



# Canyon Winds

## Retirement Community

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

### February Forecast

Feb. 2 is Groundhog Day, when the furry forecaster from Pennsylvania emerges from his burrow. If Punxsutawney Phil sees his shadow, it means six more weeks of winter. If he doesn't, then spring is just around the corner.

### 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!

### Happy Valentine's Day

Happy Valentine's Day to all of our residents. We hope you have a sweet one!

### Talk About It: Presidents Day

Use this discussion topic to reminisce about your past. Talk with your friends about your memories and learn how everyone's experiences were similar or different.

- Who was president of the United States when you were born?
- Who is the first president you remember watching on TV?
- When you were a child, did you ever dream of becoming president? Was there a president who inspired you?
- Who was the first presidential candidate you voted for?
- What do you think a president's top priorities should be?
- Do you think the U.S. will elect a woman president? If so, when?

## February 2025

### Be My Valentine

Each year on Feb. 14, people give cards, candy, gifts or flowers on the day of love and romance called Valentine's Day. The observance dates back to the 5th century.



### Cards From the Heart

The earliest surviving Valentine's Day message, a poem, dates from 1415. Victorian-era greetings featured lace and embossed paper, and at that time, it was considered bad luck to sign a Valentine's Day card. Today, more than 1 billion valentines are exchanged each year.

### Happy Birthday to Our Canyon Winds Residents

Barbara R. 2/7  
Anna 2/18  
Lionel 2/15  
Linda R. 2/20

### Love and Chocolate

"All you need is love. But a little chocolate now and then doesn't hurt." —Charles M. Schulz

