



Canyon Winds

Retirement Community

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

Happy Thanksgiving to All

“What I love about Thanksgiving is that it’s purely about getting together with friends or family and enjoying food. It’s really for everybody, and it doesn’t matter where you’re from.” —Daniel Humm

Sweet Potato Season

When seeking out fall flavors to enjoy in a scrumptious dessert, don’t sleep on sweet potatoes! Though mashed sweet potatoes share many similarities with pureed pumpkin, subtle differences make the root vegetable a favorite for many. Because sweet potatoes are naturally sweeter than pumpkin, recipes starring the spud usually require smaller amounts of spices. Also, sweet potato pie tends to have a light, airy texture, whereas pumpkin pie is usually thick and creamy.

Autumn Eye Care

Summer is over, but don’t put away your sunglasses. Eyes need protection from the elements during the fall as well. Wind gusts and cooler air can lead to dry eyes, and a pair of wraparound sunglasses can be a shield against the season’s inclement weather.

Thanks, Veterans

On Nov. 11, express your gratitude for veterans’ service to our country.

Fall Back

Remember that daylight saving time ends on the first Sunday of November. So don’t forget to move your clocks back one hour and enjoy the extra sleep!

November 2024



HAPPY
Thanksgiving

November Gratitude

A few things to be thankful for this month:

- The beauty of the changing leaves.
- Time with loved ones during the holiday season.
- The service of veterans and current military members.

