



Canyon Winds

Retirement Community

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

The Great Backyard Bird Count

Every February, bird-watchers around the world lend a helping wing to scientists by participating in the Great Backyard Bird Count, a four-day project organized by the Cornell Lab of Ornithology and the National Audubon Society. Learn more at GBBC.BirdCount.org.

Remember When: Car Tail Fins

Many car lovers have an affinity for models made during post-war America's fascination with the jet and space age. For about a decade, tail fins became a signature feature of auto design, giving even the simplest sedan some futuristic flair. Automakers Ford, General Motors and Chrysler steered into the fad that reached its zenith with those created for the 1959 Cadillac, which were high, long and accented with chrome and red taillights. But by the mid-1960s, the finned look had driven off into the sunset.

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.

Enjoy Flowers Longer

If you receive a bouquet of fresh flowers, help them last longer with this recipe: Dissolve 2 tablespoons each of sugar and white vinegar in a quart of warm water. Experts say another alternative is to mix one part lemon-lime soda with three parts water. Change the water mixture every few days.

February 2025



Tart Is Smart

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit's flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.

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.

Weekly News

The first issue of Newsweek magazine came out on Feb. 17, 1933. The publication, founded by Thomas J.C. Martyn, a former foreign editor at Time magazine, cost 10 cents a copy and had a circulation of 50,000. At its height in the early 2000s, Newsweek had a worldwide circulation of more than 4 million.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				<p>KEY</p> <p>FIRST FLOOR FP- Fireplace DR- Dining Room PRD- Private Dining Room PL- Pool</p> <p>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</p> <p>FOURTH FLOOR CH- Chapel The Hangar- 4th Floor Activities Room HAIR SALON</p>	<p>9:00 ■ WATER AEROBICS- POOL 1:00 ■ Redeemer Bible Study CH 2:00 ■ CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
2	3	4	5	6	7	8
<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 <i>1:00 Hand & Foot AR</i> 1:00 ■ Valentine's Basket Making Craft 2:15 ■ Meditation TR 3:00 ■ Bingo TR 6:00 ■ Horse Race Card Game AR</p>	<p>9:00 ■ WATER AEROBICS- POOL 10:30 ■ Genealogy Club With Chris TR 2:00 ■ Hillsdale Lecture Series TR 3:00 ■ CARD GAMES AR 6:30 Movie Showing TR</p>	<p>10:00 ■ Tai Chi TR 10:30 ■ Chapel CH 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Billiards The HANGAR 1:00 ■ Shopping Trip - LOBBY 2:15 ■ Meditation TR 3:00 ■ Comedy Hour TR 4:00 ■ Resident Birthday Dinner- PDR 6:30 ■ <i>Bridge** The HANGAR</i></p>	<p>9:00 ■ WATER AEROBICS- POOL 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BINGO! TR 3:00 ■ Lee Ford Guitarist AR 6:30 <i>Hand & Foot AR</i> 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>9:00 ■ WATER AEROBICS- POOL 1:00 ■ Redeemer Bible Study CH 2:00 ■ CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
9	10	11	12	13	14	15
<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>11:00 ■ CHAIR EXERCISE AR <i>1:00 Hand & Foot AR</i> 2:15 ■ Meditation TR 3:00 ■ Bingo TR 6:30 ■ Pinochle AR</p>	<p>9:00 ■ WATER AEROBICS- POOL 12:30 ■ Bunco Dice Game- 4th Floor Hangar 2:00 ■ Hillsdale Lecture Series TR 3:00 ■ CARD GAMES AR 6:30 ■ Trivia Night! TL</p>	<p>10:00 ■ Tai Chi TR 10:30 ■ Chapel CH 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Billiards The HANGAR 1:00 ■ Shopping Trip - LOBBY 2:15 ■ Meditation TR 3:00 ■ Comedy Hour TR 4:30 ■ Billy Fredrick Pianist DINING ROOM 6:30 ■ <i>Bridge** The HANGAR</i></p>	<p>9:00 ■ WATER AEROBICS- POOL 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BINGO! TR 2:30 ■ Resident Council Meeting 2nd Floor Break Room <i>6:30 Hand & Foot AR</i> 6:30 ■ Poker- 4th Floor Hangar</p>	<p>11:00 ■ Nickel Pokeno AR 1:00 ■ Target Shopping - LOBBY 1:30 ■ Travel Series TR 3:00 ■ VALENTINE'S HAPPY HOUR - TL!! 6:30 Movie Showing TR</p>	<p>9:00 ■ WATER AEROBICS- POOL 1:00 ■ Redeemer Bible Study CH 1:00 ■ The Duttons- LOBBY 2:00 ■ CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
16	17	18	19	20	21	22
<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>Presidents Day 10:00 ■ OdySea Aquarium & Lunch - LOBBY <i>1:00 Hand & Foot AR</i> 6:00 ■ Horse Race Card Game AR</p>	<p>9:00 ■ WATER AEROBICS- POOL 10:30 ■ Medicare Bootcamp With Chris TR 1:00 ■ BOOK CLUB TL 2:00 ■ Hillsdale Lecture Series TR 3:00 ■ CARD GAMES AR 6:30 Movie Showing TR</p>	<p>10:00 ■ Tai Chi TR 10:30 ■ Chapel CH 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Billiards The HANGAR 1:00 ■ Shopping Trip - LOBBY 2:15 ■ Meditation TR 3:00 ■ Comedy Hour TR 6:30 ■ <i>Bridge** The HANGAR</i></p>	<p>9:00 ■ WATER AEROBICS- POOL 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BINGO! TR 2:00 ■ Tools Not Rules a Fun & Easy Way to Write Your Story- 2 Week Work Shop- Location to be determined <i>6:30 Hand & Foot AR</i> 6:30 ■ Poker- 4th Floor Hangar</p>	<p>10:00 ■ CASINO - LOBBY 11:00 ■ Nickel Pokeno AR 1:30 ■ Travel Series TR 2:30 ■ HAPPY HOUR & KARAOKE TL 6:30 Movie Showing TR</p>	<p>9:00 ■ WATER AEROBICS- POOL 1:00 ■ Redeemer Bible Study CH 2:00 ■ CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
23	24	25	26	27	28	
<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 "Clara Barton" 11:00 ■ CHAIR EXERCISE AR <i>1:00 Hand & Foot AR</i> 2:15 ■ Meditation TR 3:00 ■ Bingo TR 6:30 ■ Pinochle AR</p>	<p>9:00 ■ WATER AEROBICS- POOL 12:30 ■ Bunco Dice Game- 4th Floor Hangar 2:00 ■ Hillsdale Lecture Series TR 3:00 ■ CARD GAMES AR 6:30 ■ Trivia! TL</p>	<p>9:00 ■ MEN'S & WOMEN'S BREAKFAST 10:00 ■ Tai Chi TR 10:30 ■ Chapel CH 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Billiards The HANGAR 1:00 ■ Shopping Trip - LOBBY 2:15 ■ Meditation TR 3:00 ■ Comedy Hour TR 6:30 ■ <i>Bridge** The HANGAR</i></p>	<p>9:00 ■ WATER AEROBICS- POOL 10:00 ■ Catholic Mass With Father Jerome 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BINGO! TR 2:00 ■ Tools Not Rules a Fun & Easy Way to Write Your Story- 2 Week Work Shop- Location to be determined <i>6:30 Hand & Foot AR</i> 6:30 ■ Poker- 4th Floor Hangar</p>	<p>10:00 ■ COSTCO - LOBBY 11:00 ■ Nickel Pokeno AR 1:30 ■ Travel Series TR 3:00 ■ HAPPY HOUR - TL!! 6:30 Movie Showing TR</p>	

