



Canyon Winds

Retirement Community

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

Positive Thought

"An optimist is the human personification of spring." —Susan J. Bissonette

Remember When: Silly Putty

During World War II, a rubber shortage prompted a search for a synthetic substitute. Two chemists—one at General Electric and the other with Dow Corning—combined boric acid and silicone oil. Though they were working independently, they got the same result: a bouncy, stretchy material. It wasn't a good rubber replacement, but it was entertaining to play with. A toy marketer packaged 1-ounce balls of the putty in plastic eggs and sold them for a dollar apiece, and Silly Putty became one of the most popular toys of the 20th century.

March Madness

It means office pools. Heartbreak. Buzzer beaters. Braggin' rights. "March Madness" strikes this month each year. The goal is to crown a national champion in college basketball. But did you know "March Madness" originally was coined in relation to high school hoops?

In 1939, Henry V. Porter, an administrator with the Illinois High School Association, referred to "March Madness" in an article he wrote describing the hoopla surrounding the Illinois state tournament.

When TV broadcaster Brent Musburger used the phrase "March Madness" during the 1982 NCAA tournament, it ignited an association with what has become a much-anticipated March staple.

March 2025



Lucky Charms

Do you have a lucky coin or a pair of socks that you believe brings you good fortune? You may be on to something. Studies show that simply believing a lucky charm works can boost a person's confidence, helping them perform a task better.

Fat Tuesday

Mardi Gras, or the last day of Shrovetide, is the final celebration of feasting before the fast of Lent. It originated in Rome as a pagan carnival and spring fertility rite. The first American Mardi Gras was celebrated in 1699, 60 miles south of present-day New Orleans. Today, some of the most well-known parades occur in New Orleans, Brazil, France and Belgium.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



KEY
FIRST FLOOR
 FP- Fireplace
 DR- Dining Room
 PDR- Private Dining Room
 PL- Pool
SECOND FLOOR
 BK- Book Nook
 L- Library
 BR- Break Room

KEY
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

2
 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

3
 10:00 ■ **TRADER JOE'S LOBBY**
 11:00 ■ CHAIR EXERCISE AR
 1:00 ■ Hand & Foot AR
 2:00 ■ Meditation TR
 2:00 ■ Snowmen Craft AR
 3:00 ■ Bingo TR
 6:00 ■ Horse Race Card Game AR

4
 9:00 ■ WATER AEROBICS- POOL
 10:00 ■ Mesa Chiropractic Rehab and Wellness - Neuropathy Seminar AR
 2:00 ■ Hillsdale Lecture Series TR
 3:00 ■ CARD GAMES AR
 6:30 Movie Showing TR

5
 10:00 ■ Tai Chi TR
 10:30 ■ Chapel CH
 11:00 ■ CHAIR EXERCISE AR
 1:00 ■ Billiards The HANGAR
 1:00 ■ Shopping Trip - LOBBY
 2:00 ■ Meditation TR
 3:00 ■ Comedy Hour TR
 4:00 ■ Resident Birthday Dinner- PDR
 6:30 ■ Bridge** The HANGAR

6
 9:00 ■ WATER AEROBICS- POOL
 11:00 ■ CHAIR EXERCISE AR
 1:00 ■ BINGO! TR
 2:30 ■ Wii Sports AR
 3:00 ■ Steve Nissle Lecture TR
 6:30 ■ Hand & Foot AR
 6:30 ■ Poker- 4th Floor Hangar

7
 9:00 ■ **NEW RESIDENT MEET & GREET. Fireplace Room**
 11:00 ■ Nickel Pokeno AR
 1:30 ■ Travel Series TR
 3:00 ■ **HAPPY HOUR - TL!!**
 6:30 Movie Showing TR

8
 9:00 ■ WATER AEROBICS- POOL
 1:00 ■ Redeemer Bible Study CH
 2:00 ■ CARDS/ DOMINOES AR
 6:30 Movie Showing TR

9
 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

10
 11:00 ■ CHAIR EXERCISE AR
 1:00 ■ Hand & Foot AR
 2:00 ■ Meditation TR
 3:00 ■ Nickel Pokeno AR
 4:00 ■ **MYSTERY DINNER LOBBY**
 6:30 ■ Pinochle AR

