



Canyon Winds

Retirement Community

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

Go Pink in October

October is Breast Cancer Awareness Month, and we have Go Pink Happy Hour and fundraiser planned this month. Check the calendar or stop by the front desk for all the details, and please do what you can to support this important cause.

Wash Germs Away

Your hands become covered with germs every time you push an elevator button, open a door or flip a light switch—which is why washing your hands is the best way to keep from getting sick. Scrub with soap and hot water for 20 seconds. Use an alcohol-based hand sanitizer if you can't get to a sink.

Shoo the Flu

Get your flu shot on October 10 between 11:30 & 12:00, it's important to get a flu shot early in the season. The Centers for Disease Control and Prevention advises that the flu vaccine is especially critical for people 65 years and older since they are at high risk of developing serious complications from the flu.

"Trick or Treat"

Trick or Treaters are coming to visit our community on Halloween! Check the calendar for details, and let the activities director know if you'll be joining in to hand out treats.

Halloween Party

You'll have a bewitching time at our Halloween Happy Hour on October 31 @ 2:30! Join us for frighteningly good food, entertainment and fun! Costumes encouraged, but not required. See calendar for details.

October 2025



Enjoy Autumn

The days are shorter, the air is cooler and the trees are spectacular—fall is officially here! We hope you can take some time out to enjoy a walk through our beautiful community.

Fall Crafts


















































































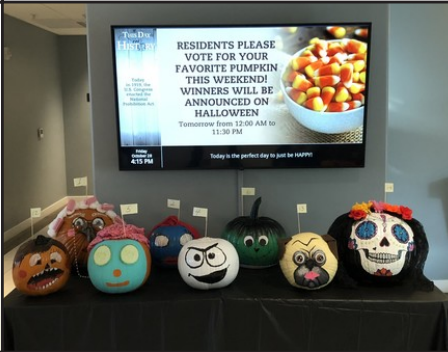
We will be doing fall-themed crafts for all levels of talent and experience, and we'd love for you to join us. Check the calendar for a schedule of classes.

Candy Donations Needed!

We're getting ready for our Halloween Celebrations and would love your help! We're collecting candy donations to hand out to trick-or-treaters during our Halloween celebrations. If you'd like to contribute, please see the activities director. Thank you for your generosity!

Happy Birthday to Our Canyon Winds Residents

Kathy M. 10-1, George 10-13, Rose 10-13, Shirley 10-16 & Cary 10-29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			INTERNATIONAL DAY OF COFFEE 1 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	2 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.	3 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	4 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
WORLD TEACHERS' DAY! 5 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	WORLD HABITAT DAY! 6 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 THE PUTTING CHALLENGE (Come try out our NEW Putting Green) 2:30  MOVIE - THEATER ROOM	6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00  LUNCH @ UNCLE BEARS 12:30 RUMMIKUB - ACTIVITY ROOM 2:00  BINGO 3:00 BINGO SHOPPING	WALK TO SCHOOL DAY! 8 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 1:00  HAND BELLS - ACTIVITY ROOM 2:00 CARDS, HAND AND FOOT 2:00 JEWELRY MAKING CLASS - ACTIVITY ROOM	9 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 10:00 NON DENOMINATIONAL SERVICE 12:30  SHOPPING @ KOHL'S 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc.	WORLD EGG DAY! 10 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 FARMERS DAY! 12 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	Columbus Day 13 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  LIVE MUSIC by LEE FORD in MS 2:30  TRIVIA hosted by DALE LIKENS	NATIONAL DESSERT DAY! 14 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 9:30  WELLNESS TALK - BREAST CANCER AWARENESS 9:30 Wii BOWLING - THEATER ROOM 11:00  LUNCH @ OLD SCHOOL GRUB 12:30 RUMMIKUB - ACTIVITY ROOM 2:00  BINGO 4:00 DINNER ENTERTAINMENT - THE SUNDANCE GROUP	NATIONAL PUG DAY! 15 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 APPLE TASTING with CAMEL 2:00 CARDS, HAND AND FOOT	BOSS'S DAY! 16 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 10:00 NON DENOMINATIONAL SERVICE 12:30  SHOPPING @ HOBBY LOBBY 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc.	NATIONAL PASTA DAY! 17 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 CORN HOLE 12:30  MOVIE 2:30  LET'S GO PINK FOR BREAST CANCER AWARENESS at HAPPY HOUR with LIVE MUSIC by BILLY FREDERICK	SWEETEST DAY! 18 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
WORLD MISSION SUNDAY! 19 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	20 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 FALL ARTS & CRAFTS - ACTIVITY ROOM  1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 1:00 THE PUTTING CHALLENGE (Come try out our NEW Putting Green) 2:30  MOVIE - THEATER ROOM 2:30 RESIDENT COUNCIL MEETING	21 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 9:30 Wii BOWLING - THEATER ROOM 11:00  LUNCH @ DENNY'S 12:30 RUMMIKUB - ACTIVITY ROOM 2:00  BINGO 3:00 BINGO SHOPPING	NATIONAL NUT DAY! 22 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 2:00 LET'S MAKE A HARVEST TRAIL MIX	23 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISE 10:00 FRESH FLOWERS: COME TO THE ACTIVITY ROOM AND LETS FILL YOUR VASE, SPONSORED by AEGIS HEALTHCARE 10:00 NON DENOMINATIONAL SERVICE 12:30  SHOPPING @ SPROUTS FARMERS MARKET 1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc.	NATIONAL FOOD DAY! 24 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	9:00 VOTE FOR YOUR FAVORITE PUMPKIN 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 PUMPKIN DAY! 26 9:00 VOTE FOR YOUR FAVORITE PUMPKIN 9:30 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30  MOVIE - THEATER ROOM 2:00 CARDS, HAND & FOOT 5:30  MOVIE	BLACK CAT DAY! 27 6:30 COFFEE BAR LOBBY 9:00  SIT & FIT EXERCISES - ACTIVITY ROOM 10:00 FALL ARTS & CRAFTS - ACTIVITY ROOM  1:00 CARDS - YOU CALL THE GAME, Crazy Eights, Go Fish, Rummy, Bridge, etc. 1:00  LIVE MUSIC by LEE FORD in MS 2:30  MOVIE - THEATER ROOM	NATIONAL CHOCOLATE DAY! 28 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	NATIONAL CAT DAY! 29 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	NATIONAL CANDY CORN DAY! 30 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.	HALLOWEEN! 31 6:30 COFFEE BAR LOBBY 8:00 LAS SENDAS ELEMENTARY 2ND GRADERS COMING TO TRICK OR TREAT 10:00 CORN HOLE 12:30  MOVIE 2:30  HALLOWEEN HAPPY HOUR with LIVE MUSIC by LEE FORD	



3 STEPS TO AVOID THE FLU

-  Cover your mouth and nose when you sneeze.
-  Wash your hands often or use hand sanitizer.
-  Avoid touching your eyes, nose or mouth.



NATIONAL *Breast Cancer* Awareness Month OCTOBER