



Canyon Winds

Retirement Community

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

Salute America's Military

In May, America observes Armed Forces Day, Memorial Day, National Military Appreciation Month and Military Spouse Appreciation Day. Take the time this month to honor the men and women in uniform, past and present, and their families.

Fiesta on the Fifth

From Los Angeles and Phoenix to Denver and Washington, D.C., cities across the nation will put on Cinco de Mayo festivals. Commemorating Mexico's 1862 battle victory over the French, the annual May 5 salute to Mexican culture and heritage has become a popular American observance, often enjoyed with traditional food and music.

Galloping Through History

The Kentucky Derby has celebrated speed, tradition and champions since its debut on May 17, 1875. This year, participants will compete in the 151st running of this exciting event.

We Remember

Memorial Day is observed on the last Monday of May. It is a day to honor men and women who have died in military service.

A Good Night's Sleep

For many, the challenge of getting a good night's sleep doesn't lie in falling asleep; it's staying asleep that's the problem. If you find yourself waking up too early, consider the 4-7-8 deep breathing technique to relax back into the zzzs you need. Inhale through the nose for 4 seconds; hold that inhale for 7 seconds; and then exhale through the mouth for 8 seconds.

May 2025



Happy Mother's Day!

"A mother's love for her child is like nothing else in the world." —*Agatha Christie*

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us, we wish all the moms who call our community home a very happy Mother's Day!














































































Happy Birthday to Our Canyon Winds Residents

Barbara O., Carol B., Joseph, Sandy & Bobbie

Spread Some Spring

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

SPECIAL EVENTSMOVIEBIBLE STUDYARTS & CRAFTSMUSIC THERAPY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>INTERNATIONAL FIREFIGHTER DAY 4 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30  MOVIE - THEATER ROOM 2:00 CARDS, HAND & FOOT 5:30  MOVIE</div>	 <div>CINCO DE MAYO 5 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM  11:00 CINCO DE MAYO SPECIAL LUNCH, NACHOS & TACO BAR 1:00  MUSIC THERAPY with HALLIE HARDY  2:00  MOVIE - THEATER ROOM 6:00 POKENO</div>	 <div>MEMORIAL DAY HONORING ALL WHO SERVED 6 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00  LUNCH @ PORTILLOS 12:30 RUMMIKUB - ACTIVITY ROOM 2:00  BINGO 3:00 BINGO SHOPPING</div>	 <div>HAPPY MOTHER'S DAY 7 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 10:00 CORN HOLE 10:00 Wii BOWLING 1:00  BIBLE STUDY with CHAPLAIN DAVID 2:00 CARDS, HAND AND FOOT</div>	<div>MAY DAY 1 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. 6:00 POKENO</div> <div>ACM AWARDS 8 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 10:00 NON DENOMINATIONAL SERVICE 12:30  SHOPPING @ HOBBY LOBBY 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge etc. 6:00 POKENO</div> <div>NATIONAL CHOCOLATE CHIP DAY! 15 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 10:00 NON DENOMINATIONAL SERVICE 12:30  SHOPPING @ SPROUTS FARMER MARKET 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge etc. 6:00 POKENO</div> <div>RED NOSE DAY! 22 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. 6:00 POKENO</div> <div>NATIONAL BISCUIT DAY! 29 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 10:00 NON DENOMINATIONAL SERVICE 12:30  SHOPPING @ ALBERTSONS 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge etc. 6:00 POKENO 7:00  GAME NIGHT - ACTIVITY ROOM</div>	<div>TUNA DAY 2 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</div> <div>MILITARY SPOUSES APPRECIATION DAY 9 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 1:00  Mother's Day Celebration, High Tea 2:00 MOTHER'S DAY MOVIE, CASABLANCA</div> <div>BIKE TO WORK DAY! 16 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</div> <div>WORLD TURTLE DAY 23 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</div> <div>WORLD MS DAY! 30 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</div>	<div>KENTUCKY DERBY 3 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</div> <div>ARMED FORCES DAY! 17 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</div> <div>NATIONAL BROTHER DAY 24 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</div> <div>WORLD NO TOBACCO 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</div>
<div>HAPPY MOTHER'S DAY & HAPPY BIRTHDAY, BARBARA O., CAROL B. & JOSEPH 11 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 11:00 MOTHER'S DAY SPECIAL LUNCH 1:00 BRIDGE 1:30  MOVIE - THEATER ROOM 2:00 CARDS, HAND & FOOT 5:30  MOVIE</div>	<div>HAPPY BIRTHDAY, SANDY 13 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00  LUNCH @ NATIVE GRILL & WINGS 12:30 RUMMIKUB - ACTIVITY ROOM 2:00  BINGO 3:00 BINGO SHOPPING</div>	<div>HAPPY BIRTHDAY, BOBBIE 19 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 6:00 POKENO</div>	<div>WORLD BEE DAY! 20 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00  LUNCH @ DENNY'S 12:30 RUMMIKUB - ACTIVITY ROOM 2:00  BINGO 3:00 BINGO SHOPPING</div>	<div>NATIONAL BURGER DAY! 28 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 10:00 CORN HOLE 10:00 Wii BOWLING 1:00  BIBLE STUDY with CAROL DENADEL 2:00 CARDS, HAND AND FOOT</div>	<div>WORLD MS DAY! 30 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</div>	
<div>NATIONAL WINE DAY! 25 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30  MOVIE - THEATER ROOM 2:00 CARDS, HAND & FOOT 5:30  MOVIE</div>	<div>Memorial Day 26 9:00  SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM  11:00 MEMORIAL DAY BBQ LUNCH with ROOT BEER FLOATS 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 6:00 POKENO</div>	<div>6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00  LUNCH @ RED LOBSTER 12:30 RUMMIKUB - ACTIVITY ROOM 2:00  BINGO 3:00 BINGO SHOPPING</div>				

