



# Canyon Winds

## Retirement Community

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

### A Shimmering Seed

January's birthstone, garnet, gets its name from the Latin word for "seed," since the deep red gem resembles the edible seed of a pomegranate.

### Memorable Melody: 'Feels So Good'

This title track from Chuck Mangione's 1977 album is the definition of smooth jazz. The composer and flugelhorn player edited the album version from nearly 10 minutes to a more radio-friendly 3 1/2 minutes, and his efforts paid off: The song hit No. 1 on Billboard's Easy Listening chart and peaked at No. 4 on the Hot 100, welcoming new listeners to the jazz genre with its upbeat, catchy melody. Having appeared in multiple commercials, TV shows and movies, "Feels So Good" radiates familiar, comforting vibes even today.

### What's That Noise?

Many of us still remember the sounds of the past—the "cha-ching!" of a cash register, the click-clack of a typewriter, or the dialing of a rotary phone—despite their modern-day replacements. For a fun, nostalgic activity, imitate some outmoded noises and have your friends and grandkids try to guess what you're describing.



## January 2025



### Curl Up in Comfort

"What a splendid piece of furniture an armchair is. ... During those long winter evenings, it is often sweet and always advisable to stretch out luxuriously in one, far from the din of the crowds." —Xavier de Maistre

### Inaugural Event

Franklin D. Roosevelt's second-term inauguration in 1937 marked the first time the ceremony was held in January. Previous U.S. presidents took the oath of office on March 4, before the 20th Amendment changed the date to Jan. 20.

### Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest "thank you" can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|---|---|--|--|---|--|--|
|   | <p><b>KEY</b></p> <p><u>FIRST FLOOR</u><br/> <b>FP-</b> Fireplace<br/> <b>DR-</b> Dining Room<br/> <b>PDR-</b> Private Dining Room<br/> <b>PL-</b> Pool<br/> <u>SECOND FLOOR</u><br/> <b>BK-</b> Book Nook<br/> <b>L-</b> Library<br/> <b>BR-</b> Break Room</p>  | <p><b>KEY</b></p> <p><u>THIRD FLOOR</u><br/> <b>AR-</b> Activities Room<br/> <b>FR-</b> Fitness Room<br/> <b>TR-</b> Theater Room<br/> <b>TL-</b> Terrace Lounge<br/> <u>FOURTH FLOOR</u><br/> <b>CH-</b> Chapel<br/> <b>The Hangar-</b> 4th Floor Activities Room<br/> <b>HAIR SALON</b></p>  | <p><b>New Year's Day</b> 1</p> <p>10:30 <span style="color: orange;">■</span> Chapel CH<br/>           1:00 <span style="color: blue;">■</span> Billiards The HANGAR<br/> <b>1:00 Shopping Trip LOBBY</b><br/>           6:30 <span style="color: blue;">■</span> Bridge** The HANGAR</p>  | <p>2</p> <p><b>8:00 Water Walking 8-8:45</b><br/>           9:00 <span style="color: red;">■</span> WATER AEROBICS- POOL<br/>           11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR<br/>           1:00 <span style="color: blue;">■</span> BINGO! TR<br/>           6:30 <span style="color: blue;">■</span> Hand &amp; Foot AR<br/>           6:30 <span style="color: blue;">■</span> Poker- 4th Floor Hangar</p>   | <p>3</p> <p>11:00 <span style="color: blue;">■</span> Nickel Pokeno AR<br/>           1:30 <span style="color: green;">■</span> Travel Series TR<br/> <b>3:00 HAPPY HOUR TL!!</b><br/>           6:30 Movie Showing TR</p>     | <p>4</p> <p><b>8:00 Water Walking 8-8:45</b><br/>           9:00 <span style="color: red;">■</span> WATER AEROBICS- POOL<br/>           1:00 <span style="color: orange;">■</span> Redeemer Bible Study CH<br/>           2:00 <span style="color: red;">■</span> CARDS/ DOMINOES AR<br/>           6:30 Movie Showing TR</p>  |
| <p>5</p> <p>10:00 <span style="color: orange;">■</span> Catholic Mass Streaming TR<br/>           1:00 <span style="color: blue;">■</span> BINGO! AR<br/>           2:00 <span style="color: orange;">■</span> Virtual Church Service TR<br/>           6:30 <span style="color: orange;">■</span> Catholic Rosary CH<br/>           6:30 Movie Showing TR</p>  | <p>6</p> <p><b>10:00 TRADER JOE'S LOBBY</b><br/>           11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR<br/>           1:00 <span style="color: blue;">■</span> Hand &amp; Foot AR<br/>           2:15 <span style="color: red;">■</span> Meditation TR<br/>           6:30 <span style="color: blue;">■</span> Mexican Train AR</p>      | <p>7</p> <p><b>8:00 Water Walking 8-8:45</b><br/>           9:00 <span style="color: red;">■</span> WATER AEROBICS- POOL<br/> <b>10:30 Genealogy Club With Chris</b><br/>           11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR<br/> <b>2:00 Hillsdale Lecture Series TR</b><br/>           3:00 <span style="color: blue;">■</span> CARD GAMES AR<br/>           6:30 Movie Showing TR</p>                             | <p>8</p> <p>10:00 <span style="color: red;">■</span> Tai Chi TR<br/>           10:30 <span style="color: orange;">■</span> Chapel CH<br/>           1:00 <span style="color: blue;">■</span> Billiards The HANGAR<br/> <b>1:00 Shopping Trip LOBBY</b><br/>           2:15 <span style="color: red;">■</span> Meditation TR<br/> <b>3:00 GARY FINKELSTEIN PIANIST AR</b><br/> <b>4:00 Resident Birthday Dinner PDR</b><br/>           6:30 <span style="color: blue;">■</span> Bridge** The HANGAR</p> | <p>9</p> <p><b>8:00 Water Walking 8-8:45</b><br/>           9:00 <span style="color: red;">■</span> WATER AEROBICS- POOL<br/>           11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR<br/>           1:00 <span style="color: blue;">■</span> BINGO! TR<br/> <b>2:30 Resident Council Meeting 2nd Floor Break Room</b><br/> <b>3:30 Steve Nissle Lecture TR</b><br/>           6:30 <span style="color: blue;">■</span> Hand &amp; Foot AR<br/>           6:30 <span style="color: blue;">■</span> Poker- 4th Floor Hangar</p>                             | <p>10</p> <p>11:00 <span style="color: blue;">■</span> Nickel Pokeno AR<br/>           1:30 <span style="color: green;">■</span> Travel Series TR<br/> <b>3:00 HAPPY HOUR TL!!