



Canyon Winds

Retirement Community

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

Reading Challenge: Isn't It Romantic?

Fall in love with reading again in August: It's Read-a-Romance Month! If you're already a fan of love stories, step outside your usual comfort zone—maybe a historical romance or a graphic novel? Your happily ever after is waiting for you (in book form, of course)!



Sun Tea Inside

Brewing a jug of tea on a sunny porch is a nostalgic summertime activity. You can capture this old-fashioned feeling by making sun tea indoors. Simply place four black tea bags in a quart of cold water, cover, and let sit for 2 to 3 hours. If you want sweet tea, add honey, agave syrup or simple syrup, since liquids will dissolve better in cold water than granulated sugar. Food editors say this cold-brewing method results in a better-tasting tea that's ready for serving over ice.

Many Ways To Hydrate

In addition to plain water, other beverages and foods help you stay hydrated, too. Mix it up with flavored or sparkling water, smoothies, fresh fruit and vegetables and savory broths.

August 2025



History of the Purple Heart

On Aug. 7, 1782, Gen. George Washington created the heart-shaped Badge of Military Merit as a meritorious service award. The Purple Heart was revived in 1932. In 1942, the award became limited to combat-wounded soldiers.

Life's a Peach

The peach, that sweet summer fruit, has long been a way to describe someone or something lovely—think “You’re a peach!” or “Things are just peachy.” The 1950s brought the fun phrase “peachy keen,” and an idyllic existence is sometimes called “peaches and cream”—as in “Life is not always peaches and cream.” Get a true taste of what these words are all about by enjoying some fresh peaches this month. You may find the experience just peachy!

Happy Birthday to Our Canyon Winds Residents






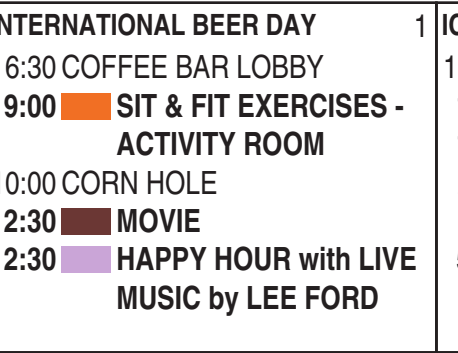


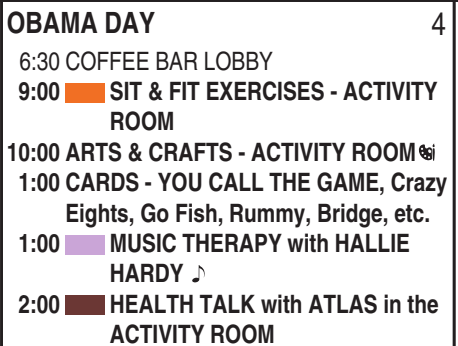

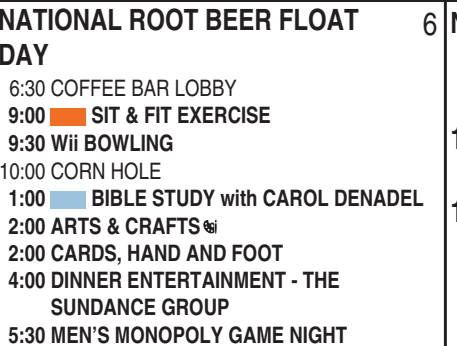
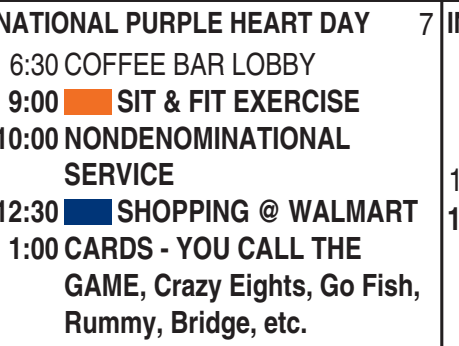


