



Canyon Winds

Retirement Community

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

July 2025



Happy Fourth!

Happy Independence Day to all our residents! We hope you have a fun and festive holiday.

Salute to the Union

Every July 4, a national salute booms out at noon, when military bases across the country fire cannons honoring the United States. A total of 50 rounds, one for each state, is blasted out in a span of roughly 4 minutes. Called the Salute to the Union, the tradition dates back to the first anniversary of Independence Day, when a 13-gun salute was fired to commemorate the original American Colonies.

Record-Setting High

The summer heat may have you sweating it out, but compare it to this scorcher: The mercury hit 134 degrees Fahrenheit in July 1913 at Furnace Creek Ranch in California's Death Valley, setting the record for highest air temperature ever recorded.



Seasonal Selections

Summer weather often requires plenty of hydration. Why not mix some of the season's best produce with a little carbonated water to make the perfect, refreshing soda? Try limes, blueberries, cherries, raspberries or strawberries. All are in season and offer many combinations to please any palate.





Man-go for It

This summer, treat your taste buds to a mango. Called the king of fruits, one mango contains more than 20 different vitamins and minerals, including high levels of vitamins A and C, fiber and folate.

Happy Birthday to Our Canyon Winds Residents

Stanley 7/11, Martha 7/12, Eleanor 7/21, Lannie 7/22 & Sunny 7/27



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div><div>NATIONAL FRIED CHICKEN DAY 6</div><div>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>	 <div><div>WORLD CHOCOLATE DAY 7</div><div>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 6:00 POKENO</div></div>	<div><div>CANADA DAY 1</div><div>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</div></div>	<div><div>2</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 9:30 Wii BOWLING 10:00 CORN HOLE 1:00 BIBLE STUDY with CHAPLAIN DAVID 2:00 CARDS, HAND AND FOOT</div></div>	<div><div>3</div><div>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>	<div><div>Independence Day 4</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 11:00 4th of JULY BBQ LUNCH 12:30 MOVIE 2:00 BINGO 3:30 BINGO SHOPPING</div></div>	<div><div>5</div><div>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>
<div><div>NATIONAL FRIED CHICKEN DAY 6</div><div>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>	<div><div>WORLD CHOCOLATE DAY 7</div><div>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 6:00 POKENO</div></div>	<div><div>8</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 FAT CATS - LUNCH AND A MOVIE 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING</div></div>	<div><div>NATIONAL SUGAR COOKIE DAY 9</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 9:30 Wii BOWLING 10:00 CORN HOLE 1:00 BIBLE STUDY with CAROL DENADEL 1:00 HAND BELLS - ACTIVITY ROOM 2:00 CARDS, HAND AND FOOT</div></div>	<div><div>NATIONAL PINA COLADA DAY 10</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 10:00 NON DENOMINATIONAL SERVICE 10:30 SHOPPING & LUNCH @ SUPERSTITION SPRING MALL 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 6:00 POKENO</div></div>	<div><div>HAPPY BIRTHDAY, STANLEY 11</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 12:30 MOVIE 2:00 ICE CREAM SOCIAL SPONSORED by AEGIS HEALTHCARE</div></div>	<div><div>HAPPY BIRTHDAY, MARTHA 12</div><div>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>
<div><div>13</div><div>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>	<div><div>NATIONAL MAC & CHEESE DAY 14</div><div>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 2:30 TRIVIA hosted by DALE LIKENS 6:00 POKENO</div></div>	<div><div>15</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH @ SUNNYSIDE BREAKFAST LOUNGE 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING</div></div>	<div><div>NATIONAL HOT DOG DAY 16</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 9:30 Wii BOWLING 10:00 CORN HOLE 1:00 BIBLE STUDY with CHAPLIN DAVID 2:00 CARDS, HAND AND FOOT</div></div>	<div><div>WORLD EMOJI DAY 17</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 10:00 NON DENOMINATIONAL SERVICE 12:30 SHOPPING @ TARGET 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 6:00 POKENO</div></div>	<div><div>NELSON MANDELA DAY 18</div><div>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>	<div><div>19</div><div>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>
<div><div>NATIONAL ICE CREAM DAY 20</div><div>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>	<div><div>HAPPY BIRTHDAY, ELANOR 21</div><div>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>	<div><div>HAPPY BIRTHDAY, LANNIE 22</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH @ NANDO'S 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING</div></div>	<div><div>NATIONAL VANILLA ICE CREAM DAY 23</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 9:30 Wii BOWLING 10:00 CORN HOLE 1:00 BIBLE STUDY with CAROL DENADEL 2:00 CARDS, HAND AND FOOT</div></div>	<div><div>COUSINS DAY 24</div><div>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. 6:00 POKENO</div></div>	<div><div>25</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 12:30 MOVIE 2:30 BINGO 3:30 BINGO SHOPPING</div></div>	<div><div>26</div><div>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>
<div><div>HAPPY BIRTHDAY, SUNNY 27</div><div>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>	<div><div>28</div><div>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 6:00 POKENO</div></div>	<div><div>NATIONAL LASAGNA DAY 29</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH @ PACINO'S 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING</div></div>	<div><div>INTERNATIONAL DAY OF FRIENDSHIP 30</div><div>6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 9:30 Wii BOWLING 10:00 CORN HOLE 1:00 BIBLE STUDY with CHAPLAIN DAVID 2:00 CARDS, HAND AND FOOT</div></div>	<div><div>NATIONAL AVOCADO DAY 31</div><div>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>		



Word Search

Category: July

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

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

15. Shorts
16. Summer
17. Sunburn
18. Travel
19. Trip
20. Vacation
21. Water Ski

8. Friends
9. Hiking
10. Holiday
11. Humidity
12. Outings
13. Picnic
14. Play

1. Beach
2. Boating
3. Bonfire
4. Camping
5. Family
6. Fireworks
7. Fourth

Word Search Solution:

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