



# Canyon Winds

## Retirement Community

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

### Giving Back, Bit by Bit

Giving back to others doesn't have to take a lot of time or energy. Micro-volunteering refers to low-effort, short-term opportunities to do a good deed, and can include activities like filling out surveys, signing petitions, sharing social media posts or translating documents. With micro-volunteering on the rise, many nonprofits are offering multiple mini-sized ways to help make the world a better place.

### A Masters Tradition

The annual Masters golf tournament has many unique traditions, including its signature pimento cheese sandwiches. Since the 1960s, they have been a menu staple at Georgia's Augusta National Golf Club concession stands, which sell them for just \$1.50, wrapped in green plastic to match the famed course.

### Welcome to April

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools' Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!

### Sending You a Springtime Smile!

The season is in full bloom, and so are our best wishes for all of our residents. Here's to a happy spring full of smiles, laughter and beautiful weather!

## April 2024



### Dabble in Scrabble

Have some F-U-N on April 13, National Scrabble Day. Fans of the popular board game often turn to "The Official Scrabble Players Dictionary," which was most recently updated in 2022 and now contains more than 100,000 words. Improve your Scrabble strategy by brushing up on two-letter words—they can often be placed to take advantage of double or triple score squares.

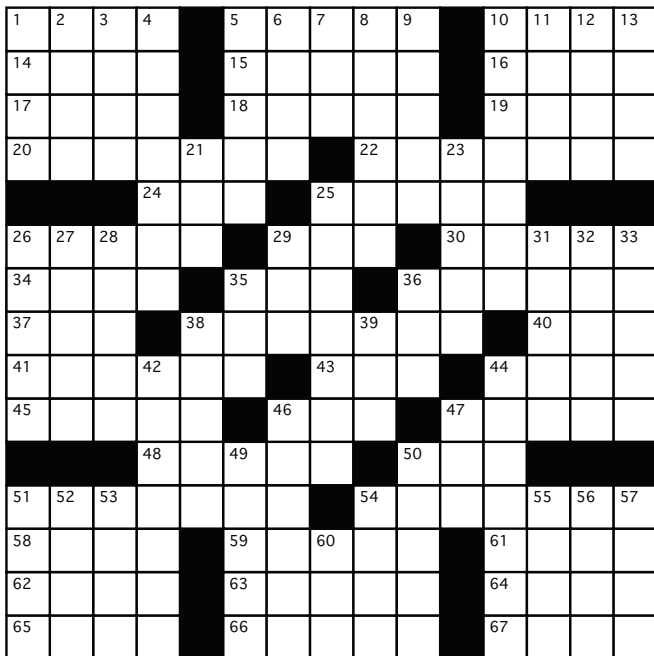
### Step Out Into Nature

Walking is a recommended form of exercise, but taking your steps outside can benefit your mind as well as your body. Researchers say that a walk in a park or other natural surroundings appears to affect the part of the brain that controls brooding. In a study of people who strolled in a green space, scans showed less activity in that brain region, and the walkers reported fewer negative thoughts and improved mental health.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>8:00  WATER AEROBICS "A" POOL</p> <p>10:00  ONE ON ONE VISIT</p> <p>11:00  CHAIR EXERCISE AR</p> <p>1:00  Hand &amp; Foot AR</p> <p>2:15  Meditation TR</p> <p>4:00  Resident Birthday Dinner</p> <p>6:30  Mexican Train AR</p>	<p>2</p> <p>9:00  WATER AEROBICS "B" POOL</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>11:00  CHAIR EXERCISE AR</p> <p>3:00  CARD GAMES AR</p> <p>6:30 Movie Showing TR</p>	<p>3</p> <p>7:30  WATER AEROBICS "A" POOL</p> <p>9:00  Shopping Trip LOBBY</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>10:30  Chapel CH</p> <p>1:00  Billiards The HANGAR</p> <p>2:00  Coloring Class With Isabelle</p> <p>3:45  Meditation TR</p> <p>6:30  Bridge** The HANGAR</p>	<p>4</p> <p>9:00  WATER AEROBICS "B" POOL</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>11:00  CHAIR EXERCISE AR</p> <p>1:00  BINGO! TR</p> <p>2:15  Painting 4th Floor Studio</p> <p>6:30  Hand &amp; Foot AR</p>	<p>5</p> <p>8:00  WATER AEROBICS "A" POOL</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>11:00  Nickel Pokeno AR</p> <p>1:30  Travel Series TR</p> <p>3:00  HAPPY HOUR!! TL</p> <p>6:30 Movie Showing TR</p>	<p>6</p> <p>9:00  WATER AEROBICS "B" POOL</p> <p>1:00  Bible Study AR</p> <p>2:00  CARDS/ DOMINOES AR</p> <p>6:30 Movie Showing TR</p>
<p>7</p> <p>10:00  Catholic Mass Streaming TR</p> <p>1:00  BINGO! AR</p> <p>2:00  Virtual Church Service TR</p> <p>6:30 Movie Showing TR</p>	<p>8</p> <p>8:00  WATER AEROBICS "A" POOL</p> <p>10:00  ONE ON ONE VISIT</p> <p>10:00  TRADER JOE'S LOBBY</p> <p>11:00  CHAIR EXERCISE AR</p> <p>1:00  Hand &amp; Foot AR</p> <p>2:15  Meditation TR</p> <p>6:30  Pinochle AR</p>	<p>9</p> <p>9:00  WATER AEROBICS "B" POOL</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>11:00  CHAIR EXERCISE AR</p> <p>1:00  Mark Newberry Guitarist AR</p> <p>3:00  CARD GAMES AR</p> <p>6:30  Trivia Night! TL</p>	<p>10</p> <p>7:30  WATER AEROBICS "A" POOL</p> <p>9:00  Shopping Trip LOBBY</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>10:30  Chapel CH</p> <p>1:00  Billiards The HANGAR</p> <p>3:45  Meditation TR</p> <p>5:15  BARLEEN'S DINNER AND SHOW 'SEASON'S BEST'</p> <p>6:30  Bridge** The HANGAR</p>	<p>11</p> <p>9:00  WATER AEROBICS "B" POOL</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>11:00  CHAIR EXERCISE AR</p> <p>1:00  BINGO! TR</p> <p>2:15  Painting 4th Floor Studio</p> <p>2:30  Resident Council Meeting 2nd Floor Break Room</p> <p>6:30  Hand &amp; Foot AR</p>	<p>12</p> <p>8:00  WATER AEROBICS "A" POOL</p> <p>10:00  CASINO LOBBY</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>11:00  Nickel Pokeno AR</p> <p>1:30  Travel Series TR</p> <p>3:00  HAPPY HOUR AND KARAOKE!! TL</p> <p>6:30 Movie Showing TR</p>	<p>13</p> <p>9:00  WATER AEROBICS "B" POOL</p> <p>1:00  Bible Study AR</p> <p>2:00  CARDS/ DOMINOES AR</p> <p>6:30 Movie Showing TR</p>