</b><br/>           6:30 Movie Showing TR</p>    | <p>11</p> <p><b>8:00 Water Walking 8-8:45</b><br/>           9:00 <span style="color: red;">■</span> WATER AEROBICS- POOL<br/>           1:00 <span style="color: orange;">■</span> Redeemer Bible Study CH<br/>           2:00 <span style="color: red;">■</span> CARDS/ DOMINOES AR<br/>           6:30 Movie Showing TR</p> |
| <p>12</p> <p>10:00 <span style="color: orange;">■</span> Catholic Mass Streaming TR<br/>           1:00 <span style="color: blue;">■</span> BINGO! AR<br/>           2:00 <span style="color: orange;">■</span> Virtual Church Service TR<br/>           6:30 <span style="color: orange;">■</span> Catholic Rosary CH<br/>           6:30 Movie Showing TR</p> | <p>13</p> <p>11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR<br/>           1:00 <span style="color: blue;">■</span> Hand &amp; Foot AR<br/>           2:15 <span style="color: red;">■</span> Meditation TR<br/> <b>4:00 MYSTERY DINNER LOBBY</b><br/>           6:30 <span style="color: blue;">■</span> Pinochle AR</p>                   | <p>14</p> <p><b>8:00 Water Walking 8-8:45</b><br/>           9:00 <span style="color: red;">■</span> WATER AEROBICS- POOL<br/> <b>10:30 Medicare Boot Camp With Chris TR</b><br/>           11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR<br/> <b>2:00 Hillsdale Lecture Series TR</b><br/>           3:00 <span style="color: blue;">■</span> CARD GAMES AR<br/> <b>6:30 Alex &amp; Laura Musical Performance TL</b></p> | <p>15</p> <p><b>10:00 Tai Chi TR</b><br/>           10:30 <span style="color: orange;">■</span> Chapel CH<br/>           1:00 <span style="color: blue;">■</span> Billiards The HANGAR<br/> <b>1:00 Shopping Trip LOBBY</b><br/>           2:15 <span style="color: red;">■</span> Meditation TR<br/>           6:30 <span style="color: blue;">■</span> Bridge** The HANGAR</p>   | <p>16</p> <p><b>8:00 Water Walking 8-8:45</b><br/>           9:00 <span style="color: red;">■</span> WATER AEROBICS- POOL<br/>           11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR<br/>           1:00 <span style="color: blue;">■</span> BINGO! TR<br/>           6:30 <span style="color: blue;">■</span> Hand &amp; Foot AR<br/>           6:30 <span style="color: blue;">■</span> Poker- 4th Floor Hangar</p>  | <p>17</p> <p>11:00 <span style="color: blue;">■</span> Nickel Pokeno AR<br/>           1:30 <span style="color: green;">■</span> Travel Series TR<br/> <b>3:00 HAPPY HOUR TL!!</b><br/>           6:30 Movie Showing TR</p>    | <p>18</p> <p><b>8:00 Water Walking 8-8:45</b><br/>           9:00 <span style="color: red;">■</span> WATER AEROBICS- POOL<br/>           1:00 <span style="color: orange;">■</span> Redeemer Bible Study CH<br/>           2:00 <span style="color: red;">■</span> CARDS/ DOMINOES AR<br/>           6:30 Movie Showing TR</p> |
| <p>19</p> <p>10:00 <span style="color: orange;">■</span> Catholic Mass Streaming TR<br/>           1:00 <span style="color: blue;">■</span> BINGO! AR<br/>           2:00 <span style="color: orange;">■</span> Virtual Church Service TR<br/>           6:30 <span style="color: orange;">■</span> Catholic Rosary CH<br/>           6:30 Movie Showing TR</p> | <p><b>Martin Luther King Jr. Day</b> 20</p> <p>1:00 <span style="color: blue;">■</span> Hand &amp; Foot AR<br/>           6:30 <span style="color: blue;">■</span> Mexican Train AR</p>   | <p>21</p> <p><b>8:00 Water Walking 8-8:45</b><br/>           9:00 <span style="color: red;">■</span> WATER AEROBICS- POOL<br/> <b>11:00 