

Canyon Winds

Retirement Community

7311 E Oasis Street | Mesa, AZ 85207 | 480-948-0600

WISHING YOU A HAPPY NEW YEAR!

A new year is a time of hope and possibility. We wish everyone happiness, comfort, and peace in the months ahead. Thank you for being part of our community-we look forward to making this year a special one for all.



January Fun Fact

Did you know January is named after Janus, the Roman god of beginnings and endings? He is often shown with two faces-one looking back and one looking forward- making January a perfect time to reflect on the past and welcome new opportunities.

Music & Memories

Music has a wonderful way of bringing back happy memories. A favorite song can lift spirits and start great conversations. Come sing along with us this month.

2026 Quote

Each new year is a fresh page, ready to be filled with simple joys and reminds us that every day is a gift.

January 2026



Winter Wellness Tips

Cold weather can be tough on joints and energy levels, but simple routines can help:

Stay hydrated- warm tea counts!

Stretch a little each day to keep muscles limber.

Use layers to stay warm indoors and out. Let's keep our bodies comfortable and healthy all winter long.

Wellness in the New Year

Wellness means feeling good in body and heart. This year, we encourage balance, movement, rest, and meaningful connection with one another.

Happy Birthday to Our CW Residents!

Sandy D. 1-1

John H. 1-10

Michael 1-18

Mary Ann S. 1-22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				COFFEE BAR 9:00 SIT & FIT 10:00 NON DENOMINATIONAL SERVICES 1:00 CARDS OR GAME RESIDENTS CHOICE, BRING A FRIEND 1	COFFEE BAR 10:00 CORN HOLE 12:30 MOVIE 2:00 BINGO 2	9:00 CARD GAMES 3 1:30 BINGO 1:30 MOVIE 2:30 MEXICAN TRAIN 5:30 SATURDAY NIGHT AT THE MOVIES
9:00 CARD GAMES 4 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 MOVIE 2:00 CARDS, HAND and FOOT 5:30 MOVIE	COFFEE BAR 5 9:00 SIT & FIT 10:00 ARTS & CRAFTS 1:00 CARDS - YOU CALL THE GAME 1:30 LIVE MUSIC by LEE FORD 2:30 MOVIE	COFFEE BAR 6 9:00 SIT & FIT 9:30 WII BOWLING 11:00 LUNCH @ NATIVE GRILL & WINGS 12:30 RUMMIKUB 2:00 BINGO 3:30 BINGO SHOPPING	COFFEE BAR 7 9:00 SIT & FIT 9:30 WII BOWLING 10:00 CORN HOLE 1:00 BIBLE STUDY 2:00 CARDS, HAND and FOOT 4:00 DINNER ENTERTAINMENT, THE SUNDANCE GROUP	COFFEE BAR 8 9:00 SIT & FIT 10:00 NON DENOMINATIONAL SERVICES 12:30 SHOPPING @ WALMART 1:00 CARDS OR GAME RESIDENTS CHOICE, BRING A FRIEND	COFFEE BAR 9 9:00 SIT & FIT 10:00 CORN HOLE 12:30 MOVIE 2:30 HAPPY HOUR with LIVE MUSIC by LEE FORD	9:00 CARD GAMES 10 1:30 BINGO 1:30 MOVIE 2:30 MEXICAN TRAIN 5:30 SATURDAY NIGHT AT THE MOVIES
