



Canyon Winds

Retirement Community

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

Banish Winter Blahs

Banish the winter blahs with a dose of natural light. When sunlight hits the eye's retina, it boosts the body's levels of serotonin, which balances your mood. If cold weather keeps you indoors, get some sun by opening up room blinds, and sit near windows whenever possible.

Your Special Day

Everybody has a birthday, but have you ever celebrated your name day? A European tradition dating back to the Middle Ages, name days are dates set aside to celebrate a specific name—for example, the names Joshua, Henry, Rachel and Valerie are all celebrated in January. Find your day on various name day websites, then mark it on your calendar to celebrate! Name not on the list? Partner with a similar name or simply choose a date that's meaningful to you.

Walk and Talk

Walking is a convenient, low-intensity workout that can improve or maintain your overall health. Follow the talk test to gauge how hard you're working. If you can comfortably talk while walking, then you are successfully completing a moderate workout. But if you're able to sing, then you should up your pace.

Bundle Up

Cold weather causes the body's blood vessels and arteries to constrict, raising blood pressure and making the heart work harder. Dress in layers to keep warm, and wear a hat and gloves when you're outdoors.

January 2024



Warm Up With Ginger Tea

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.

Celebrating MLK Jr. Day

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.





January 2024

- Classes




Clubs

CW Special Events

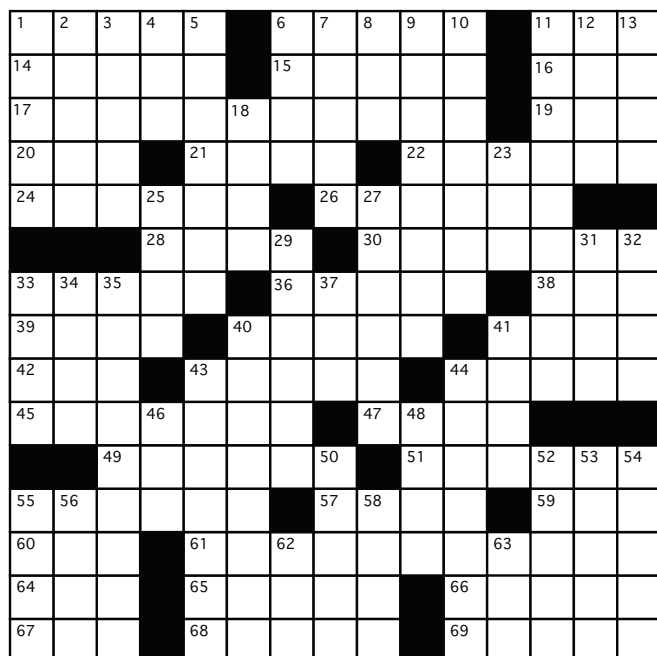
Religious

Games
- Meetings

Trips/Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>New Year's Day 1</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 Hand & Foot AR</div> <div>2:15 Meditation TR</div> <div>3:00 Readers' Theater TL</div> <div>6:30 Mexican Train AR</div>	<div> 2</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>2:00 Hillsdale Lecture Series TR</div> <div>3:00 CARD GAMES AR</div> <div>6:30 Movie Showing TR</div>	<div> 3</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>9:00 Shopping Trip LOBBY</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>10:30 Chapel CH</div> <div>1:00 Billiards The HANGAR</div> <div>2:15 Meditation TR</div> <div>6:30 Bridge** The HANGAR</div>	<div> 4</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 BINGO! TR</div> <div>2:15 Painting 4th Floor Studio</div> <div>6:30 Hand & Foot AR</div>	<div> 5</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 Nickel Pokeno AR</div> <div>1:30 Travel Series TR</div> <div>3:00 HALE THEATER LOBBY</div> <div>3:00 HAPPY HOUR!! TL</div> <div>6:30 Movie Showing TR</div>	<div> 6</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>1:00 Bible Study AR</div> <div>2:00 <i>CARDS/ DOMINOES AR</i></div> <div>6:30 Movie Showing TR</div>
<div> 7</div> <div>10:00 Catholic Mass Streaming TR</div> <div>1:00 BINGO! AR</div> <div>2:00 Virtual Church Service TR</div> <div>6:30 Movie Showing TR</div>	<div> 8</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>10:00 TRADER JOE'S LOBBY</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 Hand & Foot AR</div> <div>2:15 Meditation TR</div> <div>4:00 Resident Birthday Dinner</div> <div>6:30 Pinochle AR</div>	<div> 9</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 SPONSORED SHOW- Dr. Dave</div> <div>2:00 Hillsdale Lecture Series TR</div> <div>3:00 CARD GAMES AR</div> <div>6:30 Trivia Night! TL</div>	<div> 10</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>9:00 Shopping Trip LOBBY</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>10:30 Chapel CH</div> <div>1:00 Billiards The HANGAR</div> <div>2:15 Meditation TR</div> <div>3:00 ORGAN STOP PIZZA LOBBY</div> <div>6:30 Bridge** The HANGAR</div>	<div> 11</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 BINGO! TR</div> <div>2:15 Painting 4th Floor Studio</div> <div>2:30 Resident Council Meeting 2nd floor Break Room</div> <div>6:30 Hand & Foot AR</div>	<div> 12</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 Nickel Pokeno AR</div> <div>1:30 Travel Series TR</div> <div>3:00 HAPPY HOUR!! TL</div> <div>6:30 Movie Showing TR</div>	<div> 13</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>1:00 Bible Study AR</div> <div>2:00 <i>CARDS/ DOMINOES AR</i></div> <div>6:30 Movie Showing TR</div>