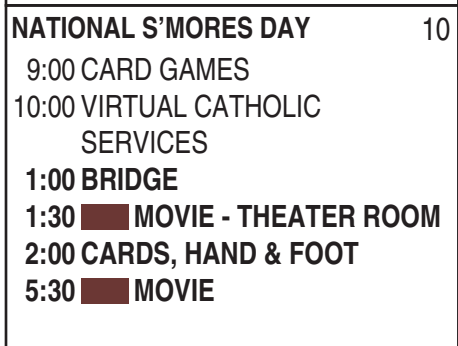
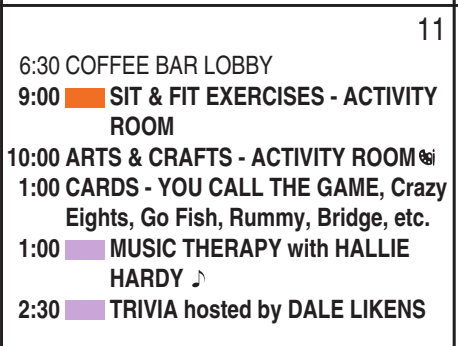
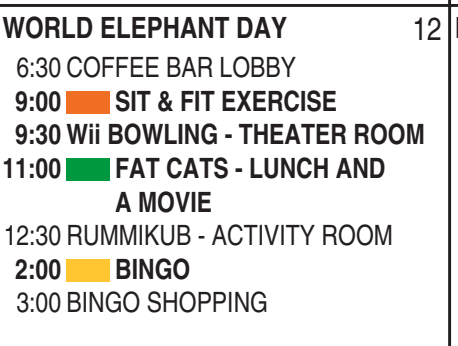
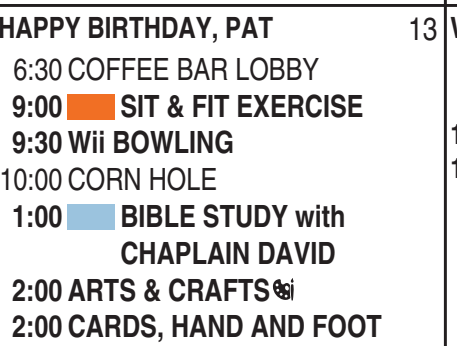
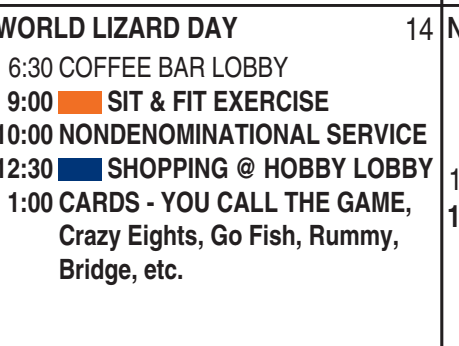


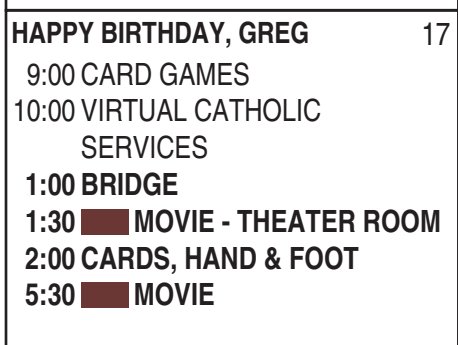
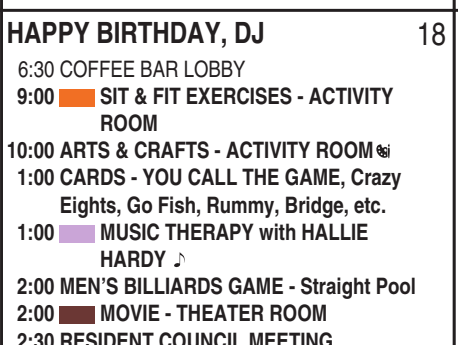

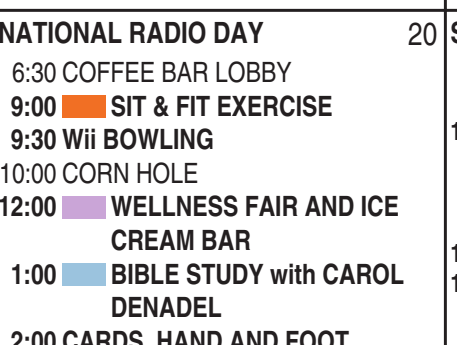
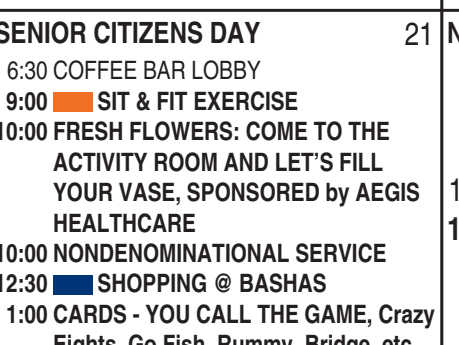


