:00 Billiards The HANGAR</div> <div>2:15 Meditation TR</div> <div>6:30 Bridge** The HANGAR</div>	<div>29</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 BINGO! TR</div> <div>2:15 Painting 4th Floor Studio</div> <div>6:30 Hand &amp; Foot AR</div>		

## Crossword Puzzle



### ACROSS

1. Pony-drawn vehicle
5. Stories
10. Wet
14. Having wings
15. Obvious
16. Word with what or when
17. Opposite of different
18. Crown
19. Geometric shape
20. Analyzed ore
22. Nuts
24. Accessory on the brae
25. Bread recipe verb
26. Sultan's wives
29. Cover
30. Boldness
34. Acted like
35. Color
36. Sees eye to eye
37. Sever
38. Traveler's need
40. Poet's contraction
41. Inquiry sent out to find a lost package
43. Dessert choice
44. German article
45. Elegance in bearing
46. Title for Olivier
47. Consecrate
48. Noble gas
50. Intelligence agcy.

51. Counselor
54. Weapon
58. Weaver's device
59. Speak publicly
61. Fictional villain
62. Women's magazine
63. Removes, for short
64. Womanizer's glance
65. Origin
66. Boards
67. Negative votes

### DOWN

1. Mexican home
2. "Woe is me!"
3. Horned animals
4. Gave medical aid to
5. \_\_\_ pole
6. Very eager
7. Meadowland
8. Gofer's mission
9. Old
10. Translator
11. Stratford's river
12. Fix
13. Reagan, once: abbr.
21. Sweet potato
23. Dog's disease
25. Ringleader
26. Comes to a stop
27. Nautical term
28. Compensate
29. Fall behind

31. Make a new bow
32. Blood carriers
33. Plural indicators, usually
35. Paver's substance
36. Years lived
38. Beverages
39. Breather's need
42. Asserted as true
44. Joy
46. Light reddish-brown
47. Prefix for degradable or feedback
49. Merchandise
50. Game of strategy
51. Pub orders
52. Elizabeth or Robert
53. Small rodent
54. Editor's word
55. Lady \_\_\_
56. Unsightly
57. Refusals
60. Heart of Dixie: abbr.



## Word Search

### Category: Flowers

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

### 1. Aster

2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

- Word Search Solution:
1. Aster
  2. Azalea
  3. Begonia
  4. Bluebell
  5. Carnation
  6. Dahlia
  7. Daisy
  8. Iris
  9. Lilac
  10. Lily
  11. Marigold
  12. Orchid
  13. Peony
  14. Petunia
  15. Poppy
  16. Rose
  17. Sunflower
  18. Tulip
  19. Violet
  20. Zinnia

