



Canyon Winds

Retirement Community

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

Knock-Knock, New Year

January gets its name from the Latin word for door, since it opens the new year.

Special Snowflakes

You've probably heard that no two snowflakes are the same. But how do we know this for sure? Scientists say it's a matter of probability: A fully formed snowflake has about a quintillion molecules (a quintillion is the number 1 followed by 18 zeroes). The chance of these molecules arranging themselves in the exact same way more than once is incredibly slim, especially when affected by constantly changing factors like temperature and humidity.

Arriving in America

Historians estimate that over two-thirds of Americans can trace their ancestry to Ellis Island, the immigration station in New York Harbor that opened 130 years ago on Jan. 1, 1892. During the checkpoint's 62 years of operation, more than 12 million people passed through its doors on their way to a new life in the U.S.

Cozy by the Fire

There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.

January 2022

Artful Inspiration

Pick up a pencil or paintbrush, visit a virtual gallery, listen to a symphony or explore another branch of creativity on Jan. 31, Inspire Your Heart With Art Day.



HAPPY BIRTHDAY TO OUR CANYON WINDS RESIDENTS

BARBARA 7TH
CARROL 9TH
THERESA 10TH
CHARLEEN 14TH
KATHERYN 22ND
ELAINE 27TH

Warm Up With Layers

Instead of one thick sweater, wear layers of clothing to keep away the chill of cold weather. Multiple layers act as insulation by trapping warm air, keeping you cozier.

'Nest' Is One




How many words can you come up with using the letters in "mittens"?

ABC to 'ZZZ'

Try this tactic if you're struggling to fall asleep. Start naming things in a certain category in alphabetical order. For example, choose the topic "wild animals" and begin with alligator, bison, cheetah ... You may find yourself catching some z's before you reach the letter Z!

You've Got Kale

Nutrition trends come and go, but the leafy green kale is still cool. The crunchy vegetable tastes sweeter after a frost, making it a popular produce pick in winter. Varieties include the common curly kale, with dark, ruffled edges; dinosaur kale, with long, wrinkly leaves that have a blueish hue; and Russian kale, which resembles oak leaves and deepens to a violet color in cold weather. Raw or cooked, kale serves up hearty amounts of calcium, potassium and vitamins C and K.

Sunday	Monday	Tuesday
		
2	3	4
9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 MOVIE/SNACKS 2:00 MEXICAN TRAIN 3:00 RUMMIKUB	6:00 COFFEE BAR 9:00 EXERCISE 10:00 ARTS & CRAFTS 1:00 MOVIE 1:00 MUSIC THERAPY 2:30 POOL TOURNAMENT	6:00 COFFEE BAR 9:00 EXERCISE 10:00 Wii BOWLING 11:00 LUNCH - NANDO'S 12:30 MEXICAN TRAIN 2:00 BINGO 3:30 BINGO SHOPPING
9	10	11
9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 MOVIE/SNACKS 2:00 MEXICAN TRAIN 3:00 RUMMIKUB	6:00 COFFEE BAR 9:00 EXERCISE 10:00 ARTS & CRAFTS 1:00 MOVIE 1:00 MUSIC THERAPY 2:30 POOL TOURNAMENT HAPPY BIRTHDAY THERESA	6:00 COFFEE BAR 9:00 EXERCISE 10:00 Wii BOWLING 11:00 LUNCH - TASTY JOE'S 12:30 MEXICAN TRAIN 2:00 BINGO 3:30 BINGO SHOPPING
16	17	18
9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 MOVIES/SNACKS 2:00 MEXICAN TRAIN 3:00 RUMMIKUB	Martin Luther King Jr. Day 6:00 COFFEE BAR 9:00 EXERCISE 10:00 ARTS & CRAFTS 1:00 MOVIE 1:00 MUSIC THERAPY 2:00 RESIDENT COUNCIL MEETING	6:00 COFFEE BAR 9:00 EXERCISE 10:00 Wii BOWLING 11:00 LUNCH - TOM'S BBQ 12:30 MEXICAN TRAIN 2:00 BINGO 3:30 BINGO SHOPPING
23/30	24/31	25
9:00 CARD GAMES 10:00 VIRTUAL CATHOLIC SERVICES 1:00 MOVIE/SNACKS 2:00 MEXICAN TRAIN 3:00 RUMMIKUB	6:00 COFFEE BAR 9:00 EXERCISE 10:00 ARTS & CRAFTS 1:00 MOVIE 1:00 MUSIC THERAPY	6:00 COFFEE BAR 9:00 EXERCISE 10:00 Wii BOWLING 11:00 LUNCH - PACINO'S 12:30 MEXICAN TRAIN 2:00 BINGO 3:3- BINGO SHOPPING

