



Canyon Winds

Retirement Community

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

Popcorn Pick: 'The Birds'

The poster for this 1963 thriller features a menacing quote by its legendary director, Alfred Hitchcock: "It could be the most terrifying motion picture I have ever made." His film is based on a story by novelist Daphne du Maurier. Beautiful socialite Melanie Daniels (Tippi Hedren in her first acting role) visits a California seaside town, where, inexplicably, birds of all types begin attacking people. Along with Hitchcock's flair for suspense, movie historians note the special effects that used real and animated birds, plus a sinister soundtrack not made of music, but bird sounds.

Don't Cross a Crow

Crows have a good memory and never forget a human face, especially someone who has ruffled their feathers. Wildlife biologists who have studied this phenomenon say the birds can remember people who have threatened them—even after several years—and warn their offspring and other crows in their flock, passing on their grudge against potential threats.

Remember When: Letter Jackets

There was a time when nothing symbolized school spirit more than the iconic letterman jacket. The tradition began in 1865, when members of Harvard University's baseball team had the letter H sewn onto their knit sweater uniforms. Other teams followed, and by the 1930s, proud high school and college athletes across the country were sporting cardigans and later, wool jackets that displayed their school initial.

October 2025



October Pleasures

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

—Nathaniel Hawthorne

Wild World: Monarchs

Monarch butterflies may only live a few months, but in that time, some will make a 3,000-mile journey south to Mexico. They are the only butterflies to migrate such a long distance, and later generations will make the same trip, sometimes returning to the exact tree as their ancestors. Monarch caterpillars eat milkweed almost exclusively, but reduced acreage of the plant—as well as natural disasters in Mexico—are threatening the butterflies' population.

Goose Bumps

Goose bumps develop on the skin as an involuntary response to cold temperatures or strong emotions such as fear, pleasure or excitement. They are caused by tiny muscles connected to each hair follicle contracting and pulling the hair erect. The same thing happens in other mammals for the same reasons; for example, a cat's fur stands up when it is frightened or angry.



