



Canyon Winds

Retirement Community

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



College Hoops Action

We'll be tuning in to all the college hoops tournament action during March Madness. Which team is your pick to win the championship this year?



Spring Is in the Air

The first day of spring, also known as the vernal equinox, falls on March 20 this year. Longer warmer days are on their way!

Honoring Vietnam Veterans

Vietnam War Veterans Day is observed every year on March 29. We offer a salute to all the Vietnam War vets in our community and thank you for your service.

March 2025



Happy St. Patrick's Day!

May the luck of the Irish be with you on March 17 and all the days to come. Happy St. Patrick's Day to all our residents!

Why It's Called Corned Beef

The term "corned" in corned beef comes from the Old English word for grain. It refers to the large grains, or corns, of salt that are used to cure the meat.

Eat for Allergy Relief

Do seasonal allergies have you sniffing and sneezing? Certain foods may provide some relief by reducing inflammation and strengthening the immune system. Try broccoli, onions, garlic, pineapple, oranges, watermelon and tomatoes.

Paczki Day

Fat Tuesday is also known as Paczki Day in some parts of the country. Pronounced "poonch-kee," the traditional Polish pastries, similar to jelly doughnuts, are made of rich yeast dough that is fried, then filled with fruit preserves, cream or custard.

Happy Birthday to Our Canyon Winds Resident

Opal 3/6

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



ZERO DISCRIMINATION DAY 1
 10:00 CARD GAMES
 1:30 BINGO - ACTIVITY ROOM
 1:30 MOVIE
 2:30 MEXICAN TRAIN - ACTIVITY ROOM
 5:30 SATURDAY NIGHT AT THE MOVIES

ACADEMY AWARDS 2
 9:00 CARD GAMES
 10:00 VIRTUAL CATHOLIC SERVICES
 1:00 BRIDGE
 1:30 MOVIE - THEATER ROOM
 2:00 KINGS CORNERS - ACTIVITY ROOM CARD GAME
 5:30 MOVIE

WORLD WILDLIFE DAY 3
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISES - ACTIVITY ROOM
 10:00 ARTS & CRAFTS - ACTIVITY ROOM
 1:00 BRIDGE
 1:00 MUSIC THERAPY with HALLIE HARDY
 2:00 MOVIE - THEATER ROOM

MARDI GRAS / PACZKI DAY 4
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISE
 9:30 Wii BOWLING - THEATER ROOM
 11:00 LUNCH @ BARRO'S PIZZA
 12:30 RUMMIKUB - ACTIVITY ROOM
 2:00 BINGO
 3:00 BINGO SHOPPING

ASH WEDNESDAY 5
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISE
 10:00 CORN HOLE
 10:00 LET'S SHOOT SOME POOL - 1ST FLOOR
 1:00 BIBLE STUDY with CAROL DENADEL
 2:00 STACK THE CUPS

HAPPY BIRTHDAY, OPAL 6
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISE
 10:00 NONDENOMINATIONAL SERVICE
 12:30 SHOPPING @ WALMART
 1:00 BRIDGE

EMPLOYEE APPRECIATION DAY 7
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISES - ACTIVITY ROOM
 10:00 CORN HOLE
 1:00 MOVIE
 2:00 HAPPY HOUR with LIVE MUSIC by LEE FORD
 3:30 BINGO SHOPPING

INTERNATIONAL WOMEN'S DAY 8
 10:00 CARD GAMES
 1:30 BINGO - ACTIVITY ROOM
 1:30 MOVIE
 2:30 MEXICAN TRAIN - ACTIVITY ROOM
 5:30 SATURDAY NIGHT AT THE MOVIES

DAYLIGHT SAVING BEGINS 9
 9:00 CARD GAMES
 10:00 VIRTUAL CATHOLIC SERVICES
 1:00 BRIDGE
 1:30 MOVIE - THEATER ROOM
 2:00 KINGS CORNERS - ACTIVITY ROOM CARD GAME
 5:30 MOVIE

