



Canyon Winds

Retirement Community

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

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.

Don't Forget Your Feet

If warmer weather has you wearing sandals or kicking off your shoes when you're outside, be sure to protect the tops of your feet with sunscreen. Feet are often overlooked when it comes to sun protection, so slather up—head to toes.

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 alert far too early, consider the 4-7-8 deep breathing technique to relax back into the zzzs you need. Inhale through the nose for four seconds; hold that inhale for seven seconds; and then exhale through the mouth for eight 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!

Did You Know?

On May 8, 2010, actress Betty White, 88 at the time, became the oldest person to host "Saturday Night Live." Hundreds of thousands of people had joined a Facebook campaign rallying for White to host the comedy sketch show. She won the seventh Emmy Award of her career for her "SNL" appearance. Born in Oak Park, Ill., in 1922, Betty Marion White attended high school in Beverly Hills, Calif., before launching her career as an actress, host and producer in radio and television. White played "happy homemaker" Sue Ann Nivens on "The Mary Tyler Moore Show," and later co-starred on "The Golden Girls" as the sweet and naïve Rose Nylund from St. Olaf, Minn. After the series ended, White continued to display her comedic talent in a long list of films and TV shows before her death in December 2021 at the age of 99.



May 2025

- Classes

Clubs

CW Special Events

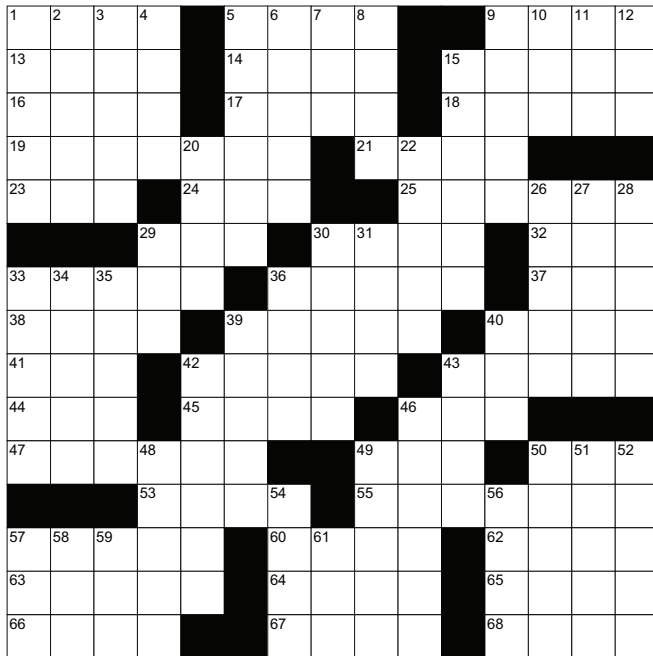
Religious

Games
- Meetings

Trips/Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>-HELLO-</div><div>May</div></div>	<div><div>HAPPY</div><div>Mother's Day</div></div>	<div><div>KEY</div><div>FIRST FLOOR</div><div>FP- Fireplace</div><div>DR- Dining Room</div><div>PDR- Private Dining Room</div><div>PL- Pool</div><div>SECOND FLOOR</div><div>BK- Book Nook</div><div>L- Library</div><div>BR- Break Room</div></div>	<div><div>KEY</div><div>THIRD FLOOR</div><div>AR- Activities Room</div><div>FR- Fitness Room</div><div>TR- Theater Room</div><div>TL- Terrace Lounge</div><div>FOURTH FLOOR</div><div>CH- Chapel</div><div>THE HANGAR- 4th Floor Activities Room</div><div>HAIR SALON</div></div>	<div><div>NATIONAL PASSWORD DAY</div><div>1</div><div>9:00 WATER AEROBICS- POOL</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 PATTERN BINGO! TR</div><div>4:30 Gustavo Angeles- Latin Alternative Music. DINING ROOM</div><div>6:30 Hand & Foot AR</div><div>6:30 Poker- 4th Floor Hangar</div></div>	<div><div>NATIONAL SPACE DAY</div><div>2</div><div>11:00 Nickel Pokeno AR</div><div>1:30 Travel Series TR</div><div>3:00 Cinco De Mayo Happy Hour- Location TBD</div><div>6:30 Movie Showing TR</div></div>	<div><div>KENTUCKY DERBY</div><div>3</div><div>9:00 WATER AEROBICS- POOL</div><div>1:00 Redeemer Bible Study CH</div><div>2:00 CARDS/ DOMINOES AR</div><div>6:30 Movie Showing TR</div></div>
