



# *Canyon Winds*

## *Retirement Community*

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

### **Wearing of the Green**

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

### **Rainy Day Wonder**

If you're looking for a rainbow after a spring shower, make sure you're facing away from the sun. The best time of day to see one is just after sunrise or just before sunset.

### **Looking for Luck**

"Four-leaf clovers aren't rare ... People who look for them are." —Christy Jordan

### **America's Barn Quilts**

An emblem of Americana, bright and colorful quilt blocks are cropping up across the country—on the sides of barns! Painted on wooden or aluminum squares, barn quilts are large-scale versions of traditional patterns used in fabric quilting. Preserving history and heritage while beautifying the landscape, these unique works of art invite travelers to discover them on one of the many barn quilt trails throughout the U.S.

### **'Sandman' Is One**

How many words can you come up with using the letters in "fun and games"?

### **March 2024**



### **A Better You**

Taking care of yourself mentally can lower stress levels and risk of illness, leading to better physical health and increased energy. You are never done growing as a person, so do all you can to continue to learn, challenge yourself, prioritize your well-being and focus on the positive.

### **MLB's Opening Day**

For baseball fans, spring begins on Opening Day, the first game of the MLB season. This year, America's pastime will actually begin on foreign shores. As part of the MLB World Tour, the first regular-season games will take place on March 20 and 21 in Seoul, South Korea, between the Los Angeles Dodgers and San Diego Padres. All 30 major league teams will then play stateside on March 28.

### **Spare a Moment for Sparrows**

Cheep along with our small, feathered friends on March 20 for World Sparrow Day!





