



Canyon Winds

Retirement Community

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

Hello, Sunshine!

Bring on the sun and fun! Summer officially begins on June 20.

Bach or Bluegrass

What's the difference between a fiddle and a violin?

The short answer: None, usually, but sometimes strings. The long answer: Violins and fiddles are essentially the same instrument, but the style of music is very different. Violinists often play complex written music at a slower tempo. Fiddlers play fast, often improvise and may use simpler tunes to accommodate their speed. Sometimes fiddlers will trade in traditional synthetic strings for steel strings to sharpen the twangy bluegrass style.

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.

Up, Up and Away

The Montgolfier brothers, Joseph-Michel and Jacques-Etienne, made the first public demonstration of a hot-air balloon in Annonay, France. The unmanned, 38-foot balloon, made from linen and lined with paper, flew for 10 minutes and covered more than a mile on June 4, 1783.

June 2025

Memorable Melody: 'Catch a Wave'

"Don't be afraid to try the greatest sport around," urge The Beach Boys in their 1963 ode to surfing, "Catch a Wave," written by bandmates Mike Love and Brian Wilson. The tune debuted on the 1963 album "Surfer Girl." The song didn't chart for The Beach Boys, but a re-written version—"Sidewalk Surfing"—hit No. 25 for Jan and Dean.

A Day for Dads

Father's Day is celebrated on the third Sunday in June. It is a time to honor fathers, celebrate fatherhood and appreciate the influence of fathers in society. Let all the fathers in your life know how special they are on this day just for them.

National Yo-Yo Day

This contraption goes around the world without ever leaving your hand—the yo-yo! June 6 is National Yo-Yo Day, in honor of the birthday of entrepreneur and yo-yo enthusiast Donald Duncan.