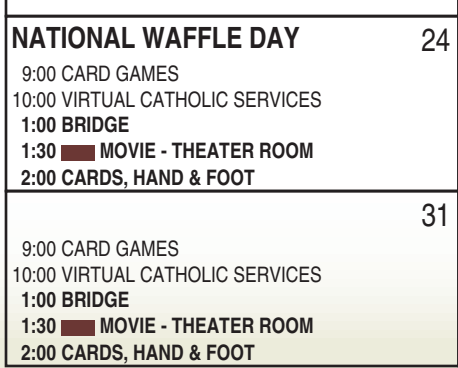
Pat 8/13

Greg 8/17

DJ 8/18

Make 'em Laugh

LOL! Aug. 16 is Tell a Joke Day!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 NATIONAL SISTER DAY 3 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	 OBAMA DAY 4 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 HEALTH TALK with ATLAS in the ACTIVITY ROOM	 6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH @ RED ROBIN YUMMMM 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING	 NATIONAL ROOT BEER FLOAT DAY 6 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 ARTS & CRAFTS 2:00 CARDS, HAND AND FOOT 4:00 DINNER ENTERTAINMENT - THE SUNDANCE GROUP 5:30 MEN'S MONOPOLY GAME NIGHT	 NATIONAL PURPLE HEART DAY 7 6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 10:00 NONDENOMINATIONAL SERVICE 12:30 SHOPPING @ WALMART 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc.	 INTERNATIONAL BEER DAY 1 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	 ICE CREAM SANDWICH DAY 2 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
 NATIONAL S'MORES DAY 10 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	 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	 WORLD ELEPHANT DAY 12 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	 HAPPY BIRTHDAY, PAT 13 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 ARTS & CRAFTS 2:00 CARDS, HAND AND FOOT	 WORLD LIZARD DAY 14 6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 10:00 NONDENOMINATIONAL SERVICE 12:30 SHOPPING @ HOBBY LOBBY 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc.	 NATIONAL RELAXATION DAY 15 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	 NATIONAL TELL A JOKE DAY 16 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
 HAPPY BIRTHDAY, GREG 17 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	 HAPPY BIRTHDAY, DJ 18 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 MEN'S BILLIARDS GAME - Straight Pool 2:00 MOVIE - THEATER ROOM 2:30 RESIDENT COUNCIL MEETING	 WORLD HUMANITARIAN DAY 19 6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH @ TASTY JOE'S 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING	 NATIONAL RADIO DAY 20 6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 9:30 Wii BOWLING 10:00 CORN HOLE 12:00 WELLNESS FAIR AND ICE CREAM BAR 1:00 BIBLE STUDY with CAROL DENADEL 2:00 CARDS, HAND AND FOOT	 SENIOR CITIZENS DAY 21 6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 10:00 FRESH FLOWERS: COME TO THE ACTIVITY ROOM AND LET'S FILL YOUR VASE, SPONSORED by AEGIS HEALTHCARE 10:00 NONDENOMINATIONAL SERVICE 12:30 SHOPPING @ BASHAS 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc.	 NATIONAL TOOTH FAIRY DAY 22 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	 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
 NATIONAL WAFFLE DAY 24 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 MOVIE - THEATER ROOM 2:00 CARDS, HAND & FOOT	 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 CUP STACKING GAME 2:00 MEN'S NERF TARGET PRACTICE	 NATIONAL DOG DAY 26 6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00 LUNCH @ JERSEY MIKE'S 12:30 RUMMIKUB - ACTIVITY ROOM 2:00 BINGO 3:00 BINGO SHOPPING	 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 ARTS & CRAFTS 2:00 CARDS, HAND AND FOOT	 NATIONAL BOW TIE DAY 28 6:30 COFFEE BAR LOBBY 9:00 SIT & FIT EXERCISE 10:00 NONDENOMINATIONAL SERVICE 12:30 SHOPPING @ THE DOLLAR STORE 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 7:00 GAME NIGHT FOR ALL - ACTIVITY ROOM	 COLLEGE COLORS DAY 29 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 3:30 BINGO SHOPPING	 INTERNATIONAL BACON DAY 30 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
 9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 MOVIE - THEATER ROOM 2:00 CARDS, HAND & FOOT						

