



# Canyon Winds

## Retirement Community

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

### Here's to You, Mom

Happy Mother's Day to all of the mothers and grandmothers in our community! We hope you enjoy your special day.

### 'M' Is for Mother

In the majority of the world's languages, the word for "mother" begins with the "M" consonant sound. Linguists say this is likely because "ma" is one of the first sounds uttered by infants.

### Enjoy a Teatime Treat

A soothing cup of tea becomes a real party when you add some snacks! While you can nibble on whatever you're in the mood for, certain foods pair especially well with different teas. Desserts that are slightly sweet, like shortbread cookies or scones, are a good choice since they won't overpower the tea's flavor. If sipping a fruity blend, spread the same flavor of jam on toast or a biscuit. Cinnamon treats can enhance a spicy chai, and citrus is an excellent match for Earl Grey.

### 150th Kentucky Derby

The world's most exciting two minutes in sports will bring even more excitement this year, as thousands will gather to watch the 150th Kentucky Derby on May 4. Several special events are scheduled to mark this milestone, including the fashion-focused "Derby Through the Decades" on Opening Night of the festivities, April 27. Churchill Downs will also unveil its renovated paddock, offering attendees luxury seating and an up-close look at the horses before the Race for the Roses begins.

May 2024







### Buttoned Up

Many folks have memories of opening up a box or tin at Grandma's house and finding a bunch of buttons! These little accessories are popular items to collect, not only to use in sewing and crafting, but also for their window into history. Like jewelry, buttons were often status symbols, and both the material and style of button can indicate what era it's from and who might have worn it. With buttons in every size, shape and color, plus endless ways to display them, button collecting is a hobby anyone can pick up.

### Happy Birthday to Our Canyon Winds Residents

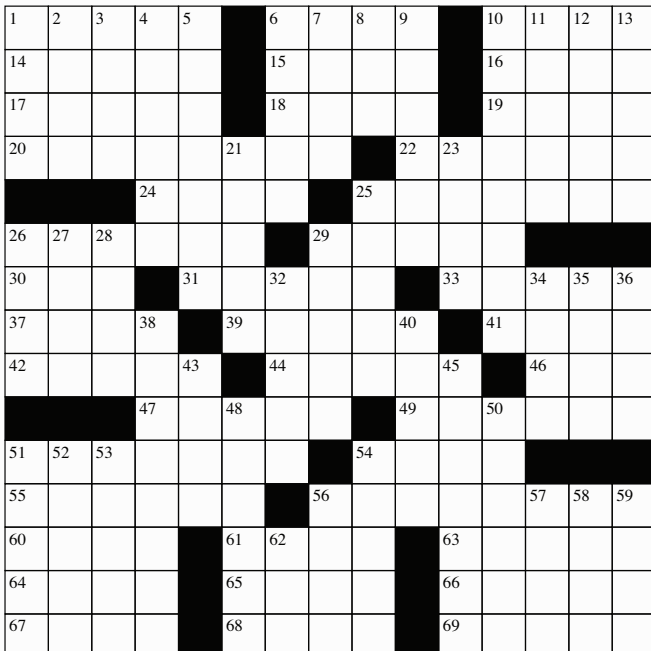
Millie 5/4  
Carol 5/11  
Barbara A. 5/19  
Karen 5/28  
Judy B. 5/28



| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|--|--|---|--|--|--|--|
|  <p><b>HAPPY MOTHER'S DAY</b></p>  |  <p><b>MEMORIAL DAY</b><br/>HONORING ALL WHO SERVED</p>   |  <p><b>CINCO DE MAYO</b></p>  | <p><b>MAY DAY!</b> 1</p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 10:00 CORN HOLE<br/>                 1:00 <span style="color: lightblue;">■</span> BIBLE STUDY with CAROL DENADEL<br/>                 2:00 JEWELRY MAKING CLASS - ACTIVITY ROOM<br/>                 2:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM</p>                       | <p><b>NATIONAL DAY OF PRAYER</b> 2</p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 10:00 CATHOLIC SERVICES - HOSTED by THOM and CAROL with ALL SAINTS CATHOLIC CHURCH<br/>                 10:00 NONDENOMINATIONAL SERVICE<br/>                 1:00 <span style="color: blue;">■</span> SHOPPING - WALMART</p>   | <p><b>WORLD PRESS FREEDOM DAY</b> 3</p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 9:30 <span style="color: red;">■</span> EXERCISE - ACTIVITY ROOM<br/>                 10:00 CORN HOLE<br/>                 1:00 <span style="color: brown;">■</span> MOVIE<br/>                 2:30 <span style="color: purple;">■</span> HAPPY HOUR, CINCO DE MAYO with ROLF WEST MUSIC</p>  | <p><b>HAPPY BIRTHDAY, MILLIE / INTERNATIONAL FIREFIGHTERS DAY</b> 4</p> <p>10:00 CARD GAMES<br/>                 1:30 <span style="color: yellow;">■</span> BINGO - ACTIVITY ROOM<br/>                 1:30 <span style="color: brown;">■</span> MOVIE<br/>                 2:30 MEXICAN TRAIN - ACTIVITY ROOM<br/>                 5:30 <span style="color: brown;">■</span> SATURDAY NIGHT AT THE MOVIES</p> |
| <p><b>CINCO DE MAYO</b> 5</p> <p>9:00 CARD GAMES<br/>                 10:00 VIRTUAL CATHOLIC SERVICES<br/>                 1:00 BRIDGE<br/>                 1:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM<br/>                 2:00 MEXICAN TRAIN - ACTIVITY ROOM<br/>                 5:30 <span style="color: brown;">■</span> MOVIE</p>  | <p><b>NATIONAL NURSES DAY</b> 6</p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 9:30 <span style="color: red;">■</span> EXERCISE - ACTIVITY ROOM<br/>                 10:00 ARTS &amp; CRAFTS - ACTIVITY ROOM<br/>                 1:00 BRIDGE<br/>                 1:00 <span style="color: purple;">■</span> MUSIC THERAPY with HALLIE HARDY <span style="color: black;">🎵</span><br/>                 2:00 <span style="color: brown;">■</span> MOVIE - THEATER ROOM</p>  | <p><b>NATIONAL TEACHERS DAY</b> 7</p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 9:30 Wii BOWLING - THEATER ROOM<br/>                 11:00 <span style="color: green;">■</span> LUNCH @ OLIVE GARDEN<br/>                 12:30 MEXICAN TRAIN or RUMMIKUB - ACTIVITY ROOM<br/>                 2:00 <span style="color: yellow;">■</span> BINGO<br/>                 3:00 BINGO SHOPPING</p>                 | <p>8</p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 10:00 CORN HOLE<br/>                 1:00 <span style="color: lightblue;">■</span> BIBLE STUDY with CHAPLAIN DAVID<br/>                 1:00 <span style="color: purple;">■</span> HANDBELLS - ACTIVITY ROOM<br/>                 2:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM</p>           | <p>9</p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 10:00 CATHOLIC SERVICES - HOSTED by THOM and CAROL with ALL SAINTS CATHOLIC CHURCH<br/>                 10:00 NONDENOMINATIONAL SERVICE<br/>                 12:30 <span style="color: blue;">■</span> SHOPPING @ T.J.MAXX<br/>                 2:30 TRIVIA or GAMES</p>   | <p>10</p> <p><b>MILITARY SPOUSES APPRECIATION DAY</b></p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 9:30 <span style="color: red;">■</span> EXERCISE - ACTIVITY ROOM<br/>                 10:00 CORN HOLE<br/>                 1:00 <span style="color: purple;">■</span> Mother's Day Celebration, High Tea<br/>                 2:00 <span style="color: brown;">■</span> MOTHER'S DAY MOVIE, THE NOTEBOOK!</p>  | <p>11</p> <p><b>HAPPY BIRTHDAY, CAROL</b></p> <p>10:00 CARD GAMES<br/>                 1:30 <span style="color: yellow;">■</span> BINGO - ACTIVITY ROOM<br/>                 1:30 <span style="color: brown;">■</span> MOVIE<br/>                 2:30 MEXICAN TRAIN - ACTIVITY ROOM<br/>                 5:30 <span style="color: brown;">■</span> SATURDAY NIGHT AT THE MOVIES</p>                           |
| <p><b>HAPPY MOTHER'S DAY!</b> 12</p> <p>9:00 CARD GAMES<br/>                 10:00 VIRTUAL CATHOLIC SERVICES<br/>                 11:00 SPECIAL MOTHER'S DAY LUNCH<br/>                 1:00 BRIDGE<br/>                 1:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM<br/>                 2:00 MEXICAN TRAIN - ACTIVITY ROOM<br/>                 5:30 <span style="color: brown;">■</span> MOVIE</p> | <p>13</p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 9:30 <span style="color: red;">■</span> EXERCISE - ACTIVITY ROOM<br/>                 10:00 ARTS &amp; CRAFTS - ACTIVITY ROOM<br/>                 1:00 BRIDGE<br/>                 1:00 <span style="color: purple;">■</span> MUSIC THERAPY with HALLIE HARDY <span style="color: black;">🎵</span><br/>                 2:30 <span style="color: purple;">■</span> TRIVIA hosted by DALE LIKENS</p>   | <p>14</p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 9:30 Wii BOWLING - THEATER ROOM<br/>                 11:00 <span style="color: green;">■</span> LUNCH @ P.F. CHANG'S<br/>                 12:30 MEXICAN TRAIN or RUMMIKUB - ACTIVITY ROOM<br/>                 2:00 <span style="color: yellow;">■</span> BINGO<br/>                 3:00 BINGO SHOPPING</p>   | <p>15</p> <p><b>NATIONAL CHOCOLATE CHIP DAY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 10:00 CORN HOLE<br/>                 1:00 <span style="color: lightblue;">■</span> BIBLE STUDY with CAROL DENADEL<br/>                 2:00 BALLOON TENNIS<br/>                 2:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM</p>                 | <p>16</p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 10:00 CATHOLIC SERVICES - HOSTED by THOM and CAROL with ALL SAINTS CATHOLIC CHURCH<br/>                 10:00 NONDENOMINATIONAL SERVICE<br/>                 1:00 <span style="color: blue;">■</span> SHOPPING - @ ALBERTSONS<br/>                 2:30 MIX &amp; MINGLE - GET TO KNOW YOUR NEIGHBOR: ACTIVITY ROOM</p>   | <p>17</p> <p><b>BIKE TO WORK DAY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 9:30 <span style="color: red;">■</span> EXERCISE - ACTIVITY ROOM<br/>                 10:00 CORN HOLE<br/>                 1:00 <span style="color: brown;">■</span> MOVIE<br/>                 2:30 <span style="color: purple;">■</span> HAPPY HOUR with LIVE MUSIC by BILLY FREDERICK</p>   | <p>18</p> <p><b>ARMED FORCES DAY!</b></p> <p>10:00 CARD GAMES<br/>                 1:30 <span style="color: yellow;">■</span> BINGO - ACTIVITY ROOM<br/>                 1:30 <span style="color: brown;">■</span> MOVIE<br/>                 2:30 MEXICAN TRAIN - ACTIVITY ROOM<br/>                 5:30 <span style="color: brown;">■</span> SATURDAY NIGHT AT THE MOVIES</p>                               |