11
 9:00 ■ WATER AEROBICS- POOL
 2:00 ■ Hillsdale Lecture Series TR
 3:00 ■ CARD GAMES AR
 6:30 ■ Trivia Night! TL

12
 10:00 ■ Tai Chi TR
 10:30 ■ Chapel CH
 11:15 ■ **BARLEEN'S LUNCH AND SHOW**
 1:00 ■ Billiards The HANGAR
 6:30 ■ Bridge** The HANGAR

13
 9:00 ■ WATER AEROBICS- POOL
 11:00 ■ CHAIR EXERCISE AR
 1:00 ■ BINGO! TR
 2:30 ■ Resident Council Meeting 2nd Floor Break Room
 6:30 ■ Hand & Foot AR
 6:30 ■ Poker- 4th Floor Hangar

14
 11:00 ■ Nickel Pokeno AR
 1:00 ■ **Target Shopping- LOBBY**
 1:30 ■ Travel Series TR
 3:00 ■ **HAPPY HOUR - TL!!**
 6:30 Movie Showing TR

15
 9:00 ■ WATER AEROBICS- POOL
 1:00 ■ Redeemer Bible Study CH
 2:00 ■ CARDS/ DOMINOES AR
 6:30 Movie Showing TR

16
 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

17
 11:00 ■ CHAIR EXERCISE AR
 1:00 ■ Hand & Foot AR
 2:00 ■ Meditation TR
 3:00 ■ Bingo TR
 3:00 ■ **ST PATTY'S DAY HAPPY HOUR!! TL**
 6:00 ■ Horse Race Card Game AR

18
 9:00 ■ WATER AEROBICS- POOL
 1:00 ■ **BOOK CLUB TL**
 2:00 ■ Hillsdale Lecture Series TR
 3:00 ■ CARD GAMES AR
 6:30 Movie Showing TR

19
 10:00 ■ Tai Chi TR
 10:30 ■ Chapel CH
 11:00 ■ CHAIR EXERCISE AR
 1:00 ■ Billiards The HANGAR
 1:00 ■ Shopping Trip - LOBBY
 2:00 ■ Meditation TR
 3:00 ■ Comedy Hour TR
 6:30 ■ Bridge** The HANGAR

20
 9:00 ■ WATER AEROBICS- POOL
 11:00 ■ CHAIR EXERCISE AR
 1:00 ■ BINGO! TR
 2:30 ■ Wii Sports AR
 6:30 ■ Hand & Foot AR
 6:30 ■ Poker- 4th Floor Hangar

21
 10:00 ■ **CASINO LOBBY**
 11:00 ■ Nickel Pokeno AR
 1:30 ■ Travel Series TR
 2:00 ■ **Anna- The Pianist AR**
 3:00 ■ **HAPPY HOUR - TL!!**
 6:30 Movie Showing TR

22
 9:00 ■ WATER AEROBICS- POOL
 1:00 ■ Redeemer Bible Study CH
 2:00 ■ CARDS/ DOMINOES AR
 6:30 Movie Showing TR

23
 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

24
 10:00 ■ **KEN SORENSEN LECTURE SERIES**
 11:00 ■ CHAIR EXERCISE AR
 1:00 ■ Hand & Foot AR
 3:00 ■ Nickel Pokeno AR
 6:30 ■ Pinochle AR

25
 9:00 ■ WATER AEROBICS- POOL
 2:00 ■ Hillsdale Lecture Series TR
 3:00 ■ CARD GAMES AR
 4:00 ■ **Steven Schwartz Pianist - DINING ROOM**
 6:30 ■ Trivia! TL

26
 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
 2:00 ■ Meditation TR
 3:00 ■ Comedy Hour TR
 6:30 ■ Bridge** The HANGAR

27
 9:00 ■ WATER AEROBICS- POOL
 10:00 ■ Catholic Mass With Father Rojo George
 11:00 ■ CHAIR EXERCISE AR
 1:00 ■ BINGO! TR
 2:30 ■ Wii Sports AR
 6:30 ■ Hand & Foot AR
 6:30 ■ Poker- 4th Floor Hangar

28
 10:00 ■ **COSTCO LOBBY**
 11:00 ■ Nickel Pokeno AR
 1:30 ■ Travel Series TR
 3:00 ■ **HAPPY HOUR - TL!!**
 6:30 Movie Showing TR