Word Search

Category: The Great Outdoors

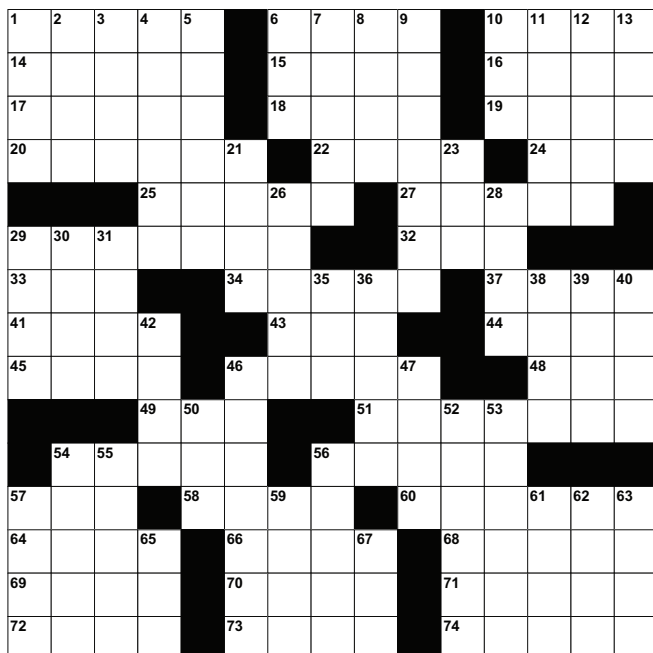
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 B C E S Q C N K E U A K
 U X F R S T E C R T C I
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 E R L O I E O P F E Z G
 R A D D A R L K P V R K
 U I L T T O P C M D E A
 T L I U N F X A A A V Y
 A O W O U M E B C P I A
 N A T I O N A L P A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

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

- Word Search Solution:**
1. Adventure
 2. Backpack
 3. Beach
 4. Bicycle
 5. Campfire
 6. Compass
 7. Explore
 8. Fishing
 9. Forest
 10. Hiking
 11. Kayak
 12. Mountains
 13. National Park
 14. Nature
 15. Outdoors
 16. Recreation
 17. River
 18. Tent
 19. Trail
 20. Wildlife

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

Crossword Puzzle



ACROSS

1. Tiny amounts
6. Potter's oven
10. Elevated platform in a sanctuary
14. Plant seed
15. Decorative needle case
16. Incite
17. Postpone
18. Fiber
19. Lots of
20. Type genus for skylarks
22. Stare
24. Doctoral degree
25. Kentucky horse race
27. Panorama
29. Statue in New York Harbor
32. Freudian term
33. Epoch
34. Partially frozen snow
37. Upon restful furniture
41. Ski resort in Colorado
43. Viper
44. Lotion brand
45. Not out of
46. Vow
48. Tell a tall tale
49. Male sheep
51. Encompassed
54. Creed
56. Ditto (2 wds.)
57. Food and Agriculture Organization (abbr.)
58. Vegetable
60. Fermentation enzyme
64. Wading bird

DOWN

2. Small particle
3. Elliptical
4. Band instrument
5. Refer indirectly
6. Seed sower
7. Door opener
8. European country
9. Entice
10. Pace
11. What a volcano does
12. Coffee
13. Attention-Deficit Hyperactivity Disorder (abbr.)
21. Branch of learning
23. Big truck
26. Corporate rule
28. Saturate
29. Jeans maker's first name
30. Asian country
31. Entice
35. Employ
36. Needle in Seattle
38. Symbol of liberty in Philadelphia
39. Canal

40. Expired
42. Folk story
46. Tobacco users
47. Round cracker brand
50. "Much ____ About Nothing"
52. Kansas City baseball team
53. Battle against
54. Group of conspirators
55. Churns
56. ____ Gras celebration in New Orleans
57. Indianapolis ____
58. Hundred car race in Indiana
59. Scold
61. Stake
62. Appear
63. Goofs
65. Visualize
67. Fisherman's tool

