



Canyon Winds

Retirement Community

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

Waffle Wit

Q: What do you call a waffle on a California beach?

A: A sandy Eggo.

A Gift of Lightning

Thunderstorms aren't an uncommon occurrence on warm, steamy summer nights, and while the noise and light show may not be the best sleeping companions, they can—in specific circumstances—leave interesting gifts behind. Fulgurite, sometimes called fossilized lightning, occurs when lightning strikes sand, leaving behind irregularly shaped, naturally created glass. Fulgurites can form in both sandy areas (like beaches) or in rocky areas (like mountains).

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.

Memorable Melody: 'Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini'

This international chart-topping tune celebrates the beloved bikini, which debuted in July 1946. Songwriter Paul Vance was inspired to write the song after a day at the beach with his family. His infant daughter struggled with her new yellow bathing suit and eventually lost it to the waves. Teen singer Brian Hyland sang the ditty in 1960, and it's been stuck in our heads ever since.

July 2025



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.

Happy Fourth!

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

America's First Zoo

The first zoo in the United States opened July 1, 1874, in Philadelphia. Although the charter establishing the Zoological Society of Philadelphia had been signed 15 years prior, the Civil War prevented the zoo from opening sooner. Price of admission on opening day was 25 cents for adults and 10 cents for children.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		NATIONAL POSTAL WORKER DAY 1 9:00 ■ WATER AEROBICS- POOL 1:00 ■ CARD GAMES AR 1:00 ■ Color & Relax With Isabelle AR 1:30 ■ Hillsdale Lecture Series TR 5:30 ■ Walking The Winds- LOBBY 6:30 Movie Showing TR	NATIONAL WILDLAND FIREFIGHTER DAY 2 9:00 ■ Shopping Trip - LOBBY 10:30 ■ Chapel CH 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Billiards The HANGAR 1:00 ■ Cribbage Board Game AR 4:00 ■ Resident Birthday Dinner- PDR 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Bridge** The HANGAR	NATIONAL EAT YOUR BEANS DAY 3 9:00 ■ WATER AEROBICS- POOL 10:00 ■ New Move In Medicare Orientation TR 11:00 ■ CHAIR EXERCISE AR 1:00 ■ PATTERN BINGO! TR 2:30 ■ Wii Sports/ Just Dance Wii 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar	Independence Day 4 11:00 ■ Nickel Pokeno AR 1:00 ■ Scrabble AR 2:00 ■ Cornhole AR 2:30 ■ FOURTH OF JULY HAPPY HOUR & KARAOKE - TL!! 5:30 ■ Walking The Winds- LOBBY 6:30 Movie Showing TR	NATIONAL HAWAII DAY 5 9:00 ■ WATER AEROBICS- POOL 1:00 ■ Redeemer Bible Study CH 2:00 ■ CARDS/ DOMINOES AR 5:30 ■ Walking The Winds- LOBBY 6:30 Movie Showing TR
NATIONAL FRIED CHICKEN DAY 6 10:00 ■ Catholic Mass Streaming TR 1:00 ■ REGULAR BINGO! AR 2:00 ■ Virtual Church Service TR 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Catholic Rosary CH 6:30 Movie Showing TR	NATIONAL DAY OF ROCK N' ROLL 7 10:00 ■ TRADER JOE'S LOBBY 11:00 ■ CHAIR EXERCISE AR 3:00 ■ PATTERN BINGO! TR 5:30 ■ Walking The Winds- LOBBY 6:00 ■ Horse Race Card Game AR	NATIONAL COW DAY 8 9:00 ■ WATER AEROBICS- POOL 1:00 ■ CARD GAMES AR 1:30 ■ Hillsdale Lecture Series TR 2:30 ■ Grief Share With Marvin- 13 Week Program TR 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Trivia Night! TL	NATIONAL DIMPLES DAY 9 9:00 ■ Shopping Trip - LOBBY 10:30 ■ Chapel CH 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Billiards The HANGAR 3:00 ■ HAPPY HOUR TL 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Bridge** The HANGAR	NATIONAL KITTEN DAY 10 9:00 ■ WATER AEROBICS- POOL 11:00 ■ CHAIR EXERCISE AR 1:00 ■ PATTERN BINGO! TR 2:30 ■ Resident Council Meeting 2nd Floor Break Room 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar	NATIONAL 7- ELEVEN DAY 11 10:00 ■ Target Shopping- LOBBY 11:00 ■ Nickel Pokeno AR 1:00 ■ Scrabble AR 2:00 ■ Cornhole AR 3:00 ■ HALE THEATER LOBBY- December 63 Tribute 5:30 ■ Walking The Winds- LOBBY 6:30 Movie Showing TR	NATIONAL PAPER BAG DAY 12 9:00 ■ WATER AEROBICS- POOL 1:00 ■ Redeemer Bible Study CH 2:00 ■ CARDS/ DOMINOES AR 5:30 ■ Walking The Winds- LOBBY 6:30 Movie Showing TR
NATIONAL DELAWARE DAY 13 10:00 ■ Catholic Mass Streaming TR 1:00 ■ REGULAR BINGO! AR 2:00 ■ Virtual Church Service TR 5:30 ■ Walking The Winds- LOBBY 6:30 Movie Showing TR	NATIONAL MAC N CHEESE DAY 14 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Shaved Ice With Amy From The Key TL 3:00 ■ Nickel Pokeno AR 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Pinochle AR	NATIONAL I LOVE HORSES DAY 15 9:00 ■ WATER AEROBICS- POOL 12:30 ■ BOOK CLUB TL 1:00 ■ CARD GAMES AR 1:00 ■ Color & Relax With Isabelle AR 1:30 ■ Hillsdale Lecture Series TR 2:30 ■ Grief Share With Marvin- 13 Week Program TR 5:30 ■ Walking The Winds- LOBBY 6:30 Movie Showing TR	NATIONAL HOT DOG DAY 16 9:00 ■ Shopping Trip - LOBBY 10:30 ■ Chapel CH 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Billiards The HANGAR 1:00 ■ Cribbage Board Game AR 3:00 ■ Andy The Puppeteer AR 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Bridge** The HANGAR	NATIONAL LOTTERY DAY 17 9:00 ■ WATER AEROBICS- POOL 11:00 ■ CHAIR EXERCISE AR 1:00 ■ PATTERN BINGO! TR 2:30 ■ Wii Sports/ Just Dance Wii 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar	NATIONAL TROPICAL FRUIT DAY 18 10:00 ■ CASINO LOBBY 11:00 ■ Nickel Pokeno AR 1:00 ■ Scrabble AR 2:00 ■ Cornhole AR 3:00 ■ HAPPY HOUR - TL!! 5:30 ■ Walking The Winds- LOBBY 6:30 Movie Showing TR	NATIONAL WORDS WITH FRIENDS DAY 19 9:00 ■ WATER AEROBICS- POOL 1:00 ■ Redeemer Bible Study CH 2:00 ■ CARDS/ DOMINOES AR 5:30 ■ Walking The Winds- LOBBY 6:30 Movie Showing TR
NATIONAL MOON DAY 20 10:00 ■ Catholic Mass Streaming TR 1:00 ■ REGULAR BINGO! AR 2:00 ■ Virtual Church Service TR 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Catholic Rosary CH 6:30 Movie Showing TR	NATIONAL JUNK FOOD DAY 21 10:00 ■ KEN SORENSEN LECTURE SERIES TR 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Cribbage Board Game- 4th Floor Hangar 1:00 ■ Wii Jeopardy AR 3:00 ■ PATTERN BINGO! TR 4:00 ■ MYSTERY DINNER LOBBY 5:30 ■ Walking The Winds- LOBBY 6:00 ■ Horse Race Card Game AR	NATIONAL MANGO DAY 22 9:00 ■ WATER AEROBICS- POOL 1:00 ■ CARD GAMES AR 1:30 ■ Hillsdale Lecture Series TR 2:30 ■ Grief Share With Marvin- 13 Week Program TR 3:00 ■ Steven Schwartz Pianist AR 4:00 ■ FAT CAT'S MOVIE SHOWING- LOBBY (time may vary) 5:30 ■ Walking The Winds- LOBBY	GORGEOUS GRANDMAS DAY 23 9:00 ■ Shopping Trip - LOBBY 10:30 ■ Chapel CH 11:00 ■ CHAIR EXERCISE AR 12:00 ■ Arizona Museum Of Natural History- LOBBY 1:00 ■ Billiards The HANGAR 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Bridge** The HANGAR	NATIONAL COUSINS DAY 24 9:00 ■ WATER AEROBICS- POOL 10:00 ■ Catholic Mass With Father Rojo George 11:00 ■ CHAIR EXERCISE AR 1:00 ■ PATTERN BINGO! TR 2:30 ■ Wii Sports/ Just Dance Wii 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar	NATIONAL WINE & CHEESE DAY 25 10:00 ■ COSTCO LOBBY 11:00 ■ Nickel Pokeno AR 1:00 ■ Scrabble AR 2:00 ■ Cornhole AR 3:00 ■ HAPPY HOUR - TL!! 5:30 ■ Walking The Winds- LOBBY 6:30 Movie Showing TR	NATIONAL DAY OF THE COWBOY 26 9:00 ■ WATER AEROBICS- POOL 1:00 ■ Redeemer Bible Study CH 2:00 ■ Bunco Dice Game- 4th Floor Hangar 2:00 ■ CARDS/ DOMINOES AR 5:30 ■ Walking The Winds- LOBBY 6:30 Movie Showing TR
NATIONAL SCOTCH DAY 27 10:00 ■ Catholic Mass Streaming TR 1:00 ■ REGULAR BINGO! AR 2:00 ■ Virtual Church Service TR 5:30 ■ Walking The Winds- LOBBY 6:30 Movie Showing TR	NATIONAL MILK CHOCOLATE DAY 28 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Firefighters Donation Drop Off LOBBY 3:00 ■ Nickel Pokeno AR 3:00 ■ PATTERN BINGO! TR 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Pinochle AR	NATIONAL LIPSTICK DAY 29 9:00 ■ WATER AEROBICS- POOL 1:00 ■ CARD GAMES AR 1:00 ■ Color & Relax With Isabelle AR 1:30 ■ Hillsdale Lecture Series TR 2:30 ■ Grief Share With Marvin- 13 Week Program TR 5:30 ■ Walking The Winds- LOBBY 6:30 Movie Showing TR	NATIONAL FATHER-IN-LAW DAY 30 9:00 ■ MEN'S & WOMEN'S BREAKFAST 9:00 ■ Shopping Trip - LOBBY 10:30 ■ Chapel CH 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Billiards The HANGAR 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Bridge** The HANGAR	NATIONAL AVOCADO DAY 31 9:00 ■ WATER AEROBICS- POOL 10:00 ■ Pop Up Vintage Jewelry Event - LOBBY 10-2pm 11:00 ■ CHAIR EXERCISE AR 1:00 ■ PATTERN BINGO! TR 2:30 ■ Wii Sports/ Just Dance Wii 5:30 ■ Walking The Winds- LOBBY 6:30 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar	KEY FIRST FLOOR FP- Fireplace DR- Dining Room PDR- Private Dining Room PL- Pool SECOND FLOOR BK- Book Nook BR- Break Room	KEY THIRD FLOOR AR- Activities Room FR- Fitness Room TR- Theater Room TL- Terrace Lounge FOURTH FLOOR CH- Chapel THE HANGAR- 4th Floor Activities Room HAIR SALON

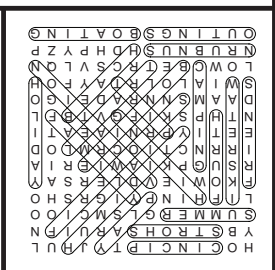
Word Search

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. _____ |

- Word Search Solution:
- | | | |
|--------------|--------------|---------------|
| 1. Beach | 8. Friends | 15. Shorts |
| 2. Boating | 9. Hiking | 16. Summer |
| 3. Bonfire | 10. Holiday | 17. Sunburn |
| 4. Camping | 11. Humidity | 18. Travel |
| 5. Family | 12. Outings | 19. Trip |
| 6. Fireworks | 13. Picnic | 20. Vacation |
| 7. Fourth | 14. Play | 21. Water Ski |



Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20				21		22			23			
			24		25	26						
27	28	29	30		31	32		33	34	35	36	
37			38			39		40				
41			42		43			44				
45				46		47			48			
49				50	51	52			53			
58	59	60	61		62	63			64	65	66	
67				68		69			70			
71				72					73			
74				75					76			

ACROSS

- Downtowns
- Cavort
- Made a web
- Decorative needle case
- Water retention
- In addition
- Red planet
- Navigation system
- Antelope
- Brief expression
- State with Isle Royale National Park
- Not as much
- Tell a tall tale
- Brother's sibling
- Bunsen burner
- Ruler
- Teaspoon (abbr.)
- State with Acadia National Park
- Navy color
- Leftovers of civilizations
- School group
- The Cat
- Jewish scribe
- Power controlling device
- Airport abbr.
- Indian village
- Visionary
- Okay
- Environmental protection agency (abbr)
- Pull
- Handyman

- Innumerable
- Nurture
- State with Nez Perce Historical Park
- Domain
- Canal
- Italian city
- Working implement
- Firm up muscles
- Tilted
- Green Gables dweller

DOWN

- Rope fiber
- State with Arches National Park
- Prickly sticker
- Strong rope fiber
- Keyboard instrument
- Hubbub
- Curl hair, permanently
- Electronic communication
- Spoiled
- Rice wine (var.)
- Stopper
- U.S. Department of Agriculture
- Person, place or thing
- Gives the impression of being
- __ you! (attention getter)
- Trims
- Throat infection
- Car manufacturer
- Church steeple

- What you raise in poker
- North by east
- Bowling __
- Large hotel room
- Big Bend
- Cornstalk
- Arrest
- Inroad
- Rockefeller Historical National Park State
- Constellation
- Type of American Express card
- Scrutinize
- Non __ (not welcome)
- Gall __
- Air (prefix)
- First murderer
- Leaf maker
- African country
- Smooth
65. Long time
- Valley
- Talking computer from "2001: A Space Odyssey"