29
 9:00 ■ WATER AEROBICS- POOL
 1:00 ■ Redeemer Bible Study CH
 2:00 ■ CARDS/ DOMINOES AR
 6:30 Movie Showing TR

30
 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

31
 1:00 ■ **Desert Belle Cruise- Saguaro Lake**
 1:00 ■ Hand & Foot AR
 2:00 ■ Meditation TR

Word Search

Category: Spring

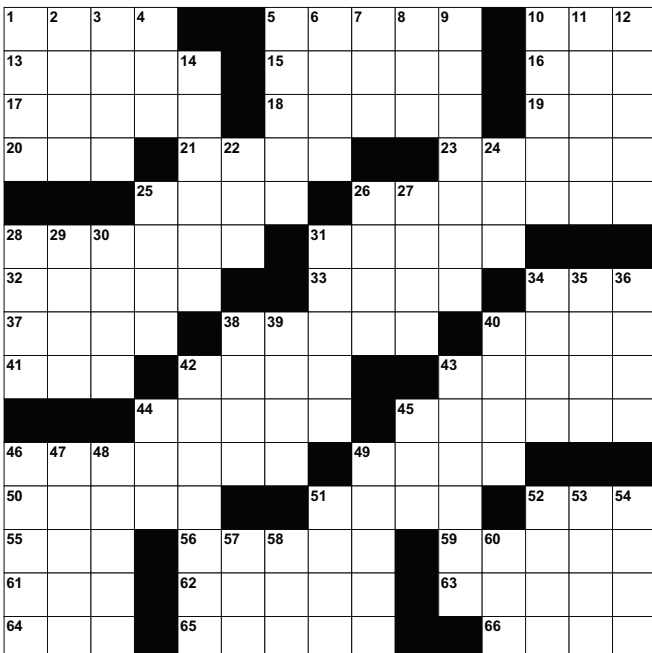
T N E D R A G C R I S P H E Y
 M Y D N I W W H G O L E O Z R
 E D E R O F N S N A T U E R E
 L E E F L O U R I S H E E V L
 T I G N C N E S N A R P N R B
 I P O R S G R E E B W N E S A
 N S L H O R I H K V O E R G T
 G G I A A W S E A M B W G N C
 A N N I N E I G W R N B I I
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 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. <u> </u> Crisp | 8. <u> </u> | 15. <u> </u> |
| 2. <u> </u> | 9. <u> </u> | 16. <u> </u> |
| 3. <u> </u> | 10. <u> </u> | 17. <u> </u> |
| 4. <u> </u> | 11. <u> </u> | 18. <u> </u> |
| 5. <u> </u> | 12. <u> </u> | 19. <u> </u> |
| 6. <u> </u> | 13. <u> </u> | 20. <u> </u> |
| 7. <u> </u> | 14. <u> </u> | 21. <u> </u> |

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

Crossword Puzzle



ACROSS

- Compass point
- First letter in Hebrew alphabet
- Irritate
- Notre Dame, Louvre and Eiffel Tower
- Upper body
- Poem of praise
- Scots' neighbors
- Month
- Decompose
- Ball holder
- Govern
- Oblivion
- Location of the Vatican and Coliseum
- Song
- Take refuge (2 wds.)
- Cut of beef
- Concede
- Given salary
- Propel with oars
- Asian nation
- Got out of bed
- Gag
- Lecture
- Commune
- Test copy
- Vote in a law
- Digit

DOWN

- Skewer
- Item for sale
- Soft cheese
- Bro.'s sibling
- Dickens' "___ of Two Cities" (2 wds.)
- Run
- Make a mistake
- Pressure unit
- Country of tulips and windmills
- Averages
- Philippine dish with marinated chicken or pork
- Mount (2 wds.)
- Envelope
- Sports official
- Writing liquid
- Depend
- Scorch
- Frozen rain
- Publicity
- Lubricates
- Spring

- Country known for bullfighting, Picasso and Hernán Cortés
- Round cracker brand
- Elliptic
- "as you ___"
- Leaning tower in Italy
- Pitcher
- Test
- Soft drink brand
- Relative
- Celestial radiation emitter
- Rio de Janeiro
- Mr.'s wife
- Sudden stream with force
- Blunder
- Legal tender
- Sharp pains
- Pennsylvania (abbr.)
- Three
- Squeal
- Dueling sword
- Caustic substance
- Directory (abbr.)
- Scriptural your