What else can you add?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>KEY</p> <p>FIRST FLOOR FP- Fireplace DR- Dining Room PDR- Private Dining Room PL- Pool SECOND FLOOR BK- 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 FOURTH FLOOR CH- Chapel The Hangar- 4th Floor Activities Room HAIR SALON</p>	<p>11:00 ■ Nickel Pokeno AR 1:30 ■ Travel Series TR 3:00 ■ HAPPY HOUR TL!! 6:30 Movie Showing TR</p>	<p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 1:00 ■ Redeemer Bible Study CH 2:00 CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
<p>10:00 ■ Catholic Mass Streaming TR 1:00 ■ BINGO! AR 2:00 ■ Virtual Church Service TR 6:30 ■ Catholic Rosary CH 6:30 Movie Showing TR</p>	<p>10:00 ■ TRADER JOE'S LOBBY 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Hand & Foot AR 2:15 ■ Meditation TR 6:30 ■ Mexican Train AR</p>	<p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 10:30 ■ Genealogy Club With Chris TR 11:00 ■ CHAIR EXERCISE AR 2:00 ■ Hillsdale Lecture Series TR 3:00 ■ CARD GAMES AR 6:30 Movie Showing TR</p>	<p>9:00 ■ Shopping Trip LOBBY 10:00 ■ Tai Chi TR 10:30 ■ Chapel CH 11:00 ■ Scheels Shopping Trip LOBBY 1:00 ■ Billiards The HANGAR 2:00 ■ Euchre- 4th Floor Activities Room 2:15 ■ Meditation TR 4:00 ■ Resident Birthday Dinner- PDR 6:30 ■ Bridge** The HANGAR</p>	<p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 10:00 ■ Christmas Craft With Cindy AR 1:00 ■ BINGO! TR 2:15 ■ Painting 4th Floor Studio 3:00 ■ Traci with Mary Kay- Facial / Glamor TR 6:30 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar</p>	<p>11:00 ■ Nickel Pokeno AR 1:30 ■ Travel Series TR 3:00 ■ HAPPY HOUR TL!! 6:30 Movie Showing TR</p>	<p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 1:00 ■ Redeemer Bible Study CH 2:00 CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
<p>10:00 ■ Catholic Mass Streaming TR 1:00 ■ BINGO! AR 2:00 ■ Virtual Church Service TR 6:30 ■ Catholic Rosary CH 6:30 Movie Showing TR</p>	<p>Veterans Day 1:00 ■ Hand & Foot AR 1:00 ■ Veterans Day Celebration TL 2:15 ■ Meditation TR 4:00 ■ MYSTERY DINNER LOBBY 6:30 ■ Pinochle AR</p>	<p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 11:00 ■ CHAIR EXERCISE AR 2:00 ■ Hillsdale Lecture Series TR 3:00 ■ CARD GAMES AR 6:30 ■ Trivia Night! TL</p>	<p>9:00 ■ Shopping Trip LOBBY 10:00 ■ Tai Chi TR 10:30 ■ Chapel CH 1:00 ■ Billiards The HANGAR 2:00 ■ Euchre- 4th Floor Activities Room 2:15 ■ Meditation TR 4:00 ■ MYSTERY DINNER LOBBY 6:30 ■ Bridge** The HANGAR</p>	<p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BINGO! TR 2:15 ■ Painting 4th Floor Studio 2:30 ■ Resident Council Meeting 2nd Floor Break Room 6:30 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar</p>	<p>10:00 ■ CASINO LOBBY 11:00 ■ Nickel Pokeno AR 1:30 ■ Travel Series TR 3:00 ■ HAPPY HOUR TL!! 6:30 Movie Showing TR</p>	<p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 1:00 ■ Redeemer Bible Study CH 2:00 CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
<p>10:00 ■ Catholic Mass Streaming TR 1:00 ■ BINGO! AR 2:00 ■ Virtual Church Service TR 6:30 ■ Catholic Rosary CH 6:30 Movie Showing TR</p>	<p>10:00 ■ COSTCO LOBBY 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Hand & Foot AR 2:15 ■ Meditation TR 6:30 ■ Mexican Train AR</p>	<p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BOOK CLUB TL 2:00 ■ Hillsdale Lecture Series TR 3:00 ■ CARD GAMES AR 6:30 ■ Alex & Laura Musical Performance AR 6:30 Movie Showing TR</p>	<p>9:00 ■ Shopping Trip LOBBY 10:00 ■ Tai Chi TR 10:30 ■ Chapel CH 1:00 ■ Billiards The HANGAR 2:00 ■ Euchre- 4th Floor Activities Room 2:15 ■ Meditation TR 4:00 ■ FAT CAT'S MOVIE SHOWING - LOBBY 6:30 ■ Bridge** The HANGAR</p>	<p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BINGO! TR 2:15 ■ Painting 4th Floor Studio 3:00 ■ HALE THEATER LOBBY 6:30 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar</p>	<p>11:00 ■ Nickel Pokeno AR 1:30 ■ Travel Series TR 2:30 ■ HAPPY HOUR TL!! 2:30 ■ KARAOKE AR 6:30 Movie Showing TR</p>	<p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 1:00 ■ Redeemer Bible Study CH 2:00 CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
<p>10:00 ■ Catholic Mass Streaming TR 1:00 ■ BINGO! AR 2:00 ■ Virtual Church Service TR 6:30 ■ Catholic Rosary CH 6:30 Movie Showing TR</p>	<p>10:00 ■ KEN SORENSEN LECTURE SERIES 12:00 ■ Falcon Field Tour 1:00 ■ Hand & Foot AR 2:15 ■ Meditation TR 6:30 ■ Pinochle AR</p>	<p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 11:00 ■ CHAIR EXERCISE AR 2:00 ■ Hillsdale Lecture Series TR 3:00 ■ CARD GAMES AR 6:30 ■ Trivia! TL</p>	<p>9:00 ■ MEN'S & WOMEN'S BREAKFAST 9:00 ■ Shopping Trip LOBBY 10:00 ■ Tai Chi TR 10:30 ■ Chapel CH 1:00 ■ Billiards The HANGAR 1:30 ■ Activities Meeting AR 2:00 ■ Euchre- 4th Floor Activities Room 2:15 ■ Meditation TR 6:30 ■ Bridge** The HANGAR</p>	<p>Thanksgiving 8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 10:00 ■ Catholic Mass With Father Jerome 2:15 ■ Painting 4th Floor Studio 6:30 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar</p>	<p>11:00 ■ Nickel Pokeno AR 1:30 ■ Travel Series TR 3:00 ■ HAPPY HOUR TL!! 6:30 Movie Showing TR</p>	<p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 1:00 ■ Redeemer Bible Study CH 2:00 CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>