<div><div>STAR WARS DAY</div><div>4</div><div>10:00 Catholic Mass Streaming TR</div><div>1:00 REGULAR BINGO! AR</div><div>2:00 Virtual Church Service TR</div><div>6:30 Catholic Rosary CH</div><div>6:30 Movie Showing TR</div></div>	<div><div>CINCO DE MAYO</div><div>5</div><div>10:00 TRADER JOE'S LOBBY</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 Wii Jeopardy AR</div><div>3:00 Bingo TR</div><div>6:00 Horse Race Card Game AR</div></div>	<div><div>NATIONAL NURSE DAY</div><div>6</div><div>9:00 WATER AEROBICS- POOL</div><div>12:30 Genealogy Club With Chris</div><div>1:00 Color & Relax With Isabelle AR</div><div>2:00 Hillsdale Lecture Series TR</div><div>3:00 CARD GAMES AR</div><div>6:30 Movie Showing TR</div></div>	<div><div>NATIONAL TOURISM DAY</div><div>7</div><div>9:00 Shopping Trip - LOBBY</div><div>10:30 Chapel CH</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 Billiards The HANGAR</div><div>3:00 TV Hour- TR (Downton Abbey)</div><div>4:00 Resident Birthday Dinner- PDR</div><div>6:30 Bridge** The HANGAR</div></div>	<div><div>MAKE A BOOK DAY</div><div>8</div><div>9:00 WATER AEROBICS- POOL</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 PATTERN BINGO! TR</div><div>2:30 Resident Council Meeting 2nd Floor Break Room</div><div>6:30 Hand & Foot AR</div><div>6:30 Poker- 4th Floor Hangar</div></div>	<div><div></div><div>9</div><div>10:00 New Image Fashion Clothing/ Accessory Sale LOBBY 10-2</div><div>10:00 Target Shopping- LOBBY</div><div>11:00 Nickel Pokeno AR</div><div>11:30 New Image Fashion Show With Fellow Residents During Lunch- Dining Room</div><div>1:30 Travel Series TR</div><div>2:00 Cornhole AR</div><div>3:00 HAPPY HOUR - TL!!</div><div>6:30 Movie Showing TR</div></div>	<div><div>TRUST YOUR INTUITION DAY</div><div>10</div><div>9:00 WATER AEROBICS- POOL</div><div>1:00 Redeemer Bible Study CH</div><div>2:00 CARDS/ DOMINOES AR</div><div>6:30 Movie Showing TR</div></div>
<div><div>HAPPY MOTHER'S DAY</div><div>11</div><div>10:00 Catholic Mass Streaming TR</div><div>1:00 REGULAR BINGO! AR</div><div>2:00 Virtual Church Service TR</div><div>6:30 Movie Showing TR</div></div>	<div><div>NATIONAL LIMERICK DAY</div><div>12</div><div>11:00 CHAIR EXERCISE AR</div><div>12:30 Drum Circle AR</div><div>3:00 Nickel Pokeno AR</div><div>6:30 Pinochle AR</div></div>	<div><div>TOP GUN DAY</div><div>13</div><div>9:00 WATER AEROBICS- POOL</div><div>1:00 Heads Up Game With Isabelle- charades &other guessing games</div><div>2:00 Hillsdale Lecture Series TR</div><div>3:00 CARD GAMES AR</div><div>6:30 Trivia Night! TL</div></div>	<div><div>NATIONAL DANCE LIKE A CHICKEN DAY</div><div>14</div><div>9:00 Shopping Trip - LOBBY</div><div>10:30 Chapel CH</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 Billiards The HANGAR</div><div>3:00 TV Hour- TR (Downton Abbey)</div><div>6:30 Bridge** The HANGAR</div></div>	<div><div>NATIONAL CHOCOLATE CHIP DAY</div><div>15</div><div>9:00 WATER AEROBICS- POOL</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 PATTERN BINGO! TR</div><div>2:30 Wii Sports/ Wii Play Games AR</div><div>6:30 Hand & Foot AR</div><div>6:30 Poker- 4th Floor Hangar</div></div>	<div><div>NATIONAL LOVE A TREE DAY</div><div>16</div><div>10:00 CASINO LOBBY</div><div>11:00 Nickel Pokeno AR</div><div>1:30 Travel Series TR</div><div>2:00 Cornhole AR</div><div>2:00 Roulette and Craps, hosted by Home For Me Homecare and United Hospice & Palliative Care TL</div><div>3:00 HAPPY HOUR - TL!!</div><div>6:30 Movie Showing TR</div></div>	<div><div>NATIONAL WORK FROM HOME DAY</div><div>17</div><div>9:00 WATER AEROBICS- POOL</div><div>1:00 Redeemer Bible Study CH</div><div>2:00 CARDS/ DOMINOES AR</div><div>2:00 Lisa's Student Piano Recital AR</div><div>6:30 Movie Showing TR</div></div>