| <p><b>HAPPY BIRTHDAY, BARBARA</b> 19</p> <p>9:00 CARD GAMES<br/>                 10:00 VIRTUAL CATHOLIC SERVICES<br/>                 1:00 BRIDGE<br/>                 1:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM<br/>                 2:00 MEXICAN TRAIN - ACTIVITY ROOM<br/>                 5:30 <span style="color: brown;">■</span> MOVIE</p>   | <p>20</p> <p><b>NATIONAL RESCUE DOG DAY</b></p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 9:30 <span style="color: red;">■</span> EXERCISE - ACTIVITY ROOM<br/>                 10:00 ARTS &amp; CRAFTS - ACTIVITY ROOM<br/>                 1:00 BRIDGE<br/>                 1:00 <span style="color: purple;">■</span> MUSIC THERAPY with HALLIE HARDY <span style="color: black;">🎵</span><br/>                 2:00 <span style="color: brown;">■</span> MOVIE - THEATER ROOM<br/>                 2:30 <span style="color: purple;">■</span> RESIDENT COUNCIL MEETING</p> | <p>21</p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 9:30 Wii BOWLING - THEATER ROOM<br/>                 11:00 <span style="color: green;">■</span> LUNCH @ RED LOBSTER<br/>                 12:30 MEXICAN TRAIN or RUMMIKUB - ACTIVITY ROOM<br/>                 2:00 <span style="color: yellow;">■</span> BINGO<br/>                 3:00 BINGO SHOPPING</p>  | <p>22</p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 10:00 CORN HOLE<br/>                 1:00 <span style="color: lightblue;">■</span> BIBLE STUDY with CHAPLAIN DAVID<br/>                 2:30 CONNECT 4<br/>                 2:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM</p>  | <p>23</p> <p><b>WORLD TURTLE DAY</b></p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 10:00 CATHOLIC SERVICES - HOSTED by THOM and CAROL with ALL SAINTS CATHOLIC CHURCH<br/>                 10:00 NONDENOMINATIONAL SERVICE<br/>                 1:00 <span style="color: blue;">■</span> SHOPPING @ TARGET<br/>                 2:30 TRIVIA or GAMES</p>  | <p>24</p> <p><b>NATIONAL BROTHER DAY</b></p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 9:30 <span style="color: red;">■</span> EXERCISE - ACTIVITY ROOM<br/>                 10:00 CORN HOLE<br/>                 1:00 <span style="color: brown;">■</span> MOVIE<br/>                 2:00 <span style="color: yellow;">■</span> BINGO<br/>                 3:30 BINGO SHOPPING</p>   | <p>25</p> <p><b>NATIONAL WINE DAY!</b></p> <p>10:00 CARD GAMES<br/>                 1:30 <span style="color: yellow;">■</span> BINGO - ACTIVITY ROOM<br/>                 1:30 <span style="color: brown;">■</span> MOVIE<br/>                 2:30 MEXICAN TRAIN - ACTIVITY ROOM<br/>                 5:30 <span style="color: brown;">■</span> SATURDAY NIGHT AT THE MOVIES</p>                              |
| <p>26</p> <p>9:00 CARD GAMES<br/>                 10:00 VIRTUAL CATHOLIC SERVICES<br/>                 1:00 BRIDGE<br/>                 1:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM<br/>                 2:00 MEXICAN TRAIN - ACTIVITY ROOM<br/>                 5:30 <span style="color: brown;">■</span> MOVIE</p>  | <p>27</p> <p><b>Memorial Day</b></p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 9:30 <span style="color: red;">■</span> EXERCISE - ACTIVITY ROOM<br/>                 10:00 ARTS &amp; CRAFTS - ACTIVITY ROOM<br/>                 1:00 ARMCHAIR TRAVEL<br/>                 1:00 BRIDGE<br/>                 2:00 <span style="color: brown;">■</span> MOVIE - THEATER ROOM</p>  | <p>28</p> <p><b>HAPPY BIRTHDAY, KAREN</b></p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 9:30 Wii BOWLING - THEATER ROOM<br/>                 11:00 <span style="color: green;">■</span> LUNCH @ RED WHITE &amp; BREW<br/>                 12:30 MEXICAN TRAIN or RUMMIKUB - ACTIVITY ROOM<br/>                 2:00 <span style="color: yellow;">■</span> BINGO<br/>                 3:00 BINGO SHOPPING</p> | <p>29</p> <p><b>NATIONAL BISCUIT DAY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 10:00 CORN HOLE<br/>                 1:00 <span style="color: lightblue;">■</span> BIBLE STUDY with CAROL DENADEL<br/>                 2:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM<br/>                 2:30 TIME FOR UNFINISHED ARTS &amp; CRAFTS</p> | <p>30</p> <p><b>WORLD MS DAY</b></p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 8:45 <span style="color: orange;">■</span> EXERCISE<br/>                 10:00 CATHOLIC SERVICES - HOSTED by THOM and CAROL with ALL SAINTS CATHOLIC CHURCH<br/>                 10:00 NONDENOMINATIONAL SERVICE<br/>                 1:00 <span style="color: blue;">■</span> SHOPPING @ MICHAELS<br/>                 2:30 TRIVIA or GAMES<br/>                 7:00 <span style="color: purple;">■</span> LADIES' GAME NIGHT - ACTIVITY ROOM</p> | <p>31</p> <p><b>WORLD NO TOBACCO DAY!</b></p> <p>6:30 COFFEE BAR - DINING ROOM<br/>                 9:30 <span style="color: red;">■</span> EXERCISE - ACTIVITY ROOM<br/>                 10:00 CORN HOLE<br/>                 1:00 <span style="color: brown;">■</span> MOVIE<br/>                 2:00 <span style="color: yellow;">■</span> BINGO<br/>                 3:30 BINGO SHOPPING<br/>                 4:00 <span style="color: purple;">■</span> DINNER ENTERTAINMENT LEE FORD, GUITAR &amp; VOCALS</p> |  <p><b>ARMED FORCES DAY</b></p>   |