Wednesday	Thursday	Friday	Saturday
		 FINANCIAL WELLNESS MONTH	New Year's Day 1 9:00 EXERCISE 10:00 CARD GAMES 12:30 MOVIE/SNACKS 1:00 BINGO 2:30 BINGO SHOPPING 2:30 MEXICAN TRAIN 5:30 KARAOKE - THEATER ROOM
5 6:00 COFFEE BAR 9:00 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY 2:00 ARTS & CRAFTS 5:30 KARAOKE - THEATER ROOM	6 6:00 COFFEE BAR 9:00 EXERCISE 10:00 SHOPPING - TARGET 1:00 CATHOLIC SERVICES 2:00 BINGO 3:30 BINGO SHOPPING	7 6:00 COFFEE BAR 9:00 EXERCISE 10:00 CORN HOLE 1:00 ARMCHAIR TRAVELS 2:30 TRIVIA HAPPY BIRTHDAY BARBARA	8 9:00 EXERCISE 10:00 CARD GAMES 12:30 MOVIE/SNACKS 1:00 BINGO 2:30 BINGO SHOPPING 2:30 MEXICAN TRAIN 5:30 KARAOKE - THEATER ROOM
12 6:00 COFFEE BAR 9:00 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY 1:00 MOVIE 2:30 POKER 5:30 KARAOKE - THEATER ROOM	13 6:00 COFFEE BAR 9:00 EXERCISE 10:00 SHOPPING - ALBERTSONS 1:00 CATHOLIC SERVICES 2:00 BINGO 3:30 BINGO SHOPPING	14 6:00 COFFEE BAR 9:00 EXERCISE 10:00 CORN HOLE 1:00 ARMCHAIR TRAVELS 2:30 HAPPY HOUR HAPPY BIRTHDAY CHARLEEN	15 9:00 EXERCISE 10:00 CARD GAMES 12:30 MOVIE/SNACKS 1:00 BINGO 2:30 BINGO SHOPPING 2:30 MEXICAN TRAIN 5:30 KARAOKE - THEATER ROOM
19 6:00 COFFEE BAR 9:00 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY 1:00 MOVIE 2:30 POKER 5:30 KARAOKE - THEATER ROOM	20 6:00 COFFEE BAR 9:00 EXERCISE 10:00 SHOPPING - WALMART 1:00 CATHOLIC SERVICES 2:00 BINGO 3:30 BINGO SHOPPING	21 6:00 COFFEE BAR 9:00 EXERCISE 10:00 CORN HOLE 1:00 ARMCHAIR TRAVELS 2:30 TRIVIA	22 9:00 EXERCISE 10:00 CARD GAMES 12:30 MOVIE/SNACKS 1:00 BINGO 2:30 BINGO SHOPPING 2:30 MEXICAN TRAIN 5:30 KARAOKE - THEATER ROOM HAPPY BIRTHDAY KATHERYN
26 6:00 COFFEE BAR 9:00 EXERCISE 10:00 CORN HOLE 1:00 BIBLE STUDY 1:00 MOVIE 2:30 POKER 5:30 KARAOKE - THEATER ROOM	27 6:00 COFFEE BAR 9:00 EXERCISE 10:00 SHOPPING - KOHLS 1:00 CATHOLIC SERVICES 2:00 BINGO 3:30 BINGO SHOPPING HAPPY BIRTHDAY ELAINE	28 6:00 COFFEE BAR 9:00 EXERCISE 10:00 CORN HOLE 1:00 ARMCHAIR TRAVELS 2:30 HAPPY HOUR	29 9:00 EXERCISE 10:00 CARD GAMES 12:30 MOVIE/SNACKS 1:00 BINGO 2:30 BINGO SHOPPING 2:30 MEXICAN TRAIN 5:30 KARAOKE - THEATER ROOM



‘Speech, Speech!’

Many powerful words have been spoken throughout history, and they continue to inspire future generations. Give a round of applause to some of the most iconic addresses of all time:

Year	Speech	Speaker
1588	“Speech to the Troops at Tilbury”	Elizabeth I
1775	“Give Me Liberty or Give Me Death!”	Patrick Henry
1851	“Ain’t I a Woman?”	Sojourner Truth
1863	“The Gettysburg Address”	Abraham Lincoln
1877	“Surrender Speech”	Chief Joseph
1939	“Farewell to Baseball Address”	Lou Gehrig
1940	“Their Finest Hour”	Winston Churchill
1961	“Inaugural Address”	John F. Kennedy
1963	“I Have a Dream”	Martin Luther King Jr.
1987	“Remarks at the Brandenburg Gate”	Ronald Reagan
1993	“On the Pulse of Morning”	Maya Angelou

“This Month In History” JANUARY

1906: The sport of football is forever changed when a new game rule makes the forward pass a legal play.

1912: New Mexico joins the union as the 47th state.

1924: The first Winter Olympics are held in Chamonix, France.

1943: Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

1955: Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African American to perform a leading role with the company.

1968: Country music star Johnny Cash records a live album by playing two concerts at California’s Folsom State Prison.

1972: U.S. President Richard M. Nixon orders the development of a “new type of space transportation system,” the space shuttle program.

1986: The first national Martin Luther King Jr. holiday is observed.

1994: A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

2000: Celebrations worldwide mark the turn of the new millennium.

2011: Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

2015: At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.