<div><div>WORLD BAKING DAY</div><div>18</div><div>10:00 Catholic Mass Streaming TR</div><div>1:00 REGULAR BINGO! AR</div><div>2:00 Virtual Church Service TR</div><div>6:30 Catholic Rosary CH</div><div>6:30 Movie Showing TR</div></div>	<div><div>MALCOLM X DAY</div><div>19</div><div>10:00 KEN SORENSEN LECTURE SERIES - WALT DISNEY</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 Wii Wheel Of Fortune AR</div><div>3:00 Bingo TR</div><div>4:00 MYSTERY DINNER LOBBY</div><div>6:00 Horse Race Card Game AR</div></div>	<div><div>NATIONAL RESCUE DOG DAY</div><div>20</div><div>9:00 WATER AEROBICS- POOL</div><div>1:00 BOOK CLUB TL</div><div>2:00 Hillsdale Lecture Series TR</div><div>3:00 CARD GAMES AR</div><div>3:00 Lee Ford Pianist AR</div><div>6:30 Movie Showing TR</div></div>	<div><div>NATIONAL TALK LIKE YODA DAY</div><div>21</div><div>9:00 Shopping Trip - LOBBY</div><div>10:30 Chapel CH</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 Billiards The HANGAR</div><div>3:00 TV Hour- TR (Downton Abbey)</div><div>6:30 Bridge** The HANGAR</div></div>	<div><div>SHERLOCK HOLMES DAY</div><div>22</div><div>9:00 WATER AEROBICS- POOL</div><div>10:00 Catholic Mass With Father Rojo George</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 PATTERN BINGO! TR</div><div>2:30 Wii Sports/ Wii Play Games AR</div><div>3:00 EARLY HAPPY HOUR!! TL</div><div>6:30 Hand & Foot AR</div><div>6:30 Poker- 4th Floor Hangar</div></div>	<div><div>WORLD TURTLE DAY</div><div>23</div><div>11:00 Nickel Pokeno AR</div><div>1:30 Travel Series TR</div><div>2:00 Cornhole AR</div><div>3:00 HALE THEATER LOBBY</div><div>6:30 Movie Showing TR</div></div>	<div><div>NATIONAL ESCARGOT DAY</div><div>24</div><div>9:00 WATER AEROBICS- POOL</div><div>1:00 Redeemer Bible Study CH</div><div>2:00 CARDS/ DOMINOES AR</div><div>6:30 Movie Showing TR</div></div>
<div><div>INDIANAPOLIS 500</div><div>25</div><div>10:00 Catholic Mass Streaming TR</div><div>1:00 REGULAR BINGO! AR</div><div>2:00 Virtual Church Service TR</div><div>6:30 Movie Showing TR</div></div>	<div><div>Memorial Day</div><div>26</div><div>6:30 Pinochle AR</div></div>	<div><div>NOTHING TO FEAR DAY</div><div>27</div><div>9:00 WATER AEROBICS- POOL</div><div>1:00 Color & Relax With Isabelle AR</div><div>2:00 Hillsdale Lecture Series TR</div><div>3:00 CARD GAMES AR</div><div>3:00 Happy Hour With Amy from "The Key" TL</div><div>4:30 FAT CAT'S MOVIE SHOWING - LOBBY</div></div>	<div><div>NATIONAL HAMBURGER DAY</div><div>28</div><div>9:00 MEN'S & WOMEN'S BREAKFAST</div><div>9:00 Shopping Trip - LOBBY</div><div>10:30 Chapel CH</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 Billiards The HANGAR</div><div>3:00 TV Hour- TR (Downton Abbey)</div><div>6:30 Bridge** The HANGAR</div></div>	<div><div>NATIONAL ALLIGATOR DAY</div><div>29</div><div>9:00 WATER AEROBICS- POOL</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 PATTERN BINGO! TR</div><div>2:30 Wii Sports/ Wii Play Games AR</div><div>3:00 EARLY HAPPY HOUR!! TL</div><div>6:30 Hand & Foot AR</div><div>6:30 Poker- 4th Floor Hangar</div></div>	<div><div>NATIONAL CREATIVITY DAY</div><div>30</div><div>10:00 COSTCO LOBBY</div><div>11:00 Nickel Pokeno AR</div><div>1:30 Travel Series TR</div><div>2:00 Cornhole AR</div><div>6:30 Movie Showing TR</div></div>	<div><div></div><div>31</div><div>9:00 WATER AEROBICS- POOL</div><div>1:00 Redeemer Bible Study CH</div><div>2:00 Bunco Dice Game- 4th Floor Hangar</div><div>2:00 CARDS/ DOMINOES AR</div><div>6:30 Movie Showing TR</div></div>