Famous Faces Born in June

June 1, 1937: Morgan Freeman

June 1, 1996: Tom Holland

June 4, 1975: Angelina Jolie

June 9, 1963: Johnny Depp

June 19, 1947: Salman Rushdie

June 20, 1967: Nicole Kidman

June 26, 1993: Ariana Grande

June 28, 1948: Kathy Bates



June 2025

- Classes

Clubs

CW Special Events

Religious

Games
- Meetings

Trips/Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>NATIONAL SKINCARE DAY1</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>NATIONAL LEAVE THE OFFICE EARLY DAY2</div> <div>10:00 TRADER JOE’S LOBBY</div> <div>1:00 Advanced Wound Care For Medicare Patients With Jason TR</div> <div>3:00 PATTERN BINGO! TR</div> <div>6:00 Horse Race Card Game AR</div>	<div>NATIONAL EGG DAY3</div> <div>9:00 WATER AEROBICS- POOL</div> <div>1:00 CARD GAMES AR</div> <div>1:00 Color & Relax With Isabelle AR</div> <div>2:00 Hillsdale Lecture Series TR</div> <div>6:30 Movie Showing TR</div>	<div>NATIONAL CHEESE DAY4</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>1:00 Cribbage Board Game AR</div> <div>4:00 Resident Birthday Dinner- PDR</div> <div>6:30 Bridge** The HANGAR</div>	<div>NATIONAL GINGERBREAD DAY5</div> <div>9:00 WATER AEROBICS- POOL</div> <div>10:00 New Move In Medicare Orientation TR</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 PATTERN BINGO! TR</div> <div>3:00 GARY FINKELSTEIN PIANIST AR</div> <div>6:30 Hand & Foot AR</div> <div>6:30 Poker- 4th Floor Hangar</div>	<div>NATIONAL DONUT DAY6</div> <div>9:00 KITCHEN TOUR- DINING ROOM</div> <div>11:00 Nickel Pokeno AR</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>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>NATIONAL BEST FRIENDS DAY8</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>NATIONAL DONALD DUCK DAY9</div> <div>11:00 CHAIR EXERCISE AR</div> <div>3:00 Nickel Pokeno AR</div> <div>6:30 Pinochle AR</div>	<div>NATIONAL CALL YOUR DOCTOR DAY10</div> <div>9:00 WATER AEROBICS- POOL</div> <div>1:00 CARD GAMES AR</div> <div>1:00 Heads Up Game With Isabelle- charades & other guessing games</div> <div>2:00 Hillsdale Lecture Series TR</div> <div>6:30 Trivia Night! TL</div>	<div>NATIONAL CORN ON THE COB DAY11</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>2:00 Seashell Trinket Dish Craft with Cindy AR</div> <div>4:00 Resident Birthday Dinner- PDR</div> <div>6:00 Anna- The Pianist AR</div> <div>6:30 Bridge** The HANGAR</div>	<div>NATIONAL LOVING DAY12</div> <div>9:00 WATER AEROBICS- POOL</div> <div>10:00 What is “Hospital Indemnity” with Chris</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>NATIONAL SEWING MACHINE DAY13</div> <div>10:00 Target Shopping- LOBBY</div> <div>11:00 Nickel Pokeno AR</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>FLAG DAY14</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>HAPPY FATHER'S DAY15</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>NATIONAL TAKE YOUR CAT TO WORK DAY16</div> <div>11:00 MYSTERY LUNCH LOBBY</div> <div>2:00 Steven Schwartz Pianist AR</div> <div>3:00 PATTERN BINGO! TR</div> <div>6:00 Horse Race Card Game AR</div>	<div>NATIONAL EAT YOUR VEGGIES DAY17</div> <div>9:00 WATER AEROBICS- POOL</div> <div>11:00 SW Mobility TL</div> <div>1:00 BOOK CLUB TL</div> <div>1:00 CARD GAMES AR</div> <div>2:00 Hillsdale Lecture Series TR</div> <div>6:30 Movie Showing TR</div>	<div>INTERNATIONAL SUSHI DAY18</div> <div>9:00 Shopping Trip - LOBBY</div> <div>10:00 NEW RESIDENT MEET & GREET- TERRACE LOUNGE</div> <div>10:30 Chapel CH</div> <div>1:00 Billiards The HANGAR</div> <div>1:00 Cribbage Board Game AR</div> <div>6:30 Bridge** The HANGAR</div>	<div>Juneteenth19</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>SUMMER SOLSTICE20</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>3:00 HAPPY HOUR - TL!!</div> <div>6:30 Movie Showing TR</div>	<div>NATIONAL SELFIE DAY21</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>NATIONAL ONION RING DAY22</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>NATIONAL HYDRATION DAY23</div> <div>10:00 KEN SORENSEN LECTURE SERIES “Joe Di Maggio” TR</div> <div>11:00 CHAIR EXERCISE AR</div> <div>3:00 Nickel Pokeno AR</div> <div>6:30 Pinochle AR</div>	<div>NATIONAL SWIM A LAP DAY24</div> <div>9:00 WATER AEROBICS- POOL</div> <div>1:00 CARD GAMES AR</div> <div>1:00 Pour Painting AR</div> <div>2:00 Hillsdale Lecture Series TR</div> <div>6:30 Trivia! TL</div>	<div>GLOBAL BEATLES DAY25</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>6:30 Bridge** The HANGAR</div>	<div>NATIONAL HANDSHAKE DAY26</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>6:30 Hand & Foot AR</div> <div>6:30 Poker- 4th Floor Hangar</div>	<div>INTERNATIONAL PINEAPPLE DAY27</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>3:00 HAPPY HOUR - TL!!</div> <div>6:30 Movie Showing TR</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 Bunco Dice Game- 4th Floor Hangar</div> <div>2:00 CARDS/ DOMINOES AR</div> <div>6:30 Movie Showing TR</div>
<div>HUG HOLIDAY29</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>WORLD SOCIAL MEDIA DAY30</div> <div>10:00 TJ Maxx & Home Goods Shopping Trip- LOBBY</div> <div>3:00 PATTERN BINGO! TR</div>	<div></div>	<div></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>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>