<p>14</p> <p>10:00  Catholic Mass Streaming TR</p> <p>1:00  BINGO! AR</p> <p>2:00  Virtual Church Service TR</p> <p>6:30 Movie Showing TR</p>	<p>15</p> <p>8:00  WATER AEROBICS "A" POOL</p> <p>10:00  ONE ON ONE VISIT</p> <p>11:00  CHAIR EXERCISE AR</p> <p>11:00  MYSTERY LUNCH LOBBY</p> <p>1:00  Hand &amp; Foot AR</p> <p>2:15  Meditation TR</p> <p>6:30  Mexican Train AR</p>	<p>16</p> <p>9:00  WATER AEROBICS "B" POOL</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>11:00  CHAIR EXERCISE AR</p> <p>1:00  BOOK CLUB TL</p> <p>2:00  Greg Marek- Native American Music AR</p> <p>3:00  CARD GAMES AR</p> <p>6:30 Movie Showing TR</p>	<p>17</p> <p>7:30  WATER AEROBICS "A" POOL</p> <p>9:00  Shopping Trip LOBBY</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>10:30  Chapel CH</p> <p>11:00  MYSTERY LUNCH LOBBY</p> <p>1:00  Billiards The HANGAR</p> <p>2:00  Coloring Class With Isabelle</p> <p>3:45  Meditation TR</p> <p>6:30  Bridge** The HANGAR</p>	<p>18</p> <p>9:00  WATER AEROBICS "B" POOL</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>11:00  CHAIR EXERCISE AR</p> <p>1:00  BINGO! TR</p> <p>2:15  Painting 4th Floor Studio</p> <p>6:30  Hand &amp; Foot AR</p>	<p>19</p> <p>8:00  WATER AEROBICS "A" POOL</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>11:00  Nickel Pokeno AR</p> <p>1:30  Travel Series TR</p> <p>3:00  HAPPY HOUR WITH VILLAGE MED!! TL</p> <p>6:30 Movie Showing TR</p>	<p>20</p> <p>9:00  WATER AEROBICS "B" POOL</p> <p>1:00  Bible Study AR</p> <p>2:00  CARDS/ DOMINOES AR</p> <p>6:30 Movie Showing TR</p>
<p>21</p> <p>10:00  Catholic Mass Streaming TR</p> <p>1:00  BINGO! AR</p> <p>2:00  Virtual Church Service TR</p> <p>6:30 Movie Showing TR</p>	<p>22</p> <p>8:00  WATER AEROBICS "A" POOL</p> <p>10:00  COSTCO LOBBY</p> <p>10:00  ONE ON ONE VISIT</p> <p>11:00  CHAIR EXERCISE AR</p> <p>1:00  Hand &amp; Foot AR</p> <p>2:15  Meditation TR</p> <p>6:30  Pinochle AR</p>	<p>23</p> <p>9:00  WATER AEROBICS "B" POOL</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>11:00  CHAIR EXERCISE AR</p> <p>11:00  SW Mobility AR</p> <p>2:00  Jack San Felice Presentation- Women In Mining In The Old West TR</p> <p>3:00  CARD GAMES AR</p> <p>6:30  Trivia! TL</p>	<p>24</p> <p>7:30  WATER AEROBICS "A" POOL</p> <p>9:00  Shopping Trip LOBBY</p> <p>10:00  KEN SORENSEN LECTURE SERIES- Schliemann TR</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>10:30  Chapel CH</p> <p>1:00  Billiards The HANGAR</p> <p>2:00  Show &amp; TELL- TL</p> <p>3:45  Meditation TR</p> <p>6:30  Bridge** The HANGAR</p>	<p>25</p> <p>9:00  WATER AEROBICS "B" POOL</p> <p>10:00  Catholic Mass With Father Jerome</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>11:00  CHAIR EXERCISE AR</p> <p>1:00  BINGO! TR</p> <p>2:15  Painting 4th Floor Studio</p> <p>3:00  Fall Asleep Stay Asleep Presentation by Humana AR</p> <p>6:30  Hand &amp; Foot AR</p>	<p>26</p> <p>8:00  WATER AEROBICS "A" POOL</p> <p>10:00  ONE-ON-ONE VISIT</p> <p>11:00  Nickel Pokeno AR</p> <p>1:30  Travel Series TR</p> <p>2:00  EARLY HAPPY HOUR!! TL</p> <p>3:00  GARY FINKELSTEIN PIANIST AR</p> <p>6:30 Movie Showing TR</p>	<p>27</p> <p>9:00  WATER AEROBICS "B" POOL</p> <p>1:00  Bible Study AR</p> <p>2:00  CARDS/ DOMINOES AR</p> <p>6:30 Movie Showing TR</p>
<p>28</p> <p>10:00  Catholic Mass Streaming TR</p> <p>1:00  BINGO! AR</p> <p>2:00  Virtual Church Service TR</p> <p>6:30 Movie Showing TR</p>	<p>29</p> <p>8:00  WATER AEROBICS "A" POOL</p> <p>10:00  ONE ON ONE VISIT</p> <p>11:00  CHAIR EXERCISE AR</p> <p>1:00  Hand &amp; Foot AR</p> <p>2:15  Meditation TR</p>	<p>30</p> <p>9:00  WATER AEROBICS "B" POOL</p> <p>3:00  CARD GAMES AR</p>	<p><b>KEY</b></p> <p>FIRST FLOOR</p> <p>FP- Fireplace</p> <p>DR- Dining Room</p> <p>PRD- Private Dining Room</p> <p>PL- Pool</p> <p>LOBBY- Lobby</p> <p>SECOND FLOOR</p> <p>BN- Book Nook</p> <p>L- Library</p> <p>BR- Break Room</p>	<p><b>KEY</b></p> <p>THIRD FLOOR</p> <p>AR- Activities Room</p> <p>FR- Fitness Room</p> <p>TR- Theater Room</p> <p>TL- Terrace Lounge</p> <p>FOURTH FLOOR</p> <p>CH- Chapel</p> <p>The Hangar- 4th Floor Activities Room</p> <p>HAIR SALON</p>		