<div> 14</div> <div>10:00 Catholic Mass Streaming TR</div> <div>1:00 BINGO! AR</div> <div>2:00 Virtual Church Service TR</div> <div>6:30 Movie Showing TR</div>	<div> 15</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 Hand & Foot AR</div> <div>2:15 Meditation TR</div> <div>3:00 Readers' Theater TL</div> <div>4:00 MYSTERY DINNER LOBBY</div> <div>6:30 Mexican Train AR</div>	<div> 16</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 MESA POLICE: SCAM/ FRAUD</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 BOOK CLUB TL</div> <div>2:00 Hillsdale Lecture Series TR</div> <div>3:00 CARD GAMES AR</div> <div>6:30 Movie Showing TR</div>	<div> 17</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>9:00 Shopping Trip LOBBY</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>10:30 Chapel CH</div> <div>1:00 Billiards The HANGAR</div> <div>2:15 Meditation TR</div> <div>4:00 MYSTERY DINNER LOBBY</div> <div>6:30 Bridge** The HANGAR</div>	<div> 18</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 BINGO! TR</div> <div>2:15 Painting 4th Floor Studio</div> <div>4:30 Lee Ford Guitarist DINING ROOM</div> <div>6:30 Hand & Foot AR</div>	<div> 19</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>10:00 CASINO LOBBY</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 Nickel Pokeno AR</div> <div>1:30 Travel Series TR</div> <div>3:00 HAPPY HOUR!! TL</div> <div>6:30 Movie Showing TR</div>	<div> 20</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>1:00 Bible Study AR</div> <div>2:00 <i>CARDS/ DOMINOES AR</i></div> <div>6:30 Movie Showing TR</div>
<div> 21</div> <div>10:00 Catholic Mass Streaming TR</div> <div>1:00 BINGO! AR</div> <div>2:00 Virtual Church Service TR</div> <div>6:30 Movie Showing TR</div>	<div> 22</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>10:00 COSTCO LOBBY</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 Hand & Foot AR</div> <div>2:15 Meditation TR</div> <div>6:30 Pinochle AR</div>	<div> 23</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 BOOK CLUB</div> <div>2:00 Hillsdale Lecture Series TR</div> <div>3:00 CARD GAMES AR</div> <div>6:30 Trivia! TL</div>	<div> 24</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>9:00 Shopping Trip LOBBY</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>10:30 Chapel CH</div> <div>1:00 Billiards The HANGAR</div> <div>1:00 SPONSORED SHOW - Jason Southard</div> <div>2:15 Meditation TR</div> <div>6:30 Bridge** The HANGAR</div>	<div> 25</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 BINGO! TR</div> <div>2:15 Painting 4th Floor Studio</div> <div>6:30 Hand & Foot AR</div>	<div> 26</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 Nickel Pokeno AR</div> <div>1:30 Travel Series TR</div> <div>2:00 VILLAGE MED PIZZA SOCIAL</div> <div>3:00 HAPPY HOUR!! TL</div> <div>6:30 Movie Showing TR</div>	<div> 27</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>1:00 Bible Study AR</div> <div>2:00 <i>CARDS/ DOMINOES AR</i></div> <div>6:30 Movie Showing TR</div>
<div> 28</div> <div>10:00 Catholic Mass Streaming TR</div> <div>1:00 BINGO! AR</div> <div>2:00 Virtual Church Service TR</div> <div>6:30 Movie Showing TR</div>	<div> 29</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>9:00 MEN'S & WOMEN'S BREAKFAST</div> <div>10:00 KEN SORENSEN LECTURE SERIES</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>1:00 Hand & Foot AR</div> <div>2:15 Meditation TR</div>	<div> 30</div> <div>9:00 WATER AEROBICS "B" POOL</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>11:00 CHAIR EXERCISE AR</div> <div>2:00 Hillsdale Lecture Series TR</div> <div>3:00 CARD GAMES AR</div>	<div> 31</div> <div>7:30 WATER AEROBICS "A" POOL</div> <div>9:00 Shopping Trip LOBBY</div> <div>10:00 ONE-ON-ONE VISIT</div> <div>10:30 Chapel CH</div> <div>1:00 Billiards The HANGAR</div> <div>2:15 Meditation TR</div> <div>6:30 Bridge** The HANGAR</div>			