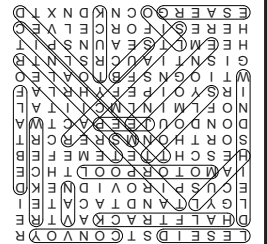
Word Search

Category: Military Transportation

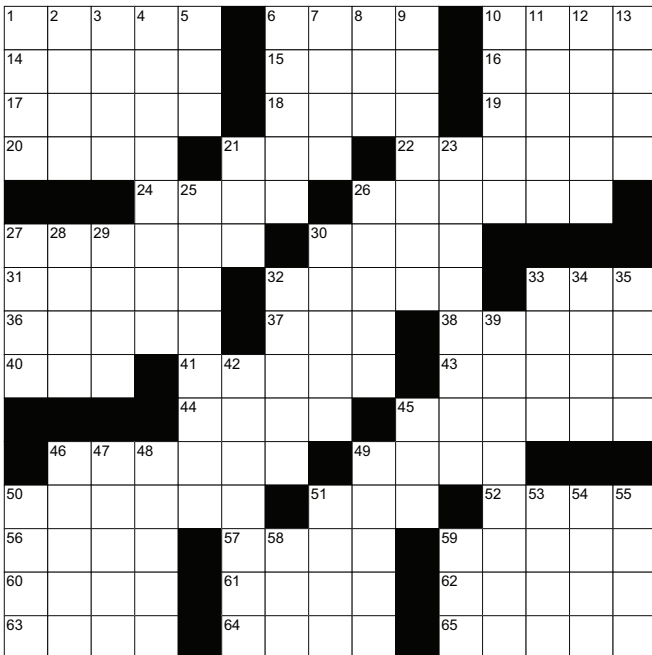
L E S E I D S T C O N V O Y R
 D H A L F T R A C K A V T R E
 L G Y L T A N D T A C A T E I
 E C U S P I R O V I D N E K D
 I A M O T O R P O O L T H C E
 H E S C H T T E T E M E F E B
 S O R T H O N M S R E R C R T
 D O N D O U J E E P A C T W A
 N O F L M I N L M C I I T A L
 I R S Y O I P E F Y H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

1. Windshield
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____

- Word Search Solution:
1. Bus
 2. Convoy
 3. Deployment
 4. Diesel
 5. Engine
 6. Flatted
 7. Grease
 8. Halftrack
 9. Haul
 10. Jeep
 11. Mechanic
 12. Motor Pool
 13. Oil
 14. Staff Car
 15. Tires
 16. Tools
 17. Trailer
 18. Truck
 19. Van
 20. Windshield
 21. Wrecker



Crossword Puzzle



ACROSS

1. Emblem
6. Mongolian desert
10. Wood cutting tools
14. Squirrel winter food stash
15. Neuron end
16. Goddess
17. Trample
18. Necklace part
19. Greek god of war
20. Tryout
21. ___ fire
22. Like an owl
24. Eagerness
26. Loo
27. Someone who doesn't fit in
30. Autos
31. Raw, like a gem
32. Clear out
33. Large weight unit
36. Ascend
37. Long time
38. Rush in
40. Cured hind leg of a hog
41. Meat baked with dry heat in an oven
43. Aromas
44. Niche
45. Negative battery terminals
46. Group of seven
49. Stair
50. Trader

DOWN

1. Sheet of matted cotton
2. Land measurement
3. Bucks' wives
4. Thankful for what one possesses
5. Discontinue
6. African nation
7. Wagon pullers
8. Constrictor snake
9. Inside
10. Will
11. Eagle's nest
12. Pull away
13. Ribbon tie
21. Cave dweller
23. Forked breast bone of most birds
25. Can read
26. Tease
27. Hasty pudding
28. Ancient Indian
29. Trickery

30. Shut down
32. Thanksgiving ___
33. Walked
34. Giant
35. Loch ___ monster
39. Borrowing
42. Run
45. Consumed food
46. Power controlling device
47. Painting prop
48. Shaping tool
49. Gets wet
50. Pairs
51. Spot lost object
53. Nurture
54. Inflammatory disease
55. Get together
58. Shallow open container used for cooking or baking
59. Pastry crust filled with fruit, meat or other fillings