# Crossword Puzzle



## ACROSS

1. Pony-drawn vehicle
5. Stories
10. Wet
14. Having wings
15. Obvious
16. Word with what or when
17. Opposite of different
18. Crown
19. Geometric shape
20. Analyzed ore
22. Nuts
24. Accessory on the brae
25. Bread recipe verb
26. Sultan's wives
29. Cover
30. Boldness
34. Acted like
35. Color
36. Sees eye to eye
37. Sever
38. Traveler's need
40. Poet's contraction
41. Inquiry sent out to find a lost package
43. Dessert choice
44. German article
45. Elegance in bearing
46. Title for Olivier
47. Consecrate
48. Noble gas
50. Intelligence agcy.

## DOWN

1. Mexican home
2. "Woe is me!"
3. Horned animals
4. Gave medical aid to
5. \_\_\_ pole
6. Very eager
7. Meadowland
8. Gofer's mission
9. Old
10. Translator
11. Stratford's river
12. Fix
13. Reagan, once: abbr.
21. Sweet potato
23. Dog's disease
25. Ringleader
26. Comes to a stop
27. Nautical term
28. Compensate
29. Fall behind

31. Make a new bow
32. Blood carriers
33. Plural indicators, usually
35. Paver's substance
36. Years lived
38. Beverages
39. Breather's need
42. Asserted as true
44. Joy
46. Light reddish-brown
47. Prefix for degradable or feedback
49. Merchandise
50. Game of strategy
51. Pub orders
52. Elizabeth or Robert
53. Small rodent
54. Editor's word
55. Lady \_\_\_
56. Unseen
57. Refusals
60. Heart of Dixie: abbr.



# Word Search

## Category: Creatures and Things That Fly

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

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

## Word Search Solution:

1. Bat
2. Blimp
3. Concorde
4. Crow
5. Eagle
6. Glider
7. Hawk
8. Helicopter
9. Kite
10. Mary Poppins
11. Peter Pan
12. Pigeon
13. Plane
14. Rocket
15. Sparrow
16. Superman
17. Swallow
18. Tinkerbell
19. Wasp
20. Wren