Word Search

Category: Father's Day

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

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

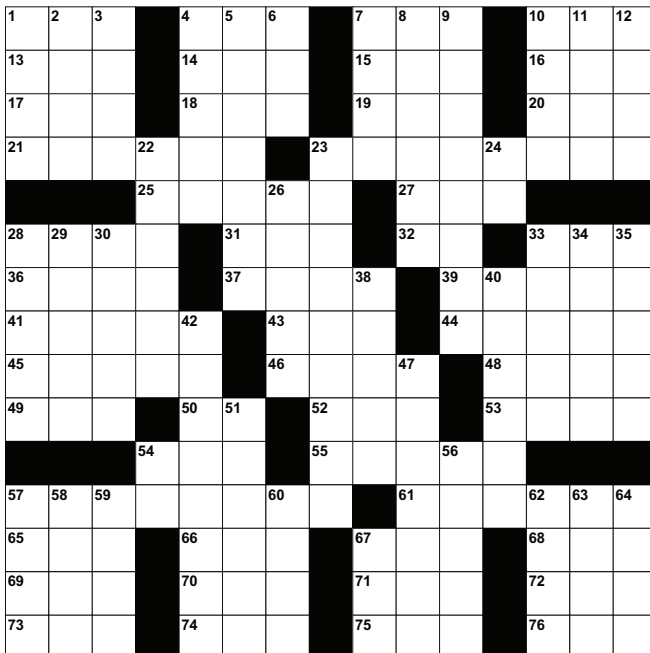
Word Search Solution:

1. Dad	2. Athletic	3. Awesome	4. Capable	5. Caring	6. Cherish	7. Dad
8. Dependable	9. Gentle	10. Genuine	11. Helper	12. Honest	13. Humor	14. Jovial
15. Laughter	16. Protector	17. Provider	18. Reasonable	19. Special	20. Teacher	21. Worker

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1. Dad	2. Athletic	3. Awesome	4. Capable	5. Caring	6. Cherish	7. Dad
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Crossword Puzzle



ACROSS

1. North by west
4. Certified public accountant
7. To be
10. Touch affectionately
13. Misery
14. Vase
15. Whelp
16. Wing
17. Lingerie
18. Shaft of light
19. Roman three
20. Standard or average
21. Sky
23. Pioneer cart
25. Old styling for Capital of Bangladesh
27. Snake-like fish
28. Whorl
31. White-tailed sea eagle
32. Deutschland (abbr.)
33. Contend
36. At sea
37. Cincinnati baseball team
39. Objects
41. Intended
43. Estimated time of arrival
44. _____ of Discovery
45. Chubby
46. Nickname given to Sacagawea's baby
48. Belief
49. Observe secretly
50. Letter afterword

52. Kimono sash
53. Spring flower
54. Roman numeral seven
55. Gigantic
57. Cone-bearing trees
61. Difficult undertaking
65. The other half of Jima
66. Wrath
67. Maturity
68. Past
69. Explosive
70. Time period
71. Regret
72. Take flight
73. Vane direction
74. Parent
75. Males
76. Pester

DOWN

1. Northwest by west
2. Drill a hole
3. Welt
4. Pope's governing organization
5. Pulls red sleigh
6. One of these
7. Capital of Samoa
8. Broken
9. Rapidly spreading disease
10. Father
11. Like a wing
12. Sour
22. Musician (3 wds.)
23. Mallets (2 wds.)
24. Chlorine (abbr.)

26. Sneak
28. Tent areas
29. Expend (2 wds.)
30. Willing to do something
33. Famous composer
34. Urge forward
35. Writing
38. Dance
40. Worked hard
42. Epitomized
47. Canoe dug out of a log
51. _____ Nevada (mountain range)
54. Roman six
56. Inexperienced
57. Refer to
58. Has
59. Write down quickly
60. Study a book
62. Garner
63. Water (Spanish)
64. Desire
67. Extremity

