



Canyon Winds

Retirement Community

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



You're the Man!

A father's job is to be the answerer of tough questions, the killer of spiders and other bugs, the fixer of broken household objects and the occasional shoulder to cry on. We would like to let all the fathers, grandfathers and fathers-to-be in our community know that we appreciate you. Happy Father's Day!

Here Comes the Sun

June 20 marks the summer solstice, the first day of the summer season and the longest day of the year. On this day, the sun travels the longest path through the sky, providing the continental U.S. 14 to 16 hours of daylight.

Sniff Out Lemons to Boost Your Brain

Stop and smell ... the lemons! The citrusy scent may improve your mood and mental processing. When the daily crossword has you stumped or you need to concentrate on a task, researchers have found that a whiff of lemon can enhance cognitive performance. Lemony smells also made people feel better and more motivated and alert.

June 2025



Summer's Symphony

"Listen to nature—to the music of the rustling leaves, the chirping birds, the humming, droning insects. Let them play for you their summer-long symphony of peace and strength and hope." —H. Addington Bruce



Seasonal Selections

June is prime time for fresh fruits and vegetables. Enjoy the season's bounty by dining on berries, cherries, cucumbers, summer squash, beans, okra, cabbage, carrots and broccoli.

Happy Birthday to Our Canyon Winds Residents

Janice R. 6/9, Ann 6/11, Mary Ann T. 6/18, Janice M. 6/17, Wil 6/24 & Milo 6/25



June 2025

- BINGO

LUNCH OUTINGS

SHOPPING

EXERCISE 8:45AM

SPECIAL EVENTS
- MOVIE

BIBLE STUDY

ARTS & CRAFTS

MUSIC THERAPY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>WORLD MILK DAY!</div><div>9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 <div></div> MOVIE - THEATER ROOM 2:00 CARDS, HAND & FOOT 5:30 <div></div> MOVIE</div></div>	<div><div>2</div><div>6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM <div></div> 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 1:00 <div></div> MUSIC THERAPY with HALLIE HARDY <div></div> 2:00 <div></div> MOVIE - THEATER ROOM 6:00 POKENO</div></div>	<div><div>3</div><div>6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 <div></div> LUNCH @ KNEADERS BAKERY & CAFE 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 <div></div> BINGO 3:00 BINGO SHOPPING</div></div>	<div><div>4</div><div>6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISE 9:30 Wii BOWLING 10:00 CORN HOLE 1:00 <div></div> BIBLE STUDY with CHAPLAIN DAVID 2:00 CARDS, HAND AND FOOT</div></div>	<div><div>5</div><div>6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISE 10:00 NONDENOMINATIONAL SERVICE 12:30 <div></div> SHOPPING @ WALMART 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 6:00 POKENO</div></div>	<div><div>6</div><div>D-DAY ANNIVERSARY / NATIONAL DONUT DAY 6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 12:30 <div></div> MOVIE 2:30 <div></div> HAPPY HOUR with LIVE MUSIC by LEE FORD</div></div>	<div><div>7</div><div>NATIONAL CHOCOLATE ICE CREAM DAY! 10:00 CARD GAMES 1:30 BINGO - ACTIVITY ROOM 1:30 <div></div> MOVIE 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 <div></div> SATURDAY NIGHT AT THE MOVIES</div></div>
<div><div>8</div><div>TONY AWARDS 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 <div></div> MOVIE - THEATER ROOM 2:00 CARDS, HAND & FOOT 5:30 <div></div> MOVIE</div></div>	<div><div>9</div><div>HAPPY BIRTHDAY, JANICE R. 6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM <div></div> 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 1:00 <div></div> MUSIC THERAPY with HALLIE HARDY <div></div> 2:00 <div></div> MOVIE - THEATER ROOM 6:00 POKENO</div></div>	<div><div>10</div><div>6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 <div></div> LUNCH @ P.F. CHANG'S 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 <div></div> BINGO 3:00 BINGO SHOPPING</div></div>	<div><div>11</div><div>HAPPY BIRTHDAY, ANN 6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISE 9:30 Wii BOWLING 10:00 CORN HOLE 1:00 <div></div> BIBLE STUDY with CAROL DENADEL 1:00 <div></div> HAND BELLS - ACTIVITY ROOM 2:00 CARDS, HAND AND FOOT</div></div>	<div><div>12</div><div>6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISE 10:00 NONDENOMINATIONAL SERVICE 12:30 <div></div> SHOPPING @ MICHAELS 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 6:00 POKENO</div></div>	<div><div>13</div><div>6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 11:00 <div></div> Father's Day Special: Lunch at The Ballpark in the Theater Room 2:00 <div></div> BINGO 3:30 BINGO SHOPPING</div></div>	<div><div>14</div><div>FLAG DAY 10:00 CARD GAMES 1:30 BINGO - ACTIVITY ROOM 1:30 <div></div> MOVIE 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 <div></div> SATURDAY NIGHT AT THE MOVIES</div></div>