Desert Botanical Garden &amp; Lunch</b><br/> <b>1:00 BOOK CLUB TL</b><br/> <b>2:00 Hillsdale Lecture Series TR</b><br/>           3:00 <span style="color: blue;">■</span> CARD GAMES AR<br/>           6:30 Movie Showing TR</p>  | <p>22</p> <p><b>10:00 Tai Chi TR</b><br/>           10:30 <span style="color: orange;">■</span> Chapel CH<br/>           1:00 <span style="color: blue;">■</span> Billiards The HANGAR<br/> <b>1:00 Shopping Trip LOBBY</b><br/>           2:15 <span style="color: red;">■</span> Meditation TR<br/>           6:30 <span style="color: blue;">■</span> Bridge** The HANGAR</p>   | <p>23</p> <p><b>8:00 Water Walking 8-8:45</b><br/>           9:00 <span style="color: red;">■</span> WATER AEROBICS- POOL<br/>           10:00 <span style="color: orange;">■</span> Catholic Mass With Father Jerome<br/>           11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR<br/>           1:00 <span style="color: blue;">■</span> BINGO! TR<br/> <b>3:00 EARLY HAPPY HOUR!! TL</b><br/>           6:30 <span style="color: blue;">■</span> Hand &amp; Foot AR<br/>           6:30 <span style="color: blue;">■</span> Poker- 4th Floor Hangar</p> | <p>24</p> <p>11:00 <span style="color: blue;">■</span> Nickel Pokeno AR<br/>           1:30 <span style="color: green;">■</span> Travel Series TR<br/> <b>3:00 HALE THEATER LOBBY</b><br/>           6:30 Movie Showing TR</p> | <p>25</p> <p><b>8:00 Water Walking 8-8:45</b><br/>           9:00 <span style="color: red;">■</span> WATER AEROBICS- POOL<br/>           1:00 <span style="color: orange;">■</span> Redeemer Bible Study CH<br/>           2:00 <span style="color: red;">■</span> CARDS/ DOMINOES AR<br/>           6:30 Movie Showing TR</p> |
| <p>26</p> <p>10:00 <span style="color: orange;">■</span> Catholic Mass Streaming TR<br/>           1:00 <span style="color: blue;">■</span> BINGO! AR<br/>           2:00 <span style="color: orange;">■</span> Virtual Church Service TR<br/>           6:30 <span style="color: orange;">■</span> Catholic Rosary CH<br/>           6:30 Movie Showing TR</p> | <p>27</p> <p><b>10:00 KEN SORENSEN LECTURE SERIES</b><br/>           11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR<br/>           1:00 <span style="color: blue;">■</span> Hand &amp; Foot AR<br/>           2:15 <span style="color: red;">■</span> Meditation TR<br/>           6:30 <span style="color: blue;">■</span> Pinochle AR</p> | <p>28</p> <p><b>8:00 Water Walking 8-8:45</b><br/>           9:00 <span style="color: red;">■</span> WATER AEROBICS- POOL<br/>           11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR<br/> <b>2:00 Hillsdale Lecture Series TR</b><br/>           3:00 <span style="color: blue;">■</span> CARD GAMES AR<br/> <b>6:30 Trivia! TL</b></p>   | <p>29</p> <p><b>9:00 MEN'S &amp; WOMEN'S BREAKFAST</b><br/> <b>10:00 Tai Chi TR</b><br/>           10:30 <span style="color: orange;">■</span> Chapel CH<br/>           1:00 <span style="color: blue;">■</span> Billiards The HANGAR<br/> <b>1:00 Shopping Trip LOBBY</b><br/>           2:15 <span style="color: red;">■</span> Meditation TR<br/>           6:30 <span style="color: blue;">■</span> Bridge** The HANGAR</p>  | <p>30</p> <p><b>8:00 Water Walking 8-8:45</b><br/>           9:00 <span style="color: red;">■</span> WATER AEROBICS- POOL<br/>           11:00 <span style="color: red;">■</span> CHAIR EXERCISE AR<br/>           1:00 <span style="color: blue;">■</span> BINGO! TR<br/> <b>3:00 U Life Health Presentation- Medicare Approved In-Home Physical Therapy TR</b><br/>           6:30 <span style="color: blue;">■</span> Hand &amp; Foot AR<br/>           6:30 <span style="color: blue;">■</span> Poker- 4th Floor Hangar</p>   | <p>31</p> <p>11:00 <span style="color: blue;">■</span> Nickel Pokeno AR<br/>           1:30 <span style="color: green;">■</span> Travel Series TR<br/> <b>3:00 HAPPY HOUR TL!!</b><br/>           6:30 Movie Showing TR</p>    |  |