## Crossword Puzzle



### ACROSS

- Unruly kids
- Edible mollusk
- Dog food brand
- Rent to a new tenant
- Healthy
- Bookish fellow
- Have \_\_\_ to the ground; heed public opinion
- City northwest of Tulsa
- Man's nickname
- Couldn't stand
- Swell
- Skunk's weapon
- Tailor, at times
- Floated on the breeze
- Guide
- Suffix for project or text
- Thomas More or Oliver Plunkett
- Pilgrim's destination
- Afraid to speak up
- Like Abel
- Sentence of condemnation
- Descendant of Noah
- Permitted
- Full deck
- Competitor
- Coax with flattery
- Tumbler
- Singer McEntire

### DOWN

- Actor Garrett
- France's Coty
- Pub orders
- Beverage container
- Walks
- Gladden
- Ground
- Ring king, once
- Interfere
- Like an elk
- "The Merry Widow" composer Franz \_\_\_
- Rattle on
- More uncommon
- Ice cream concoctions
- Article
- Lofty spot
- Sissy
- Toward shelter
- Use one of the senses

- Slow one
- \_\_\_ ease
- Centennial State: abbr.
- Spiral
- Gigi's friend
- Tranquil spot
- Lamp liquid
- Kinder
- Scoff
- Postponing indefinitely
- Piece of luggage
- Member of a high school's junior varsity
- Is sore
- Berate
- Po, for one
- Out of practice
- Dressed
- "By \_\_\_!"
- Mining finds
- Brontë heroine
- Went before the others