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>GROUNDHOG DAY</b> 2 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM 2:00 KINGS CORNERS - ACTIVITY ROOM CARD GAME 5:30 <span style="color: brown;">■</span> MOVIE	 <b>NATIONAL WOMEN PHYSICIANS DAY</b> 3 6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM <span style="color: purple;">■</span> 1:00 BRIDGE 1:00 <span style="color: purple;">■</span> MUSIC THERAPY with HALLIE HARDY <span style="color: pink;">🎵</span> 2:00 <span style="color: brown;">■</span> MOVIE - THEATER ROOM	 <b>WORLD CANCER DAY</b> 4 6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 <span style="color: green;">■</span> LUNCH @ PITA JUNGLE 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 <span style="color: yellow;">■</span> BINGO 3:00 BINGO SHOPPING	 <b>NATIONAL SINGING DAY</b> 5 6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISE 10:00 CORN HOLE 10:00 LET'S SHOOT SOME POOL - 1ST FLOOR 1:00 <span style="color: lightblue;">■</span> BIBLE STUDY with CAROL DENADEL 2:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM	 6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISE 10:00 NON-DENOMINATIONAL SERVICE 12:30 <span style="color: blue;">■</span> SHOPPING @ WALMART 1:00 BRIDGE	 <b>Happy Birthday, Barbara R.</b> 7 6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 1:00 <span style="color: brown;">■</span> MOVIE 2:00 <span style="color: purple;">■</span> HAPPY HOUR with LIVE MUSIC by LEE FORD	10:00 CARD GAMES 1:30 <span style="color: yellow;">■</span> BINGO - ACTIVITY ROOM 1:30 <span style="color: brown;">■</span> MOVIE 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 <span style="color: brown;">■</span> SATURDAY NIGHT AT THE MOVIES
<b>SUPER BOWL SUNDAY</b> 9 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM 2:00 KINGS CORNERS - ACTIVITY ROOM CARD GAME 4:00 <span style="color: purple;">■</span> SUPER BOWL PARTY - Theater Room 5:30 <span style="color: brown;">■</span> MOVIE	6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM <span style="color: purple;">■</span> 1:00 BRIDGE 1:00 <span style="color: purple;">■</span> MUSIC THERAPY with HALLIE HARDY <span style="color: pink;">🎵</span> 2:30 <span style="color: purple;">■</span> TRIVIA hosted by DALE LIKENS	6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 <span style="color: green;">■</span> LUNCH @ CRACKER BARREL 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 <span style="color: yellow;">■</span> BINGO 3:00 BINGO SHOPPING	<b>LINCOLN'S BIRTHDAY</b> 12 6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISE 10:00 CORN HOLE 10:00 LET'S SHOOT SOME POOL - 1ST FLOOR 1:00 <span style="color: lightblue;">■</span> BIBLE STUDY with CHAPLAIN DAVID 1:00 <span style="color: purple;">■</span> HAND BELLS - ACTIVITY ROOM 2:00 <span style="color: purple;">■</span> BALLOON TENNIS	<b>NATIONAL CHEDDAR DAY</b> 13 6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISE 10:00 NON-DENOMINATIONAL SERVICE 10:30 <span style="color: blue;">■</span> SHOPPING AND LUNCH @ SUPERSTITION SPRINGS MALL 1:00 BRIDGE	<b>VALENTINE'S DAY</b> 14 6:30 COFFEE BAR - LOBBY 8:30 <span style="color: purple;">■</span> LAS SENDAS ELEMENTARY 5TH GRADE CLASS COMING TO SING FOR VALENTINE'S DAY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 1:00 <span style="color: purple;">■</span> CHOCOLATE KISSES LEFT, RIGHT, CENTER 2:00 <span style="color: yellow;">■</span> BINGO 3:30 BINGO SHOPPING	<b>Happy Birthday, Lionel</b> 15 10:00 CARD GAMES 1:30 <span style="color: yellow;">■</span> BINGO - ACTIVITY ROOM 1:30 <span style="color: brown;">■</span> MOVIE 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 <span style="color: brown;">■</span> SATURDAY NIGHT AT THE MOVIES
9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM 2:00 KINGS CORNERS - ACTIVITY ROOM CARD GAME 5:30 <span style="color: brown;">■</span> MOVIE	<b>Presidents Day</b> 17 6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM <span style="color: purple;">■</span> 1:00 BRIDGE 1:00 <span style="color: purple;">■</span> MUSIC THERAPY with HALLIE HARDY <span style="color: pink;">🎵</span> 2:00 <span style="color: brown;">■</span> MOVIE - THEATER ROOM 2:30 RESIDENT COUNCIL MEETING	<b>Happy Birthday, Anna / NATIONAL DRINK WINE DAY</b> 18 6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 <span style="color: green;">■</span> LUNCH @ PACINO'S 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 <span style="color: yellow;">■</span> BINGO 3:00 BINGO SHOPPING	6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISE 10:00 CORN HOLE 10:00 LET'S SHOOT SOME POOL - 1ST FLOOR 1:00 <span style="color: lightblue;">■</span> BIBLE STUDY with CAROL DENADEL 2:00 <span style="color: purple;">■</span> COWBOYS & INDIANS PRESENTATION - ACTIVITY ROOM	<b>Happy Birthday, Linda R. NATIONAL LOVE YOUR PET DAY</b> 20 6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISE 10:00 NON-DENOMINATIONAL SERVICE 12:30 <span style="color: blue;">■</span> SHOPPING @ BASHAS 1:00 BRIDGE	6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 1:00 <span style="color: brown;">■</span> MOVIE 2:00 <span style="color: yellow;">■</span> BINGO 3:30 BINGO SHOPPING	<b>WASHINGTON'S BIRTHDAY</b> 22 10:00 CARD GAMES 1:30 <span style="color: yellow;">■</span> BINGO - ACTIVITY ROOM 1:30 <span style="color: brown;">■</span> MOVIE 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 <span style="color: brown;">■</span> SATURDAY NIGHT AT THE MOVIES
9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 <span style="color: brown;">■</span> MOVIE - THEATER ROOM 2:00 KINGS CORNERS - ACTIVITY ROOM CARD GAME 5:30 <span style="color: brown;">■</span> MOVIE	6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM <span style="color: purple;">■</span> 1:00 BRIDGE 1:00 <span style="color: purple;">■</span> MUSIC THERAPY with HALLIE HARDY <span style="color: pink;">🎵</span> 2:00 <span style="color: brown;">■</span> MOVIE - THEATER ROOM	6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 <span style="color: green;">■</span> LUNCH @ NATIVE GRILL & WINGS 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 <span style="color: yellow;">■</span> BINGO 3:00 BINGO SHOPPING	6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISE 10:00 CORN HOLE 10:00 LET'S SHOOT SOME POOL - 1ST FLOOR 1:00 <span style="color: lightblue;">■</span> BIBLE STUDY with CHAPLAIN DAVID 2:00 <span style="color: purple;">■</span> CONNECT 4	6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISE 10:00 NON-DENOMINATIONAL SERVICE 10:30 <span style="color: blue;">■</span> SHOPPING @ THE DOLLAR STORE 1:00 BRIDGE 7:00 <span style="color: purple;">■</span> LADIES GAME NIGHT - ACTIVITY ROOM	<b>NATIONAL TOOTH FAIRY DAY</b> 28 6:30 COFFEE BAR - LOBBY 9:00 <span style="color: orange;">■</span> SIT FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 1:00 <span style="color: brown;">■</span> MOVIE 2:00 <span style="color: purple;">■</span> HAPPY HOUR with LIVE MUSIC by BILLY FREDERICK	

H A P P Y

# Valentine's Day



 **Be My Valentine** 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