

Canyon Winds *Retirement Community*

2851 N Boulder Canyon | Mesa, AZ 85207 | 480-948-0700

This year, we honor 250 years of American history, resilience, and community. Happy birthday, America!



July is named after Julius Caesar.

- **The bald eagle has been a symbol of the United States since 1782.**
- **More hot dogs are eaten around Independence Day than any other time of year!**

July History

- **July 4, 1776 – The Declaration of Independence was adopted, marking the birth of the United States.**
- **July 20, 1969 – Americans watched as Neil Armstrong became the first person to walk on the Moon.**
- **July 24, 1847 – Mormon pioneers arrived in the Salt Lake Valley, helping shape the American West.**

July 2026



Celebrating 250 Years of America

America 250

As our nation marks 250 years since the signing of the Declaration of Independence in 1776, we celebrate the people, perseverance, and progress that have shaped our country. This anniversary is an opportunity to reflect on our shared history, honor those who came before us, and look forward to the future with hope and pride.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	_KEY_ 1st Floor FP- Fireplace DR- Dining Room PDR- Private Dining Room PL- Pool 2nd Floor BK- Book Nook BR- Break Room	_KEY_ 3rd Floor AR- Activities Room FR- Fitness Room TR- Theater Room TL- Terrace Lounge 4th Floor CH- Chapel The Hangar- 4th Floor Activities Room HAIR SALON	8:45 Shopping Trip- LOBBY ¹ 10:30 Chapel CH 11:00 Chair Exercise AR 1:00 Cribbage Board Game AR 4:00 Resident Birthday Dinner 6:15 Bridge- The Hangar	9:00 Water Aerobics- POOL ² 10:30 "Medicare Move In" Presentation With Chris TR 11:00 Chair Exercise AR 1:00 Pattern Bingo TR 6:00 Hand & Foot AR 6:30 Poker- 4th Floor Hangar	11:00 Nickel Pokeno AR ³ 2:00 4th Of July Happy Hour & Karaoke With Marty! TL 2:30 Corn Hole- AR 6:30 Movie Showing TR	9:00 Water Aerobics- POOL ⁴ 1:00 Redeemer Bible Study CH 2:00 Cards/ Dominoes AR 6:30 4th Of July Movie Showing TR- 1776
10:00 Catholic Mass Streaming TR ⁵ 1:00 Regular Bingo AR 2:00 Rummy Cube Game TL 2:00 Virtual Church Service TR 6:30 Catholic Rosary CH 6:30 Movie Showing TR	10:00 Trader Joes- LOBBY ⁶ 11:00 Chair Exercise AR 1:00 Chair Dance Zumba AR 1:00 Practice At The Putting Green 2:00 Euchre Card Game- The Hangar 2:00 Farkle Dice Game- AR 6:00 Horse Race Card Game AR	9:00 Water Aerobics- POOL ⁷ 1:00 Card Games TL 1:00 Pour Painting With Isabelle AR 1:30 Mahjong Tile Game- 4th Floor Hangar 2:00 Hillsdale Lecture Series TR 6:30 Movie Showing TR	8:45 Shopping Trip- LOBBY ⁸ 10:30 Chapel CH 11:00 Chair Exercise AR 1:00 5 Crown Card Game TL 6:15 Bridge- The Hangar 6:30 Alex & Laura Flute & Guitar Duo TL 6:30 Pinochle AR	9:00 Water Aerobics- POOL ⁹ 10:30 Rules To Maximize Your Part D" Presentation With Chris TR 11:00 Chair Exercise AR 1:00 Pattern Bingo TR 2:30 Resident Council Meeting- 2nd Floor Break Room 6:00 Hand & Foot AR 6:30 Poker- 4th Floor Hangar	10:00 Target- LOBBY ¹⁰ 11:00 Nickel Pokeno AR 2:30 Corn Hole- AR 3:00 Happy Hour! TL 6:30 Movie Showing TR	9:00 Water Aerobics- POOL ¹¹ 1:00 Redeemer Bible Study CH 2:00 Cards/ Dominoes AR 6:30 Movie Showing TR