March 2024

- Classes

Clubs

CW Special Events

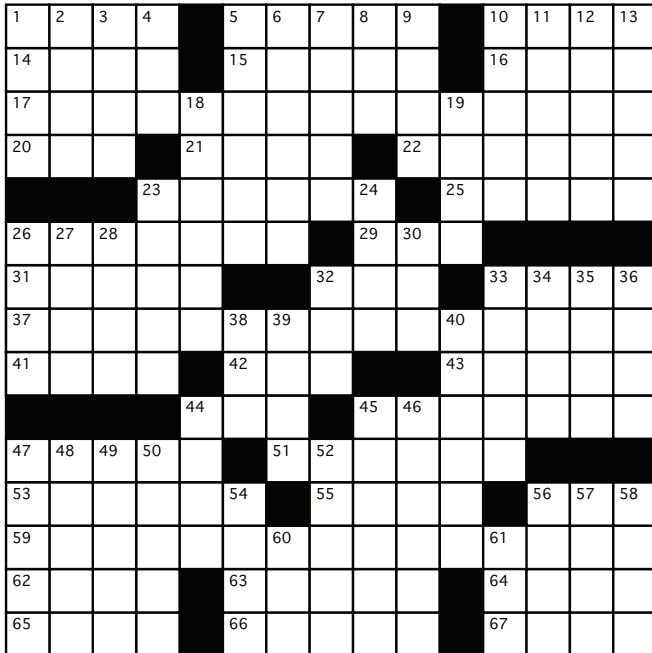
Religious

Games
- Meetings

Trips/Outings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>KEY FIRST FLOOR FP- Fireplace DR- Dining Room PDR- Private Dining Room PL- Pool LOBBY- Lobby SECOND FLOOR BN- Book Nook L- Library BR- Break Room</div>	<div>KEY THIRD FLOOR AR- Activities Room FR- Fitness Room TR- Theater Room TL- Terrace Lounge FOURTH FLOOR CH- Chapel The Hangar- 4th Floor Activities Room HAIR SALON</div>	<div>1 8:00 WATER AEROBICS "A" POOL 10:00 ONE-ON-ONE VISIT 11:00 Nickel Pokeno AR 1:30 Travel Series TR 3:00 HAPPY HOUR TL 6:30 Movie Showing TR</div>	<div>2 9:00 WATER AEROBICS "B" POOL 1:00 Bible Study AR 1:00 The Duttons 2:00 CARDS/ DOMINOES AR 6:30 Movie Showing TR</div>
<div>3 10:00 Catholic Mass Streaming TR 1:00 BINGO! AR 2:00 Virtual Church Service TR 6:30 Movie Showing TR</div>	<div>4 8:00 WATER AEROBICS "A" POOL 10:00 ONE ON ONE VISIT 10:00 TRADER JOE'S LOBBY 11:00 CHAIR EXERCISE AR 1:00 Hand &amp; Foot AR 2:15 Meditation TR 4:00 Resident Birthday Dinner 6:30 Mexican Train AR</div>	<div>5 9:00 WATER AEROBICS "B" POOL 10:00 ONE-ON-ONE VISIT 11:00 CHAIR EXERCISE AR 12:00 Genealogy Class With Chris 2:00 Hillsdale Lecture Series TR 3:00 CARD GAMES AR 3:00 HALE THEATER LOBBY 6:30 Movie Showing TR</div>	<div>6 8:00 WATER AEROBICS "A" POOL 9:00 Shopping Trip LOBBY 10:00 ONE-ON-ONE VISIT 10:30 Chapel CH 1:00 Billiards The HANGAR 2:00 Coloring Class With Isabelle 2:15 Meditation TR 4:30 Lee Ford Guitarist DINING ROOM 6:30 Bridge** The HANGAR</div>	<div>7 9:00 WATER AEROBICS "B" POOL 10:00 ONE-ON-ONE VISIT 11:00 CHAIR EXERCISE AR 1:00 BINGO! TR 2:15 Painting 4th Floor Studio 3:00 VILLAGE MED PIZZA SOCIAL 6:30 Hand &amp; Foot AR</div>	<div>8 8:00 WATER AEROBICS "A" POOL 10:00 ONE-ON-ONE VISIT 11:00 Nickel Pokeno AR 1:30 Travel Series TR 3:00 HAPPY HOUR TL 6:30 Movie Showing TR</div>	<div>9 9:00 WATER AEROBICS "B" POOL 1:00 Bible Study AR 2:00 CARDS/ DOMINOES AR 6:30 Movie Showing TR</div>
<div>10 10:00 Catholic Mass Streaming TR 1:00 BINGO! AR 2:00 Virtual Church Service TR 6:30 Movie Showing TR</div>	<div>11 8:00 WATER AEROBICS "A" POOL 10:00 ONE ON ONE VISIT 11:00 CHAIR EXERCISE AR 1:00 Hand &amp; Foot AR 2:15 Meditation TR 3:00 Readers' Theater 4:00 MYSTERY DINNER LOBBY 6:30 Pinochle AR</div>	<div>12 9:00 WATER AEROBICS "B" POOL 10:00 Blood Drive AR 10:00 ONE-ON-ONE VISIT 2:00 Hillsdale Lecture Series TR 3:00 CARD GAMES AR 6:30 Trivia Night! TL</div>	<div>13 8:00 WATER AEROBICS "A" POOL 9:00 Shopping Trip LOBBY 10:00 ONE-ON-ONE VISIT 10:30 Chapel CH 1:00 Billiards The HANGAR 1:00 Mark Newberry Guitarist 2:15 Meditation TR 4:00 MYSTERY DINNER LOBBY 6:30 Bridge** The HANGAR</div>	<div>14 9:00 WATER AEROBICS "B" POOL 10:00 ONE-ON-ONE VISIT 11:00 CHAIR EXERCISE AR 1:00 BINGO! TR 2:15 Painting 4th Floor Studio 2:30 Resident Council Meeting 2nd floor Break Room 3:30 Steve Nissle Lecture "Norman Rockwell" TR 6:30 Hand &amp; Foot AR</div>	<div>15 8:00 WATER AEROBICS "A" POOL 10:00 CASINO LOBBY 10:00 ONE-ON-ONE VISIT 11:00 Nickel Pokeno AR 1:30 Travel Series TR 3:00 ST. PATTY'S DAY HAPPY HOUR!! TL 6:30 Movie Showing TR</div>	<div>16 9:00 WATER AEROBICS "B" POOL 1:00 Bible Study AR 2:00 CARDS/ DOMINOES AR 6:30 Movie Showing TR</div>
<div>17 10:00 Catholic Mass Streaming TR 1:00 BINGO! AR 2:00 Virtual Church Service TR 6:30 Movie Showing TR</div>	<div>18 8:00 WATER AEROBICS "A" POOL 10:00 COSTCO LOBBY 10:00 ONE ON ONE VISIT 11:00 CHAIR EXERCISE AR 1:00 Hand &amp; Foot AR 2:15 Meditation TR 3:00 Dillon Spurlin Vocalist AR 6:30 Mexican Train AR</div>	<div>19 HAPPY FIRST DAY OF SPRING 9:00 WATER AEROBICS "B" POOL 10:00 ONE-ON-ONE VISIT 11:00 CHAIR EXERCISE AR 12:00 Genealogy Class With Chris 1:00 BOOK CLUB TL 2:00 Hillsdale Lecture Series TR 3:00 CARD GAMES AR 6:30 Movie Showing TR</div>	<div>20 8:00 WATER AEROBICS "A" POOL 9:00 Shopping Trip LOBBY 10:00 KEN SORENSEN LECTURE SERIES 10:00 ONE-ON-ONE VISIT 10:30 Chapel CH 1:00 Billiards The HANGAR 2:00 Coloring Class With Isabelle 2:15 Meditation TR 6:30 Bridge** The HANGAR</div>	<div>21 9:00 WATER AEROBICS "B" POOL 10:00 ONE-ON-ONE VISIT 11:00 CHAIR EXERCISE AR 1:00 BINGO! TR 2:15 Painting 4th Floor Studio 6:30 Hand &amp; Foot AR</div>	<div>22 8:00 WATER AEROBICS "A" POOL 10:00 ONE-ON-ONE VISIT 11:00 Nickel Pokeno AR 1:30 Travel Series TR 2:30 EARLY HAPPY HOUR!! TL 3:00 Billy Cioffi Guitarist 6:30 Movie Showing TR</div>	<div>23 9:00 WATER AEROBICS "B" POOL 1:00 Bible Study AR 2:00 CARDS/ DOMINOES AR 6:30 Movie Showing TR</div>
<div>24 10:00 Catholic Mass Streaming TR 1:00 BINGO! AR 2:00 Virtual Church Service TR 6:30 Movie Showing TR</div>	<div>25 8:00 WATER AEROBICS "A" POOL 9:00 MEN'S &amp; WOMEN'S BREAKFAST 10:00 ONE ON ONE VISIT 11:00 CHAIR EXERCISE AR 1:00 Hand &amp; Foot AR 2:15 Meditation TR 6:30 Pinochle AR</div>	<div>26 9:00 WATER AEROBICS "B" POOL 10:00 ONE-ON-ONE VISIT 11:00 CHAIR EXERCISE AR 2:00 Hillsdale Lecture Series TR 3:00 CARD GAMES AR 6:30 Trivia! TL</div>	<div>27 8:00 WATER AEROBICS "A" POOL 9:00 Shopping Trip LOBBY 10:00 ONE-ON-ONE VISIT 10:30 Chapel CH 1:00 Billiards The HANGAR 2:15 Meditation TR 6:30 Bridge** The HANGAR</div>	<div>28 9:00 WATER AEROBICS "B" POOL 10:00 Catholic Mass With Father Jerome 10:00 ONE-ON-ONE VISIT 11:00 CHAIR EXERCISE AR 1:00 BINGO! TR 1:00 Superstition Mtn Museum - Jack San Felice will be presenting 2:15 Painting 4th Floor Studio 6:30 Hand &amp; Foot AR</div>	<div>29 8:00 WATER AEROBICS "A" POOL 10:00 ONE-ON-ONE VISIT 11:00 Nickel Pokeno AR 1:30 Travel Series TR 3:00 HAPPY HOUR!! TL 6:30 Movie Showing TR</div>	<div>30 9:00 WATER AEROBICS "B" POOL 1:00 Bible Study AR 2:00 CARDS/ DOMINOES AR 6:30 Movie Showing TR</div>
<div>31 8:00 EASTER EGG HUNT 10:00 Catholic Mass Streaming TR 1:00 BINGO! AR 2:00 Virtual Church Service TR 6:30 Movie Showing TR</div>						