October 2025

- Classes



Clubs

CW Special Events

Religious

Games
- Meetings

Trips/Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div><div>KEY</div><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></div>	<div><div>KEY</div><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></div>	<div><div>INTERNATIONAL COFFEE DAY 1</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>1:00 Cribbage Board Game AR</div><div>4:00 Resident Birthday Dinner PDR</div><div>5:30 Walking The Winds- LOBBY</div><div>6:30 Bridge** The HANGAR</div></div>	<div><div>NATIONAL NAME YOUR CAR DAY 2</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 AR</div><div>5:30 Walking The Winds- LOBBY</div><div>6:00 Hand & Foot AR</div><div>6:30 Poker- 4th Floor Hangar</div></div>	<div><div>WORLD SMILE DAY 3</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>	<div><div>NATIONAL GOLF LOVERS DAY 4</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>
<div><div>NATIONAL GET FUNKY DAY 5</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>	<div><div>NATIONAL PLUS SIZE APPRECIATION DAY 6</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>	<div><div>NATIONAL INNER BEAUTY DAY 7</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>5:30 Walking The Winds- LOBBY</div><div>6:30 Movie Showing TR</div></div>	<div><div>NATIONAL EMERGENCY NURSES DAY 8</div><div>9:00 Shopping Trip - LOBBY</div><div>10:30 Chapel CH</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 5 Crowns Card Game TL</div><div>1:00 Billiards The HANGAR</div><div>2:00 Line Dancing With Pat AR</div><div>3:00 Free Facials With Traci From Mary Kay- Connie's Apt #209</div><div>5:30 Walking The Winds- LOBBY</div><div>6:30 Bridge** The HANGAR</div><div>6:30 Pinochle AR</div></div>	<div><div>WORLD SIGHT DAY 9</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 AR</div><div>5:30 Walking The Winds- LOBBY</div><div>6:00 Hand & Foot AR</div><div>6:30 Poker- 4th Floor Hangar</div></div>	<div><div>WORLD MENTAL HEALTH DAY 10</div><div>10:00 Flu Clinic AR</div><div>10:00 Target Shopping- LOBBY</div><div>11:00 Pokeno- 2nd Floor Break Room</div><div>3:00 HAPPY HOUR TL!!</div><div>5:30 Walking The Winds- LOBBY</div><div>6:30 Movie Showing TR</div></div>	<div><div>NATIONAL CHESS DAY 11</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>
<div><div>NATIONAL SAVINGS DAY 12</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>	<div><div>Columbus Day 13</div><div>11:00 MYSTERY LUNCH LOBBY</div><div>3:00 Nickel Pokeno AR</div><div>5:30 Walking The Winds- LOBBY</div><div>6:30 Pinochle AR</div></div>	<div><div>NATIONAL DESSERT DAY 14</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>5:30 Walking The Winds- LOBBY</div><div>6:00 Trivia Night! TL</div></div>	<div><div>NATIONAL MUSHROOM DAY 15</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>1:00 Cribbage Board Game AR</div><div>2:00 GARY FINKELSTEIN PIANIST AR</div><div>5:30 Walking The Winds- LOBBY</div><div>6:30 Bridge** The HANGAR</div></div>	<div><div>NATIONAL SPORTS DAY 16</div><div>9:00 WATER AEROBICS- POOL</div><div>10:00 Catholic Mass With Father Rojo George - Chapel</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 PATTERN BINGO! TR</div><div>2:30 Wii Sports AR</div><div>3:00 HAPPY HOUR TL</div><div>5:30 Walking The Winds- LOBBY</div><div>6:00 Hand & Foot AR</div><div>6:30 Poker- 4th Floor Hangar</div></div>	<div><div>NATIONAL PASTA DAY 17</div><div>10:00 CASINO LOBBY</div><div>10:00 Pop Up Vintage Jewelry Event - LOBBY 10-2pm</div><div>11:00 Nickel Pokeno AR</div><div>1:00 Scrabble AR</div><div>2:00 Cornhole AR</div><div>3:15 HALE THEATER LOBBY</div><div>5:30 Walking The Winds- LOBBY</div><div>6:30 Movie Showing TR</div></div>	<div><div>NATIONAL NO BEARD DAY 18</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>
<div><div>NATIONAL KISS YOUR CRUSH DAY 19</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>	<div><div>INTERNATIONAL CHEF'S DAY 20</div><div>10:00 KEN SORENSEN LECTURE SERIES- Mount Rushmore- TR</div><div>11:00 CHAIR EXERCISE AR</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>	<div><div>NATIONAL PETS FOR VETERANS DAY 21</div><div>9:00 WATER AEROBICS- POOL</div><div>10:00 NEW RESIDENT MEET & GREET- TERRACE LOUNGE</div><div>11:00 SW Mobility AR</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>5:30 Walking The Winds- LOBBY</div><div>6:30 Movie Showing TR</div></div>	<div><div>NATIONAL NUT DAY 22</div><div>9:00 Shopping Trip - LOBBY</div><div>10:30 Chapel CH</div><div>11:00 CHAIR EXERCISE AR</div><div>1:00 5 Crowns Card Game TL</div><div>1:00 Billiards The HANGAR</div><div>3:00 Jack San Felice Presentation TR - Ghost Stories</div><div>4:00 Lins Grand Buffet DINNER- LOBBY</div><div>5:30 Walking The Winds- LOBBY</div><div>6:30 Bridge** The HANGAR</div><div>6:30 Pinochle AR</div></div>	<div><div>NATIONAL TV TALK SHOW HOST 23</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 AR</div><div>3:00 HAPPY HOUR TL</div><div>5:30 Walking The Winds- LOBBY</div><div>6:00 Hand & Foot AR</div><div>6:30 Poker- 4th Floor Hangar</div></div>	<div><div>NATIONAL BOLOGNA DAY 24</div><div>11:00 Nickel Pokeno AR</div><div>2:00 Cornhole AR</div><div>5:30 Walking The Winds- LOBBY</div><div>6:30 Movie Showing TR</div></div>	<div><div>NATIONAL ART DAY 25</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>
<div><div>NATIONAL PUMPKIN DAY 26</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>	<div><div>NATIONAL BLACK CAT DAY 27</div><div>11:00 Pumpkin Patch/ Picnic- LOBBY</div><div>3:00 Nickel Pokeno AR</div><div>5:30 Walking The Winds- LOBBY</div><div>6:30 Pinochle AR</div></div>	<div><div>NATIONAL FIRST RESPONDERS DAY 28</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>5:30 Walking The Winds- LOBBY</div><div>6:30 Trivia! TL</div></div>	<div><div>NATIONAL OATMEAL DAY 29</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>12:00 Cerreta Candy & Chocolate Factory Tour- LOBBY</div><div>1:00 Billiards The HANGAR</div><div>2:00 Line Dancing With Pat AR</div><div>5:30 Walking The Winds- LOBBY</div><div>6:30 Bridge** The HANGAR</div></div>	<div><div>NATIONAL CANDY CORN DAY 30</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 Carl Block Vocalist AR</div><div>5:30 Walking The Winds- LOBBY</div><div>6:00 Hand & Foot AR</div><div>6:30 Poker- 4th Floor Hangar</div></div>	<div><div>HAPPY HALLOWEEN 31</div><div>10:00 COSTCO LOBBY</div><div>10:00 Pokeno AR</div><div>2:30 HALLOWEEN MONSTER MASH 2:30-4PM (AR & TL)</div><div>5:30 Walking The Winds- LOBBY</div><div>6:30 Movie Showing TR</div></div>	<div></div>