NATIONAL NAPPING DAY 10
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISES - ACTIVITY ROOM
 10:00 ARTS & CRAFTS - ACTIVITY ROOM
 1:00 BRIDGE
 1:00 MUSIC THERAPY with HALLIE HARDY
 2:30 TRIVIA hosted by DALE LIKENS

MARDI GRAS / PACZKI DAY 11
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISE
 9:30 Wii BOWLING - THEATER ROOM
 10:30 FAT CATS - LUNCH AND A MOVIE
 12:30 RUMMIKUB - ACTIVITY ROOM
 2:00 BINGO
 3:00 BINGO SHOPPING

ASH WEDNESDAY 12
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISE
 10:00 CORN HOLE
 10:00 LET'S SHOOT SOME POOL - 1ST FLOOR
 1:00 BIBLE STUDY with CHAPLAIN DAVID
 1:00 HAND BELLS - ACTIVITY ROOM
 2:00 MOVIE - THEATER ROOM

WORLD KIDNEY DAY 13
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISE
 10:00 NONDENOMINATIONAL SERVICE
 12:30 SHOPPING @ KOHL'S
 1:00 BRIDGE

PI DAY 14
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISES - ACTIVITY ROOM
 10:00 CORN HOLE
 1:00 MOVIE
 2:00 BINGO
 3:30 BINGO SHOPPING

WORLD CONSUMER DAY 15
 10:00 CARD GAMES
 1:30 BINGO - ACTIVITY ROOM
 1:30 MOVIE
 2:30 MEXICAN TRAIN - ACTIVITY ROOM
 5:30 SATURDAY NIGHT AT THE MOVIES

DAYLIGHT SAVING BEGINS 16
 9:00 CARD GAMES
 10:00 VIRTUAL CATHOLIC SERVICES
 1:00 BRIDGE
 1:30 MOVIE - THEATER ROOM
 2:00 KINGS CORNERS - ACTIVITY ROOM CARD GAME
 5:30 MOVIE

ST. PATRICK'S DAY 17
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISES - ACTIVITY ROOM
 10:00 ARTS & CRAFTS - ACTIVITY ROOM
 1:00 BRIDGE
 1:00 MUSIC THERAPY with HALLIE HARDY
 2:00 MOVIE - THEATER ROOM
 2:30 RESIDENT COUNCIL MEETING

MARDI GRAS / PACZKI DAY 18
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISE
 9:30 Wii BOWLING - THEATER ROOM
 11:00 LUNCH @ OLIVE GARDEN
 12:30 RUMMIKUB - ACTIVITY ROOM
 2:00 BINGO
 3:00 BINGO SHOPPING

ASH WEDNESDAY 19
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISE
 10:00 CORN HOLE
 10:00 LET'S SHOOT SOME POOL - 1ST FLOOR
 1:00 BIBLE STUDY with CAROL DENADEL
 2:00 WATER PONG

START OF SPRING 20
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISE
 10:00 NONDENOMINATIONAL SERVICE
 12:30 SHOPPING @ BASHAS
 1:00 BRIDGE

WORLD DOWN SYNDROME DAY 21
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISES - ACTIVITY ROOM
 10:00 CORN HOLE
 1:00 MOVIE
 2:00 HAPPY HOUR with LIVE MUSIC by BILLY FREDERICK
 3:30 BINGO SHOPPING

WORLD WATER DAY 22
 10:00 CARD GAMES
 1:30 BINGO - ACTIVITY ROOM
 1:30 MOVIE
 2:30 MEXICAN TRAIN - ACTIVITY ROOM
 5:30 SATURDAY NIGHT AT THE MOVIES

NATIONAL PUPPY DAY 23
 9:00 CARD GAMES
 10:00 VIRTUAL CATHOLIC SERVICES
 1:00 BRIDGE
 1:30 MOVIE - THEATER ROOM
 2:00 KINGS CORNERS - ACTIVITY ROOM CARD GAME