## Crossword Puzzle



### ACROSS

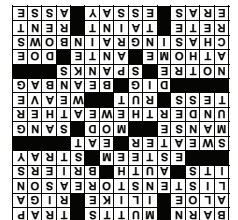
1. Dobbin's shelter
5. Mixed breeds
10. Pitfall
14. Lily plant
15. "\_\_\_ like!"; campaign slogan, once
16. Capital of Latvia
17. Considers wise advice
20. Common contraction
21. Officially approved: abbr.
22. Thorny plants
23. High regard
25. Alley cat
26. Article of clothing
29. Have a snack
31. Clergyman's dwelling
32. Fashionable
33. Warbled
37. Sick-abet
41. "\_\_\_ of the d'Urbervilles"
42. Groove
43. Interlace
44. Use a shovel
45. Base for a chair or an ashtray
47. Start of a U.S. university
51. Paddles
53. In
55. Poker player's term
56. Female animal

59. Wishing for the impossible
62. Network
63. Contaminate
64. Let
65. Historical periods
66. Written work
67. South African fox

### DOWN

1. Island east of Java
2. Landed
3. Patriotic seamstress
4. Holey item
5. Wee
6. Irish province
7. Support one's church
8. Ref's decision
9. Balkan Peninsula resident
10. Characteristic
11. Alarm clock heeder
12. Greek marketplace
13. Violet
18. Lent's climax
19. In the past, in the past
23. Lets up
24. Feline cry
26. Sooty matter
27. Subside
28. Concludes
30. Fruity drink
32. Encountered

33. British submachine guns
34. "Moby-Dick" character
35. Leningrad's river
36. Dharma's man
38. Prefix for angle or cycle
39. Welcomes warmly
40. Open the eyes
44. Prefix for god or john
45. Fruit
46. Being
47. Mother-of-pearl
48. Different
49. "Is \_\_\_ fact!"
50. Garden blooms
52. Capital city
54. Being: Sp.
56. Accomplishes
57. Has
58. This: Sp.
60. Xenon or oxygen
61. Feminine garment



## Word Search

### Category: Languages of the World

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

1. Korean
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
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14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

- ### Word Search Solution:
1. Arabic
  2. Chinese
  3. Czech
  4. Dutch
  5. English
  6. French
  7. German
  8. Greek
  9. Hebrew
  10. Italian
  11. Korean
  12. Latin
  13. Polish
  14. Russian
  15. Spanish
  16. Swahili
  17. Swedish
  18. Thai
  19. Turkish
  20. Yiddish