Crossword Puzzle



ACROSS

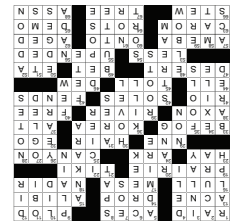
1. Surprise attack
5. Experts
9. Trudge
13. Teen skin ailment
14. Let fall
15. Defense
16. Put to sleep
17. Land formation with steep walls and a flat top
18. Lowest point
19. Mostly treeless land that has high amounts of grass
21. Carved Polynesian pendant
23. Straw
24. Boat
25. Deep valley with steep sides
29. Compass point
30. Head covering
32. Freudian term
33. Confuse
36. Asian nation
37. Alternative (abbr.)
38. Neuron end
39. Flowing water of various size and speed
40. Untied
41. River (Spanish)
42. Shoe bottoms
43. Wards off
44. Building addition
45. Fee
46. Morning moisture
47. Region that is very dry and barren which supports limited vegetation

49. Wager
50. Estimated time of arrival
53. Not as much
55. Turned over
57. One-celled water animal
60. Upon
62. Elderly
63. Rebound
64. Decays
65. Demonstration
66. Brood
67. Elm
68. Association (abbr.)

DOWN

1. Movie "King"
2. Sporty car brand
3. Decorate by inserting
4. Restaurant
5. Esteem
6. Natural body of water smaller than a stream
7. Aurora
8. Lovers quarrel
9. Open, dusty, treeless environment
10. Cover
11. Kimono sash
12. Directory (abbr.)
15. Capital of Turkey
20. Called
22. Colder
26. Miss
27. Eyed
28. Student's comments
29. Not (refix)
30. Hut
31. Greek god of war

33. Uncovered
34. Cast out
35. People who lack sense
36. Eliminate
39. History
40. Not many
42. Flowing water of small size, usually flowing slowly between narrow banks
43. Lavish party
46. Remove from office
48. Where the funny bone is
49. Low hill or mound
50. Brims
51. Swarms
52. Append (2 wds.)
54. Arrange
56. Naught
57. American Cancer Society (abbr.)
58. Tangle
59. Before, poetically
61. Neither's partner



Word Search

Category: Flowers



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

1. Annual
2. Bouquet
3. Bud
4. Crocus
5. Daisy
6. Dandelion
7. Florist
8. Gardenia
9. Heather
10. Jasmine
11. Leaf
12. Orchid
13. Pansy
14. Perennial
15. Petal
16. Poppy
17. Rose
18. Seed
19. Sunflower
20. Tulip
21. Vines

Word Search Solution:

