



Canyon Winds

Retirement Community

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

National Book Lovers Day – Reading Quirks

The spotlight is on bookworms Aug. 9 for National Book Lovers Day. Check out these quirky habits you may have in common with your fellow readers:

Brainy bibliophiles. Many readers make faces to copy the characters' emotions thanks to their mirror neurons firing on all cylinders. It's no wonder that reading is linked to empathy. Other readers may mouth the words as they read, which is a comprehension strategy called subvocalization.

Comforting customs. Readers who prefer to reread their favorites instead of starting something new, or even those controversial folks who read the last page of the book first, have something in common: relaxation. Both of these reading habits are ways to ease anxiety, so readers can slow down and enjoy the story.

Small Change, Big Benefits

Try these micro habits for small daily changes to make life better.

Wake up with water. Drink a glass of water first thing in the morning.

A year in read-view. Read one page of a novel before bed. Over about a year, you'll have finished the book and saved your eyes from pre-sleep screen time.

A grateful start. Write one thing you're thankful for in a journal each day. At the end of the month, take a moment to read over what makes you grateful.

August 2025



Summer Song

"In summer, the song sings itself."
—William Carlos Williams

A Summer Light Show

Looking for a summer showstopper? Step outside in the early morning hours of Aug. 12-13, when the Perseid meteor shower reaches its peak. Viewers can potentially see more than 50 shooting stars each hour. Finding a dark place to watch increases your chances of getting to wish on a falling star.

An Ironclad Legend

"Old Ironsides" is the USS Constitution, a historic U.S. Navy warship. It earned its nickname during the War of 1812 when British cannonballs seemed to bounce off its sturdy oak sides, prompting a crewman to exclaim, "Her sides are made of iron!"



August 2025

- Classes




Clubs

CW Special Events

Religious

Games
- Meetings

Trips/Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>3</div>	 <div>4</div>	 <div>5</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>6</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> <div>7</div>	<div>1</div> <div>11:00 Nickel Pokeno AR</div> <div>1:00 Scrabble AR</div> <div>2:00 Cornhole AR</div> <div>3:00 HAPPY HOUR - TL!!</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Movie Showing TR</div>	<div>2</div> <div>9:00 WATER AEROBICS- POOL</div> <div>1:00 Redeemer Bible Study CH</div> <div>2:00 CARDS/ DOMINOES AR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Movie Showing TR</div>
<div>10:00 Catholic Mass Streaming TR</div> <div>1:00 REGULAR BINGO! AR</div> <div>2:00 Rummy Cube Game TL</div> <div>2:00 Virtual Church Service TR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Catholic Rosary CH</div> <div>6:30 Movie Showing TR</div>	<div>10:00 TRADER JOE'S LOBBY</div> <div>11:00 CHAIR EXERCISE AR</div> <div>3:00 PATTERN BINGO! TR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:00 Horse Race Card Game AR</div>	<div>9:00 WATER AEROBICS- POOL</div> <div>1:00 CARD GAMES AR</div> <div>1:30 Hillsdale Lecture Series TR</div> <div>2:00 Color & Relax With Isabelle AR</div> <div>2:30 Grief Share With Marvin- 13 Week Program TR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Movie Showing TR</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>2:00 Wound Care Presentation With Jason TR</div> <div>4:00 Resident Birthday Dinner- PDR</div> <div>6:30 Bridge** The HANGAR</div>	<div>9:00 WATER AEROBICS- POOL</div> <div>10:30 New Move In Medicare Orientation TR</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 PATTERN BINGO! TR</div> <div>2:30 Wii Sports/ Just Dance Wii</div> <div>3:00 HAPPY HOUR TL</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Hand & Foot AR</div> <div>6:30 Poker- 4th Floor Hangar</div>	<div>8</div> <div>10:00 Target Shopping- LOBBY</div> <div>11:00 Nickel Pokeno AR</div> <div>1:00 Yahtzee AR</div> <div>2:00 Cornhole AR</div> <div>3:00 HALE THEATER LOBBY</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Movie Showing TR</div>	<div>9</div> <div>9:00 WATER AEROBICS- POOL</div> <div>1:00 Redeemer Bible Study CH</div> <div>2:00 CARDS/ DOMINOES AR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Movie Showing TR</div>
<div>10</div> <div>10:00 Catholic Mass Streaming TR</div> <div>1:00 REGULAR BINGO! AR</div> <div>2:00 Rummy Cube Game TL</div> <div>2:00 Virtual Church Service TR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Movie Showing TR</div>	<div>11</div> <div>10:00 New Image Fashion Clothing/ Accessory Sale LOBBY 10-2</div> <div>11:00 CHAIR EXERCISE AR</div> <div>3:00 Nickel Pokeno AR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 '90s Club! Come mingle & share stories. TL</div> <div>6:30 Pinochle AR</div>	<div>12</div> <div>9:00 WATER AEROBICS- POOL</div> <div>10:30 Medicare Changes 2026- With Chris TR</div> <div>1:00 CARD GAMES AR</div> <div>1:30 Hillsdale Lecture Series TR</div> <div>2:00 Color & Relax With Isabelle AR</div> <div>2:30 Grief Share With Marvin- 13 Week Program TR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:00 Trivia Night! TL</div>	<div>13</div> <div>9:00 Shopping Trip - LOBBY</div> <div>10:30 Chapel CH</div> <div>11:00 CHAIR EXERCISE AR</div> <div>12:00 Sweeties Candy Of Arizona Shopping Trip- LOBBY</div> <div>1:00 Billiards The HANGAR</div> <div>2:00 Presentation on "Learn how ULife Health can deliver Medicare Approved, In-home Physical Therapy" TR</div> <div>4:30 Billy Fredrick Pianist- DINING ROOM</div> <div>6:30 Bridge** The HANGAR</div>	<div>14</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 Resident Council Meeting 2nd Floor Break Room</div> <div>2:30 Wii Sports/ Just Dance Wii</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Hand & Foot AR</div> <div>6:30 Poker- 4th Floor Hangar</div>	<div>15</div> <div>10:00 CASINO LOBBY</div> <div>11:00 Nickel Pokeno AR</div> <div>1:00 Scrabble AR</div> <div>2:00 Cornhole AR</div> <div>3:00 HAPPY HOUR - TL!!</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Movie Showing TR</div>	<div>16</div> <div>9:00 WATER AEROBICS- POOL</div> <div>1:00 Redeemer Bible Study CH</div> <div>2:00 CARDS/ DOMINOES AR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Movie Showing TR</div>
<div>17</div> <div>10:00 Catholic Mass Streaming TR</div> <div>1:00 REGULAR BINGO! AR</div> <div>2:00 Rummy Cube Game TL</div> <div>2:00 Virtual Church Service TR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Catholic Rosary CH</div> <div>6:30 Movie Showing TR</div>	<div>18</div> <div>10:00 KEN SORENSEN LECTURE SERIES TR- Elvis Presley</div> <div>11:15 MYSTERY LUNCH LOBBY</div> <div>1:00 Cribbage Board Game- 4th Floor Hangar</div> <div>3:00 PATTERN BINGO! TR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:00 Horse Race Card Game AR</div>	<div>19</div> <div>9:00 WATER AEROBICS- POOL</div> <div>11:00 SW Mobility TL</div> <div>12:30 BOOK CLUB TL</div> <div>1:00 CARD GAMES AR</div> <div>1:30 Hillsdale Lecture Series TR</div> <div>2:00 Color & Relax With Isabelle AR</div> <div>2:30 Grief Share With Marvin- 13 Week Program TR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Movie Showing TR</div>	<div>20</div> <div>9:00 Shopping Trip - LOBBY</div> <div>10:30 Chapel CH</div> <div>11:00 CHAIR EXERCISE AR</div> <div>12:00 Ice Cream Social Wellness Fair- Assisted Living Building 12-2pm</div> <div>1:00 Billiards The HANGAR</div> <div>1:00 Cribbage Board Game AR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Bridge** The HANGAR</div>	<div>21</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/ Just Dance Wii</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Hand & Foot AR</div> <div>6:30 Poker- 4th Floor Hangar</div>	<div>22</div> <div>11:00 Nickel Pokeno AR</div> <div>1:00 Yahtzee AR</div> <div>3:00 HAPPY HOUR - TL!!</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Movie Showing TR</div>	<div>23</div> <div>9:00 WATER AEROBICS- POOL</div> <div>1:00 Redeemer Bible Study CH</div> <div>2:00 CARDS/ DOMINOES AR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Movie Showing TR</div>
<div>24</div> <div>10:00 Catholic Mass Streaming TR</div> <div>1:00 REGULAR BINGO! AR</div> <div>2:00 Rummy Cube Game TL</div> <div>2:00 Virtual Church Service TR</div> <div>6:30 Movie Showing TR</div>	<div>25</div> <div>10:00 Superstition Ranch Farmers Market- LOBBY</div> <div>1:00 Movie Showing TR</div> <div>3:00 Nickel Pokeno AR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Pinochle AR</div>	<div>26</div> <div>9:00 WATER AEROBICS- POOL</div> <div>1:00 CARD GAMES AR</div> <div>1:30 Hillsdale Lecture Series TR</div> <div>2:00 Color & Relax With Isabelle AR</div> <div>2:30 Grief Share With Marvin- 13 Week Program TR</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:00 Trivia! TL</div>	<div>27</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>5:30 Walking The Winds- LOBBY</div> <div>6:30 Bridge** The HANGAR</div>	<div>28</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/ Just Dance Wii</div> <div>3:00 Mary Kay Pop Up Table With Tracy- LOBBY 3-430</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Hand & Foot AR</div> <div>6:30 Poker- 4th Floor Hangar</div>	<div>29</div> <div>10:00 COSTCO LOBBY</div> <div>11:00 Nickel Pokeno AR</div> <div>3:00 HAPPY HOUR - TL!!</div> <div>5:30 Walking The Winds- LOBBY</div> <div>6:30 Movie Showing TR</div>	<div>30</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>5:30 Walking The Winds- LOBBY</div> <div>6:30 Movie Showing TR</div>
<div>31</div> <div>10:00 Catholic Mass Streaming TR</div> <div>1:00 REGULAR BINGO! AR</div> <div>2:00 Rummy Cube Game TL</div> <div>2:00 Virtual Church Service TR</div> <div>6:30 Movie Showing TR</div>						