ST. PATRICK'S DAY 24
 9:00 SIT FIT EXERCISES - ACTIVITY ROOM
 10:00 ARTS & CRAFTS - ACTIVITY ROOM
 1:00 BRIDGE
 1:00 MUSIC THERAPY with HALLIE HARDY
 2:00 BALLOON BOWLING

INTERNATIONAL WAFFLE DAY 25
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISE
 9:30 Wii BOWLING - THEATER ROOM
 11:00 LUNCH @ RED ROBIN YUMMMM
 12:30 RUMMIKUB - ACTIVITY ROOM
 2:00 BINGO
 3:00 BINGO SHOPPING

ASH WEDNESDAY 26
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISE
 10:00 CORN HOLE
 10:00 LET'S SHOOT SOME POOL - 1ST FLOOR
 1:00 BIBLE STUDY with CHAPLAIN DAVID
 2:00 MOVIE - THEATER ROOM

START OF SPRING 27
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISE
 10:00 NONDENOMINATIONAL SERVICE
 12:30 SHOPPING @ TARGET
 1:00 BRIDGE
 7:00 LADIES' GAME NIGHT - ACTIVITY ROOM

WORLD DOWN SYNDROME DAY 28
 6:30 COFFEE BAR LOBBY
 9:00 SIT FIT EXERCISES - ACTIVITY ROOM
 10:00 CORN HOLE
 1:00 MOVIE
 2:00 BINGO
 3:30 BINGO SHOPPING

VIETNAM WAR VETERANS DAY 29
 10:00 CARD GAMES
 1:30 BINGO - ACTIVITY ROOM
 1:30 MOVIE
 2:30 MEXICAN TRAIN - ACTIVITY ROOM
 5:30 SATURDAY NIGHT AT THE MOVIES

NATIONAL DOCTORS' DAY 30
 9:00 CARD GAMES
 10:00 VIRTUAL CATHOLIC SERVICES
 1:00 BRIDGE
 1:30 MOVIE - THEATER ROOM
 2:00 KINGS CORNERS - ACTIVITY ROOM CARD GAME

ST. PATRICK'S DAY 31
 9:00 SIT FIT EXERCISES - ACTIVITY ROOM
 10:00 ARTS & CRAFTS - ACTIVITY ROOM
 1:00 BRIDGE
 2:00 MOVIE - THEATER ROOM

INTERNATIONAL WAFFLE DAY 31
 12:30 RUMMIKUB - ACTIVITY ROOM
 2:00 BINGO
 3:00 BINGO SHOPPING

ASH WEDNESDAY 31
 1:00 BIBLE STUDY with CHAPLAIN DAVID
 2:00 MOVIE - THEATER ROOM

START OF SPRING 31
 12:30 SHOPPING @ TARGET
 1:00 BRIDGE
 7:00 LADIES' GAME NIGHT - ACTIVITY ROOM

WORLD DOWN SYNDROME DAY 31
 10:00 CORN HOLE
 1:00 MOVIE
 2:00 BINGO
 3:30 BINGO SHOPPING

VIETNAM WAR VETERANS DAY 31
 10:00 CARD GAMES
 1:30 BINGO - ACTIVITY ROOM
 1:30 MOVIE
 2:30 MEXICAN TRAIN - ACTIVITY ROOM
 5:30 SATURDAY NIGHT AT THE MOVIES

Word Search

Category: Spring

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

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

- Word Search Solution:
- 1. Awakening
 - 2. Breezy
 - 3. Crisp
 - 4. Energized
 - 5. Flourish
 - 6. Garden
 - 7. Growing
 - 8. Melting
 - 9. Newborn
 - 10. Outdoors
 - 11. Plant
 - 12. Rainbow
 - 13. Rainy
 - 14. Refresh
 - 15. Renewal
 - 16. Spring
 - 17. Sprouting
 - 18. Sunshine
 - 19. Unpredictable
 - 20. Warming
 - 21. Windy

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