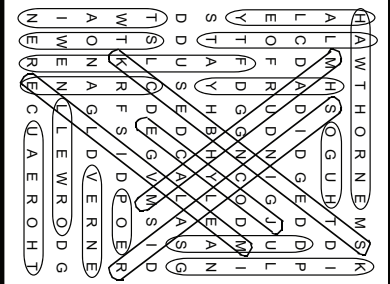
Word Search

Category: Famous Authors

H A W T H O R N E M S K
 A L M H S O G U H T D I
 L C D A D I D G E D D P
 E O F R U D N I G J U L
 Y T F D G G N C O D M I
 S T A Y H B H Y L E A N
 D D U S E D C A L A S G
 T S L C D E G V M S I D
 W T K R F S I D P O E R
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- Faulkner _____
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- Word Search Solution:**
- | | |
|--------------|---------------|
| 1. Alcott | 11. Maugham |
| 2. Crane | 12. Melville |
| 3. Dumas | 13. Orwell |
| 4. Faulkner | 14. Poe |
| 5. Haley | 15. Sinclair |
| 6. Hardy | 16. Steinbeck |
| 7. Hawthorne | 17. Stowe |
| 8. Hugo | 18. Thoreau |
| 9. Joyce | 19. Twain |
| 10. Kipling | 20. Verne |



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				50				
51	52	53						54			55	56	57
58					59				60				
62					63						64		
65					66						67		

ACROSS

- Small weight
- Actor's place
- One tempted
- Character
- Lower region
- Letter closing
- Make ___; gamble
- To the left, on a ship
- Currier's partner
- Protects
- Events on a paper's business page
- Source of caviar
- Nobleman
- Trainee
- Enjoyment
- Meaning
- Felt terrible about
- Container
- Tranquilize
- Live
- Notices
- Sun deity
- Attic
- Promotional write-ups
- Word with tall or fairy
- Weather condition
- Appropriate
- Runner
- Crosses out, for short
- Beverage
- Hit Broadway play

DOWN

- Homecoming attendee, for short
- After-bath wraparound
- Hebrew letter
- Like short-term parking
- Color
- Sole attachments
- Foofaraw
- Like Beethoven
- Organic compound
- Straightened
- Type of bird
- State
- Disarray
- Negative word
- American Beauties
- Pieces of furniture
- Mountaineer's hazards
- Of one of the senses
- Name in farm equipment
- Like Santa and Taft
- Like a twang

32. Wrap
33. Moray seeker
35. Modern plane
36. Nov. 1 honorees
38. Discourage
39. B followers
42. Edits
44. Gambler's advisor
46. Particular
47. Flightless bird
49. Sly looks
50. Annoying people
51. Cubicle
52. Hand lotion ingredient
53. First-rate
54. ___ on; forwarded
55. Sweet snack item
56. Advice to Nanette
57. Method: abbr.
60. ___ Paulo, Brazil