Word Search

Category: Canning Is My Jam

NOITAZILIRETST
CANBACTERIANNI
NGRUNLELSDREEL
ISLLHIETBIVHEE
BIPALNTRSCTHMA
DLRVNIICEABSYT
THAUENDPECORZE
ESFNEENTAPIANN
GDPRCESNEMLRV
AELTHHNEUFUTUR
REIXJEMLLPHLKB
OWTHRAAYCDLOMK
TCEJAMRGASKETK
SPRLCGESORTXED

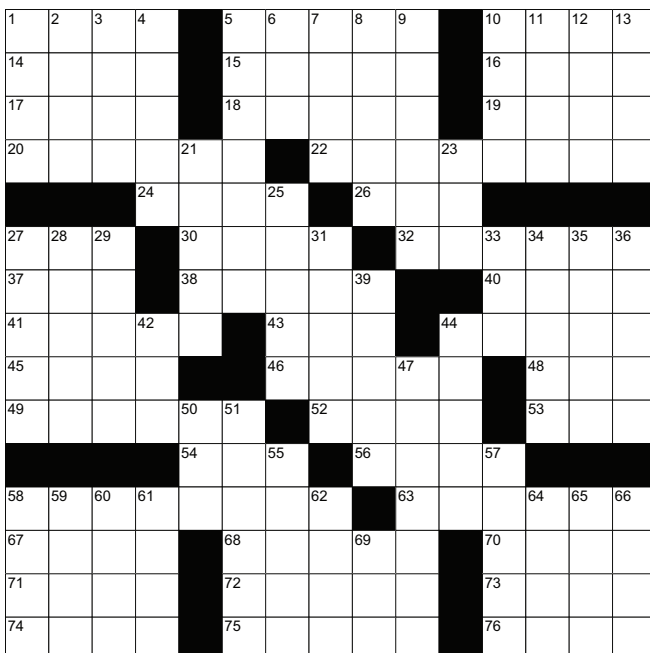
- | | | |
|-----------|-----------|-----------|
| 1. Enzyme | 8. _____ | 15. _____ |
| 2. _____ | 9. _____ | 16. _____ |
| 3. _____ | 10. _____ | 17. _____ |
| 4. _____ | 11. _____ | 18. _____ |
| 5. _____ | 12. _____ | 19. _____ |
| 6. _____ | 13. _____ | 20. _____ |
| 7. _____ | 14. _____ | 21. _____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

Word Search Solution:

21. Vent	14. Jar	7. Canner
20. Storage	13. Jam	6. Brine
19. Sterilization	12. Gasket	5. Boil
18. Pectin	11. Funnel	4. Blanch
17. Mold	10. Enzyme	3. Bacteria
16. Lid	9. Dill	2. Alum
15. Lid	8. Dextrose	1. Acid

NOITAZILIRETST
CANBACTERIANNI
NGRUNLELSDREEL
ISLLHIETBIVHEE
BIPALNTRSCTHMA
DLRVNIICEABSYT
THAUENDPECORZE
ESFNEENTAPIANN
GDPRCESNEMLRV
AELTHHNEUFUTUR
REIXJEMLLPHLKB
OWTHRAAYCDLOMK
TCEJAMRGASKETK
SPRLCGESORTXED

Crossword Puzzle



ACROSS

1. Towns
5. Cavort
10. Made a web
14. Decorative needle case
15. Water retention
16. In addition
17. Red planet
18. Navigation system
19. Antelope
20. Brief expression
22. State with Isle Royale National Park
24. Not as much
26. Tell a tall tale
27. Brother's sibling
30. Bunsen burner
32. Ruler
37. Teaspoon (abbr.)
38. State with Acadia National Park
40. Navy color
41. Leftovers of civilizations
43. School group
44. The Cat
45. Jewish scribe
46. Power controlling device
48. Airport abbr.
49. Indian village
52. Visionary
53. Okay
54. Environmental protection agency (abbr)
56. Pull
58. Handyman

63. Innumerable
67. Nurture
68. State with Nez Perce Historical Park
70. Domain
71. Canal
72. Italian city
73. Working implement
74. Firm up muscles
75. Tilted
76. Green Gables dweller

DOWN

1. Rope fiber
2. State with Arches National Park
3. Prickly sticker
4. Strong rope fiber
5. Keyboard instrument
6. Hubbub
7. Curl hair, permanently
8. Electronic communication
9. Spoiled
10. Rice wine (var.)
11. Stopper
12. U.S. Department of Agriculture
13. Person, place or thing
21. Gives the impression of being
23. ___ you! (attention getter)
25. Trims
27. Throat infection
28. Car manufacturer
29. Church steeple

31. What you raise in poker
33. North by east
34. Bowling ___
35. Large hotel room
36. Big Bend
39. Cornstalk
42. Arrest
44. Inroad
47. Rockefeller Historical National Park State
50. Constellation
51. Type of American Express card
55. Scrutinize
57. Non ___ (not welcome)
58. Gall
59. Air (prefix)
60. First murderer
61. Leaf maker
62. African country
64. Smooth
65. Long time
66. Valley
69. Talking computer from "2001: A Space Odyssey"