Crossword Puzzle



ACROSS

1. Fasten anew
6. Fall flower
11. Piece of wood
14. Antelope
15. Put on
16. Grow gray
17. Sofas, chairs, beds and tables
19. Teachers' org.
20. NY's time zone, during the summer
21. Level
22. Double-___; baseball fan's delight
24. Twirl again
26. Drives
28. Left one's bed
30. Extreme
33. Baby's utensil
36. Trails
38. Exist
39. Places for experiments
40. British buggies
41. Expert accountants, for short
42. Four-semester degs.
43. Hold tightly
44. Huntley and Atkins
45. Twelve-year-old
47. Room in a casa
49. Perches
51. Dart's destination

55. Rigorous
57. Chicken's sound
59. Suffix for depart or sculpt
60. ___ Gardner
61. Clown's makeup
64. Fellows
65. Happening
66. Woman's nickname
67. Suffix for few or new
68. Perceive
69. Desert fruits

DOWN

1. ___ to; cite
2. Escape detection
3. Bakery products
4. Place to spend a night
5. Newspaper issue
6. Arthur of the courts
7. Agitates
8. Earth tone
9. Intellectuals: slang
10. Plants a second time
11. Scenic painting
12. Curved molding
13. Equipment
18. Wrongdoings
23. Onassis, to friends
25. Major-leaguers
27. Stomps
29. Astray
31. Smell ___; suspect trickery

32. Not as much
33. Swat
34. Former TV personality Jack
35. On the watch
37. Intl. alliance
40. Save
41. Blacken
43. Bush and Bush
44. Showed approval
46. Place for a nail
48. Fits to ___
50. Extends across
52. Feeling of self-reproach
53. "Sesame Street" fellow
54. Heads of France
55. Identical
56. Days preceding
58. This: Sp.
62. Poetic contraction
63. Yellowhammer State: abbr.



Word Search

Category: Herbs, Spices and Seasonings

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

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

- Word Search Solution:
1. Allspice
 2. Basil
 3. Bay leaves
 4. Cinnamon
 5. Cloves
 6. Coriander
 7. Cumin
 8. Dill
 9. Ginger
 10. Mace
 11. Marjoram
 12. Nutmeg
 13. Oregano
 14. Paprika
 15. Parsley
 16. Pepper
 17. Rosemary
 18. Sage
 19. Salt
 20. Thyme