10:00 Catholic Mass Streaming TR ¹² 1:00 Regular Bingo AR 2:00 Rummy Cube Game TL 2:00 Virtual Church Service TR 6:30 Movie Showing TR	1:00 Chair Dance Zumba AR ¹³ 1:00 Practice At The Putting Green 2:00 Euchre Card Game- The Hangar 2:00 Farkle Dice Game- AR 4:00 Mystery Dinner- LOBBY 6:00 Dominoes AR	9:00 Water Aerobics- POOL ¹⁴ 10:00 Q & A With Dasha Marketing Director From Assisted Living - TR 1:00 Card Games AR 1:30 Mahjong Tile Game- 4th Floor Hangar 2:00 Color & Relax With Isabelle AR 2:00 Hillsdale Lecture Series TR 6:00 Trivia! TL	8:45 Shopping Trip- LOBBY ¹⁵ 10:30 Chapel CH 11:00 Chair Exercise AR 1:00 Cribbage Board Game AR 2:00 Afternoon Movie Showing! TR 6:15 Bridge- The Hangar	9:00 Water Aerobics- POOL ¹⁶ 10:00 Catholic Mass With Father Rojo George- CH 11:00 Chair Exercise AR 1:00 Pattern Bingo TR 3:30 Mary Kay Pop Up Table With Traci- LOBBY 3:30-5pm 6:00 Hand & Foot AR 6:30 Poker- 4th Floor Hangar	9:00 Kitchen Tour- Dining Room ¹⁷ 11:00 Nickel Pokeno AR 2:30 Corn Hole- AR 3:00 Happy Hour! TL 6:30 Movie Showing TR	9:00 Water Aerobics- POOL ¹⁸ 1:00 Redeemer Bible Study CH 2:00 Cards/ Dominoes AR 6:30 Movie Showing TR
10:00 Catholic Mass Streaming TR ¹⁹ 1:00 Regular Bingo AR 2:00 Rummy Cube Game TL 2:00 Virtual Church Service TR 6:30 Catholic Rosary CH 6:30 Movie Showing TR	10:00 Ken Sorensen Lecture Series- TR "Babe Ruth" ²⁰ 11:00 Chair Exercise AR 1:00 Chair Dance Zumba AR 1:00 Practice At The Putting Green 2:00 Euchre Card Game- The Hangar 2:00 Farkle Dice Game- AR 2:00 Firefighter Donation Drop Off- LOBBY 6:00 Horse Race Card Game AR	9:00 Water Aerobics- POOL ²¹ 10:00 Q & A With Dasha Marketing Director From Assisted Living - TR 1:00 Book Club! TL 1:00 Card Games AR 1:30 Mahjong Tile Game- 4th Floor Hangar 2:00 Hillsdale Lecture Series TR 6:30 Movie Showing TR	8:45 Shopping Trip- LOBBY ²² 10:30 Chapel CH 11:00 Chair Exercise AR 1:00 5 Crown Card Game TL 1:00 Tj Max & Home Goods Shopping Trip- LOBBY 6:15 Bridge- The Hangar 6:30 Pinochle AR	9:00 Water Aerobics- POOL ²³ 11:00 Chair Exercise AR 1:00 Pattern Bingo TR 2:30 Free Facials With Traci From Mary Kay- AR 3:00 Happy Hour! TL 6:00 Hand & Foot AR 6:30 Poker- 4th Floor Hangar	11:00 Nickel Pokeno AR ²⁴ 2:30 Corn Hole- AR 3:15 Hale Theater Concert- "70's Soul " LOBBY 6:30 Movie Showing TR	9:00 Water Aerobics- POOL ²⁵ 1:00 Redeemer Bible Study CH 2:00 Cards/ Dominoes AR 6:30 Movie Showing TR
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Fourth of July

Word Search Puzzle



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



ADAMS	FLAG	LIBERTY
AMERICA	FOURTH	MUSIC
BARBECUE	FREEDOM	PARADE
CELEBRATION	HOLIDAY	PATRIOTIC
COLONIES	HOT DOGS	PICNIC
CONGRESS	INDEPENDENCE	REVOLUTION
FAMILY	JEFFERSON	STATES
FIREWORKS	JULY	SUMMER