9:00 CARD GAMES 11 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 MOVIE 2:00 CARDS, HAND and FOOT 5:30 MOVIE	COFFEE BAR 12 9:00 SIT & FIT 10:00 ARTS & CRAFTS 1:00 CARDS - YOU CALL THE GAME 1:30 LIVE MUSIC by LEE FORD 2:30 TRIVIA hosted by DALE LIKENS	COFFEE BAR 13 9:00 SIT & FIT 9:30 WII BOWLING 11:00 LUNCH @ BARRO'S PIZZA 12:30 RUMMIKUB 2:00 BINGO 3:30 BINGO SHOPPING	COFFEE BAR 14 9:00 SIT & FIT 9:30 WII BOWLING 10:00 CORN HOLE 1:00 BIBLE STUDY 1:00 HAND BELLS 2:00 CARDS, HAND and FOOT 2:00 JEWELRY MAKING CLASS	COFFEE BAR 15 9:00 SIT & FIT 10:00 NON DENOMINATIONAL SERVICES 12:30 SHOPPING @ ALBERTSONS 1:00 CARDS OR GAME RESIDENTS CHOICE, BRING A FRIEND	COFFEE BAR 16 9:00 SIT & FIT 10:00 CORN HOLE 12:30 MOVIE 2:00 BINGO 3:00 BINGO SHOPPING	9:00 CARD GAMES 17 1:30 BINGO 1:30 MOVIE 2:30 MEXICAN TRAIN 5:30 SATURDAY NIGHT AT THE MOVIES
9:00 CARD GAMES 18 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 MOVIE 2:00 CARDS, HAND and FOOT 5:30 MOVIE	COFFEE BAR 19 9:00 SIT & FIT 10:00 ARTS & CRAFTS 1:00 CARDS - YOU CALL THE GAME 2:30 MOVIE	COFFEE BAR 20 9:00 SIT & FIT 9:30 WII BOWLING 11:00 LUNCH @ OLD SCHOOL GRUB 12:30 RUMMIKUB 2:00 BINGO 3:30 BINGO SHOPPING	COFFEE BAR 21 9:00 SIT & FIT 9:30 WII BOWLING 10:00 CORN HOLE 1:00 BIBLE STUDY 2:00 CARDS, HAND and FOOT	COFFEE BAR 22 9:00 SIT & FIT 10:00 NON DENOMINATIONAL SERVICES 10:30 CASINO ARIZONA LUNCH & SLOTS 1:00 CARDS OR GAME RESIDENTS CHOICE, BRING A FRIEND	COFFEE BAR 23 9:00 SIT & FIT 10:00 CORN HOLE 12:30 MOVIE 2:30 HAPPY HOUR with LIVE MUSIC by BILLY FREDERICK	9:00 CARD GAMES 24 1:30 BINGO 1:30 MOVIE 2:30 MEXICAN TRAIN 5:30 SATURDAY NIGHT AT THE MOVIES
9:00 CARD GAMES 25 10:00 VIRTUAL CATHOLIC SERVICES 1:00 BRIDGE 1:30 MOVIE 2:00 CARDS, HAND and FOOT 5:30 MOVIE	COFFEE BAR 26 9:00 SIT & FIT 10:00 ARTS & CRAFTS 1:00 CARDS - YOU CALL THE GAME 1:30 LIVE MUSIC by LEE FORD 2:30 MOVIE	COFFEE BAR 27 9:00 SIT & FIT 9:30 WII BOWLING 11:00 LUNCH @ NANDO'S 12:30 RUMMIKUB 2:00 BINGO 3:30 BINGO SHOPPING	COFFEE BAR 28 9:00 SIT & FIT 9:30 WII BOWLING 10:00 CORN HOLE 1:00 BIBLE STUDY 2:00 CARDS, HAND and FOOT	COFFEE BAR 29 9:00 SIT & FIT 10:00 NON DENOMINATIONAL SERVICES 12:30 SHOPPING @ THE DOLLAR STORE 1:00 CARDS OR GAME RESIDENTS CHOICE, BRING A FRIEND 7:00 GAME NIGHT	COFFEE BAR 30 9:00 SIT & FIT 10:00 CORN HOLE 12:30 MOVIE 2:00 BINGO 3:00 BINGO SHOPPING	9:00 CARD GAMES 31 1:30 BINGO 1:30 MOVIE 2:30 MEXICAN TRAIN 5:30 SATURDAY NIGHT AT THE MOVIES

2026

HAPPY NEW YEAR

MARTIN
LUTHER
KING JR.
—DAY—