# Word Search

Category: Lunar New Year

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

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

- Word Search Solution:
1. Abundance
  2. Bamboo
  3. Cakes
  4. Celebration
  5. Chinese
  6. Clean
  7. Dim Sum
  8. Firecracker
  9. Gold
  10. Jade
  11. Lantern
  12. Lion
  13. Lunar
  14. Monkey
  15. Noodles
  16. Rat
  17. Red
  18. Rice
  19. Snake
  20. Tiger

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

## Crossword Puzzle

|    |    |    |    |    |    |   |    |    |    |    |    |    |    |
|----|----|----|----|----|----|---|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  |    | 5  | 6 | 7  | 8  |    | 9  | 10 | 11 | 12 |
| 13 |    |    |    |    | 14 |   |    |    |    | 15 |    |    |    |
| 16 |    |    |    |    | 17 |   |    |    |    | 18 |    |    |    |
| 19 |    |    |    | 20 |    |   |    | 21 | 22 |    |    |    |    |
| 23 |    |    |    | 24 |    |   |    | 25 |    |    | 26 | 27 | 28 |
|    |    |    | 29 |    |    |   | 30 | 31 |    |    | 32 |    |    |
| 33 | 34 | 35 |    |    |    |   | 36 |    |    |    | 37 |    |    |
| 38 |    |    |    |    |    |   | 39 |    |    |    | 40 |    |    |
| 41 |    |    |    |    |    |   | 42 |    |    |    | 43 |    |    |
| 44 |    |    |    |    |    |   | 45 |    |    |    | 46 |    |    |
| 47 |    |    |    |    |    |   | 48 |    |    |    | 49 |    |    |
|    |    |    | 53 |    |    |   | 54 | 55 |    |    | 56 |    |    |
| 57 | 58 | 59 |    |    |    |   | 60 | 61 |    |    | 62 |    |    |
| 63 |    |    |    |    |    |   | 64 |    |    |    | 65 |    |    |
| 66 |    |    |    |    |    |   | 67 |    |    |    | 68 |    |    |

### ACROSS

1. Lump of dirt
5. People working together to perform a joint function
9. Second in position
13. Praise enthusiastically
14. Solitary
15. Hectic
16. Water (Sp.)
17. Finishes
18. Objects
19. Large knob of rock or ice used as a belay anchor
21. Civil wrong
23. Compass point
24. Rio de Janeiro
25. Couch-like bed
29. Twitch
30. Air pollution
32. Lager
33. Tied, like shoes
36. Extra
37. Small pass or saddle between two mountain peaks
38. Blade mounted to the handle of an ice axe
39. The game of kings
40. Tribe in Arizona
41. Constrictor
42. Mechanical device or wedge used as an anchor in cracks
43. Genetic makeup
44. Make a mistake
45. Punches

46. Rankle
47. Inferior
49. Surface to air missile
50. Student ag group
53. Stored
55. Firearms
57. Kinds of stars
60. On top
62. Expression of regret, sorrow or grief
63. Small ridgelike feature on a steep rock face
64. To retreat from a climb
65. Microphone
66. Peter, for short
67. Member of an alliance
68. Poem creator

### DOWN

1. Clawed shell dwellers
2. Nigerian city
3. Part of a seed
4. Transaction
5. Clergyman
6. Musical composition
7. Finish
8. Compass point
9. Insane
10. Compass point
11. Dickens' Tiny \_\_\_
12. American Cancer Society (abbr.)
15. Illusion
20. Waterless
22. Aromas
26. Breakfast meat

27. Run away and marry
28. Cafés
29. Ball holder
30. Eyeglasses
31. Face covering
33. Tag
34. Love intensely
35. Russian rulers
36. Small drink
39. Small bird sound
40. Bewitch
42. Dairy product
43. Precious stones
46. Fruitlessly
48. Slide across the ice
49. Ruin
50. Folded sheet of paper
51. Snow piece
52. Resource
54. Bass horn
56. Tap in lightly
57. Snooze
58. Unrefined metal
59. Animal doc
61. Buddy

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