



Canyon Winds

Retirement Community

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

April 2025



Spring Scents

From blooming flowers to fresh-cut grass, the scents of spring are in the air now. Studies show that getting a whiff of these aromas can make you feel calm and happy.



Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.

Spread Some Spring

"A kind word is like a spring day." —Russian proverb

Positive Thought

"The Earth is what we all have in common."
—Wendell Berry



Heralds of Happiness

Songs have been sung about them, and poems written about them. Bluebirds have been longtime symbols of happiness in many cultures and are often associated with the renewal of the spring season. Eastern, mountain and western are the three species of this native North American bird, and all of them display bright blue feathers and chirp a cheerful song.

A Festive Passover

Happy Passover to all of our residents! May your festival celebrations be filled with joy and delight.

Happy Easter






Our staff would like to take this opportunity to say happy Easter to our residents who celebrate this holiday. Enjoy the day.

'Bee' Is One

How many words can you come up with using the letters in "jelly beans"?

Happy Birthday to Our Canyon Winds Residents

Richard 4/12, Judy 4/18 & Pat S. 4/18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		APRIL FOOLS' DAY! 1 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 ■ LUNCH @ CHIPOTLE 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 ■ BINGO 3:00 BINGO SHOPPING	NATIONAL WALKING DAY! 2 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 ■ MOVIE - THEATER ROOM	NATIONAL BURRITO DAY! 3 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISE 10:00 NON DENOMINATIONAL SERVICE 12:30 ■ SHOPPING @ WALMART 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge etc.	NATIONAL HUG A NEWSPERSON DAY! 4 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 12:30 ■ MOVIE 2:30 ■ HAPPY HOUR with LIVE MUSIC by LEE FORD	DEEP DISH PIZZA DAY! 5 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
6 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	7 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM ■ 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 1:00 ■ MUSIC THERAPY with HALLIE HARDY ♪ 2:00 ■ MOVIE - THEATER ROOM	8 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 ■ LUNCH @ UNCLE BEARS 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 ■ BINGO 3:00 BINGO SHOPPING	9 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 HAND AND NAIL CARE	10 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISE 10:00 NON DENOMINATIONAL SERVICE 12:30 ■ SHOPPING @ THE DOLLAR STORE 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge etc.	11 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 12:30 ■ MOVIE 2:00 ■ BINGO 3:30 BINGO SHOPPING	12 HAPPY BIRTHDAY, RICHARD PASSOVER BEGINS 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
13 PALM SUNDAY 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	14 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM ■ 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 1:00 ■ MUSIC THERAPY with HALLIE HARDY ♪ 2:00 ■ TRIVIA hosted by DALE LIKENS	15 TAX DAY (TAXES DUE) 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 ■ LUNCH @ TOM'S BBQ 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 ■ BINGO 3:00 BINGO SHOPPING	16 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 ■ MOVIE - THEATER ROOM	17 NATIONAL HIGH FIVE DAY! 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISE 10:00 NON DENOMINATIONAL SERVICE 12:30 ■ SHOPPING @ SPROUTS FARMERS' MARKET 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge etc.	18 HAPPY BIRTHDAY, JUDY AND PAT S. 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 12:30 ■ MOVIE 2:30 ■ HAPPY HOUR with LIVE MUSIC by BILLY FREDERICK	19 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
20 HAPPY EASTER / PASSOVER ENDS 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	21 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM ■ 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 1:00 ■ MUSIC THERAPY with HALLIE HARDY ♪ 2:00 ■ MOVIE - THEATER ROOM 2:30 RESIDENT COUNCIL MEETING	22 EARTH DAY! 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 ■ LUNCH @ ZONA CANTINA 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 ■ BINGO 3:00 BINGO SHOPPING	23 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 HAND AND NAIL CARE	24 TAKE YOUR CHILD TO WORK DAY! 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISE 10:00 NON DENOMINATIONAL SERVICE 10:30 ■ CASINO ARIZONA - LUNCH and SLOTS 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge etc. 7:00 GAME NIGHT - ACTIVITY ROOM	25 ARBOR DAY! 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 12:30 ■ MOVIE 2:00 ■ BINGO 3:30 BINGO SHOPPING	26 NATIONAL PRETZEL DAY! 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
27 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	28 NATIONAL SUPERHERO DAY! 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM ■ 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 1:00 ■ MUSIC THERAPY with HALLIE HARDY ♪ 2:00 ■ MOVIE - THEATER ROOM	29 INTERNATIONAL DANCE DAY! 6:30 COFFEE BAR LOBBY 9:00 ■ SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 ■ LUNCH @ KNEADERS BAKERY & CAFE 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 ■ BINGO 3:00 BINGO SHOPPING	30 INTERNATIONAL JAZZ DAY! 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 ■ MOVIE - THEATER ROOM			



SPRING
is here!

Savor the sights,
songs and scents
of the *season.*

April

Word Search



- | | |
|-------------|----------|
| April Fools | Poetry |
| Arbor Day | Rainbow |
| Butterfly | Recycle |
| Clouds | Reduce |
| Daffodil | Reuse |
| Earth Day | Showers |
| Meadow | Tulips |
| Mist | Umbrella |

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