<div><div>15</div><div>HAPPY FATHER'S DAY! 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 <div></div> MOVIE - THEATER ROOM 2:00 CARDS, HAND & FOOT 5:30 <div></div> MOVIE</div></div>	<div><div>16</div><div>6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM <div></div> 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 1:00 <div></div> MUSIC THERAPY with HALLIE HARDY <div></div> 2:00 <div></div> MOVIE - THEATER ROOM 2:30 RESIDENT COUNCIL MEETING 6:00 POKENO</div></div>	<div><div>17</div><div>HAPPY BIRTHDAY, JANICE M. 6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 <div></div> LUNCH @ PITA JUNGLE 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 <div></div> BINGO 3:00 BINGO SHOPPING</div></div>	<div><div>18</div><div>HAPPY BIRTHDAY, MARY ANN T. 6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISE 9:30 Wii BOWLING 10:00 CORN HOLE 1:00 <div></div> BIBLE STUDY with CHAPLAIN DAVID 2:00 CARDS, HAND AND FOOT</div></div>	<div><div>19</div><div>Juneteenth 6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISE 10:00 NONDENOMINATIONAL SERVICE 12:30 <div></div> SHOPPING @ THE DOLLAR STORE 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 6:00 POKENO</div></div>	<div><div>20</div><div>SUMMER SOLSTICE (SUMMER BEGINS) 6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 12:30 <div></div> MOVIE 2:00 <div></div> BINGO 3:30 BINGO SHOPPING</div></div>	<div><div>21</div><div>NATIONAL SELFIE DAY! 10:00 CARD GAMES 1:30 BINGO - ACTIVITY ROOM 1:30 <div></div> MOVIE 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 <div></div> SATURDAY NIGHT AT THE MOVIES</div></div>
<div><div>22</div><div>9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 <div></div> MOVIE - THEATER ROOM 2:00 CARDS, HAND & FOOT 5:30 <div></div> MOVIE</div></div>	<div><div>23</div><div>6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM <div></div> 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 1:00 <div></div> MUSIC THERAPY with HALLIE HARDY <div></div> 2:30 <div></div> TRIVIA hosted by DALE LIKENS 6:00 POKENO</div></div>	<div><div>24</div><div>HAPPY BIRTHDAY, WIL 6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 <div></div> LUNCH @ THE HUB 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 <div></div> BINGO 3:00 BINGO SHOPPING</div></div>	<div><div>25</div><div>HAPPY BIRTHDAY, MILO 6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISE 9:30 Wii BOWLING 10:00 CORN HOLE 1:00 <div></div> BIBLE STUDY with CAROL DENADEL 2:00 CARDS, HAND AND FOOT</div></div>	<div><div>26</div><div>NATIONAL HANDSHAKE DAY 6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISE 10:00 NONDENOMINATIONAL SERVICE 12:30 <div></div> SHOPPING @ SPROUTS FARMERS MARKET 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 6:00 POKENO</div></div>	<div><div>27</div><div>NATIONAL SUNGLASSES DAY 6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 12:30 <div></div> MOVIE 2:30 <div></div> HAPPY HOUR with LIVE MUSIC by BILLY FREDERICK</div></div>	<div><div>28</div><div>10:00 CARD GAMES 1:30 BINGO - ACTIVITY ROOM 1:30 <div></div> MOVIE 2:30 MEXICAN TRAIN - ACTIVITY ROOM 5:30 <div></div> SATURDAY NIGHT AT THE MOVIES</div></div>
<div><div>29</div><div>NATIONAL CAMERA DAY 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 <div></div> MOVIE - THEATER ROOM 2:00 CARDS, HAND & FOOT 5:30 <div></div> MOVIE</div></div>	<div><div>30</div><div>6:30 COFFEE BAR LOBBY 9:00 <div></div> SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 ARTS & CRAFTS - ACTIVITY ROOM <div></div> 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 1:00 <div></div> MUSIC THERAPY with HALLIE HARDY <div></div> 2:00 <div></div> MOVIE 6:00 POKENO</div></div>	<div><div>31</div><div><div></div><div>HAPPY FLAG DAY</div><div></div></div></div>	<div><div>32</div><div><div></div><div>HAPPY FATHER'S DAY</div><div></div></div></div>	<div><div>33</div><div><div></div><div>Juneteenth</div><div>celebrate freedom</div></div></div>	<div><div>34</div><div><div></div><div>hello SUMMER</div><div></div></div></div>	<div><div>35</div><div><div></div><div>Friday the 13th</div><div></div></div></div>



HAPPY FATHER'S DAY

TO ALL THE TERRIFIC DADS
IN OUR COMMUNITY.

WE APPRECIATE YOU!

Word Search

Category: Major League Baseball Teams

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

1. Dodgers

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

Word Search Solution:

1. Angels
2. Astros
3. Braves
4. Cubs
5. Dodgers
6. Giants
7. Marlins
8. Mets
9. Orioles
10. Padres
11. Pirates
12. Rangers
13. Rays
14. Reds
15. Red Sox
16. Rockies
17. Royals
18. Tigers
19. Twins
20. White Sox

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