Word Search

Category: Autumn

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

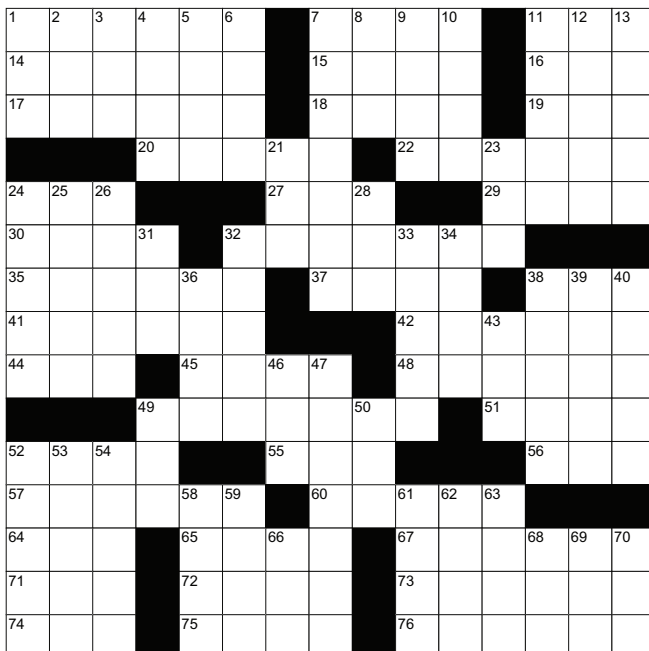
- | | | |
|-------------|-----------|-----------|
| 1. Raincoat | 8. _____ | 15. _____ |
| 2. _____ | 9. _____ | 16. _____ |
| 3. _____ | 10. _____ | 17. _____ |
| 4. _____ | 11. _____ | 18. _____ |
| 5. _____ | 12. _____ | 19. _____ |
| 6. _____ | 13. _____ | 20. _____ |
| 7. _____ | 14. _____ | 21.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

Word Search Solution:

1. Acorn	8. Feast	15. Maize
2. Apple	9. Gourd	16. Nuts
3. Chili	10. Halloween	17. Pumpkin
4. Cider	11. Harvest	18. Quilt
5. Corn	12. Hay	19. Raincoat
6. Crisp	13. Hayride	20. Reap
7. Deciduous	14. Leaf	21. Scarecrow

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

Crossword Puzzle



ACROSS

1. Noisy situation (archaic)
7. Filled crusts
11. Marsh
14. Ring around the sun
15. Am not
16. Gorilla
17. Romantic imagery
18. Travel by horse
19. Perch
20. Plant trunks
22. Treatment for a broken bone
24. Accountant
27. Boxer Muhammad
29. Fake butter
30. Tortoise and the ____
32. Large floating mass of ice
35. Warns
37. Young Men's Christian Association
38. Pride
41. Perennial Eurasian herb, cultivated for its aromatic seeds
42. Tree with heart-shaped leaves
44. Time period
45. Compass point
48. Fat cartoon character
49. Effort
51. Bullets
52. Loading area
55. "To the right!"
56. Poisonous snake
57. Set in, like wood
60. Made from a plant with small clusters of flowers and licorice-flavored seeds

DOWN

1. American College of Physicians (abbr.)
2. Water closet
3. Be
4. Decays
5. Subdivision
6. Ground from the inner covering of the nutmeg shell
7. Green garden herb having finely divided crinkled leaves
8. Roman three
9. Ceases
10. Stair
11. Aromatic herb of the mint family
12. State as an opinion
13. Vex (2 wds.)
21. IBM competitor
23. Lumber
24. Rub
25. Whiter
26. Stadium
28. Computer makers
31. Sea eagle
32. Tiny island

33. Widely known
34. Scold in harsh language
36. Experiment
38. Water retention
39. Seeds
40. Upon (2 wds.)
43. Basketball association
46. Implore
47. Smudged
49. Also known as (abbr.)
50. Writing tool
52. Funeral hymn
53. Round sharp-tasting bulb grown under ground
54. Dried flower bud of a tree from the myrtle family
58. Institution (abbr.)
59. First word of a letter
61. Computer picture button
62. Soft drink
63. Discharge
66. Gone by
68. Promissory note
69. Mongrel dog
70. Compass point

