



Canyon Winds

Retirement Community

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

Heroes Big and Small

"Heroism doesn't always happen in a burst of glory. Sometimes small triumphs and large hearts change the course of history."

—Mary Roach

150th Kentucky Derby

The world's most exciting two minutes in sports will bring even more excitement this year, as thousands will gather to watch the 150th Kentucky Derby on May 4. Several special events are scheduled to mark this milestone, including the fashion-focused "Derby Through the Decades" on Opening Night of the festivities, April 27. Churchill Downs will also unveil its renovated paddock, offering attendees luxury seating and an up-close look at the horses before the Race for the Roses begins.

A Flower for Moms

Because of its beauty, hardiness and prevalence, the carnation is regarded as the official flower of Mother's Day. The holiday's founder, Anna Jarvis, chose the frilly, fragrant bloom because it was her mother's favorite flower, and 500 white carnations were handed out at the first Mother's Day observance in 1908.

Memorial Day

A day to remember the sacrifice of the country's fallen service members has been observed since the Civil War. Known as Decoration Day for a century, the holiday was renamed Memorial Day by federal law in 1967.

May 2024



Reasons To Reminisce

Recalling your past achievements can boost your confidence, researchers say. Looking back and remembering how you overcame an obstacle or learned a new skill builds self-esteem and helps you tackle new challenges.

Pineapple Lemonade Punch

Splash into sunshiny weather with this easy drink recipe!

Ingredients:

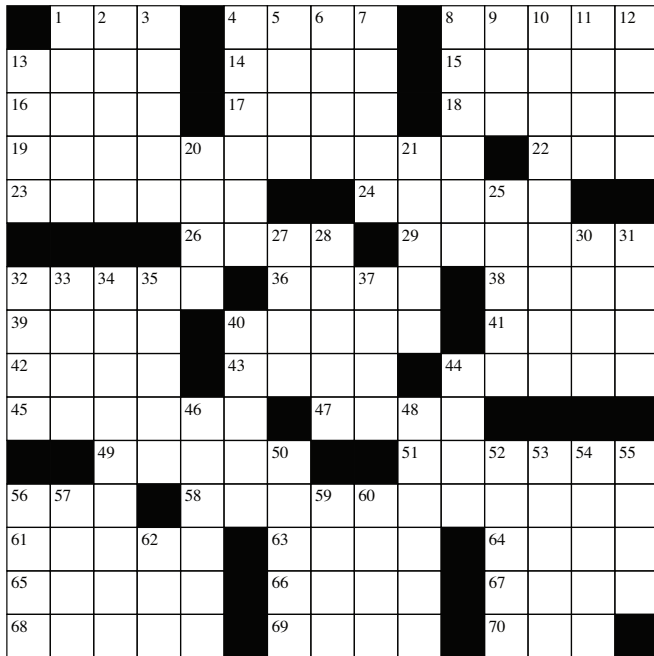
- 1 quart prepared lemonade
- 2 cups pineapple juice
- 2 cups lemon-lime soda

Directions:

Pour all ingredients in a 2-quart pitcher and stir well. Serve over ice or lemon-flavored frozen sherbet.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>KEY</p> <p><u>FIRST FLOOR</u> FP- Fireplace DR- Dining Room PDR- Private Dining Room PL- Pool <u>SECOND FLOOR</u> BN- Book Nook L- Library BR- Break Room</p>	<p>KEY</p> <p><u>THIRD FLOOR</u> AR - Activities Room FR- Fitness Room TR- Theater Room TL - Terrace Lounge <u>FOURTH FLOOR</u> CH- Chapel The Hangar- 4th Floor Activities Room HAIR SALON</p>	<p>7:30 ■ 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 AR 2:15 ■ Meditation TR 6:30 ■ <i>Bridge** The HANGAR</i></p>	<p>9:00 ■ KITCHEN TOUR- DINING ROOM 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 ■ Veterans' Benefits With Matt TR 6:30 ■ <i>Hand & Foot AR</i></p>	<p>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 AT THE POOL & CINCO DE MAYO KICK OFF CELEBRATION 6:30 Movie Showing TR</p>	<p>9:00 ■ WATER AEROBICS "B" POOL 1:00 ■ Bible Study AR 2:00 ■ CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
<p>10:00 ■ Catholic Mass Streaming TR 1:00 ■ BINGO! AR 2:00 ■ Virtual Church Service TR 6:30 Movie Showing TR</p>	<p>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 ■ <i>Hand & Foot AR</i> 2:15 ■ Meditation TR 4:00 ■ Resident Birthday Dinner 6:30 ■ <i>Mexican Train AR</i></p>	<p>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 4:30 ■ Billy Fredrick Guitarist DINING ROOM 6:30 Movie Showing TR</p>	<p>7:30 ■ 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 ■ <i>Bridge** The HANGAR</i></p>	<p>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 "John Wayne" TR 6:30 ■ <i>Hand & Foot AR</i></p>	<p>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 & KARAOKE TL!! 6:30 Movie Showing TR</p>	<p>9:00 ■ WATER AEROBICS "B" POOL 1:00 ■ Bible Study AR 2:00 ■ CARDS/ DOMINOES AR 3:00 ■ HALE THEATER LOBBY 6:30 Movie Showing TR</p>
<p>HAPPY MOTHER'S DAY 10:00 ■ Catholic Mass Streaming TR 12:00 ■ Mother's Day Buffet 12-3 1:00 ■ BINGO! AR 2:00 ■ Virtual Church Service TR 6:30 Movie Showing TR</p>	<p>8:00 ■ WATER AEROBICS "A" POOL 10:00 ■ COSTCO LOBBY 10:00 ■ ONE ON ONE VISIT 11:00 ■ CHAIR EXERCISE AR 1:00 ■ <i>Hand & Foot AR</i> 2:15 ■ Meditation TR 4:00 ■ MYSTERY DINNER LOBBY 6:30 ■ Pinochle AR</p>	<p>9:00 ■ WATER AEROBICS "B" POOL 10:00 ■ ONE-ON-ONE VISIT 11:00 ■ AMWAY- Health, Beauty, Home Products - LOBBY 11:00 ■ CHAIR EXERCISE AR 1:00 ■ SPONSORED SHOW AR 2:00 ■ Hillsdale Lecture Series TR 3:00 ■ CARD GAMES AR 6:30 ■ Trivia Night! TL</p>	<p>7:30 ■ WATER AEROBICS "A" POOL 9:00 ■ Shopping Trip LOBBY 10:00 ■ Blood Drive AR 10:00 ■ ONE-ON-ONE VISIT 10:30 ■ Chapel CH 1:00 ■ Billiards The HANGAR 2:15 ■ Meditation TR 4:00 ■ MYSTERY DINNER LOBBY 6:30 ■ <i>Bridge** The HANGAR</i></p>	<p>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 ■ <i>Hand & Foot AR</i></p>	<p>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 ■ HAPPY HOUR TL!! 6:30 Movie Showing TR</p>	<p>9:00 ■ WATER AEROBICS "B" POOL 1:00 ■ Bible Study AR 2:00 ■ CARDS/ DOMINOES AR 2:00 ■ Lisa's Student Piano Recital AR 6:30 Movie Showing TR</p>
<p>10:00 ■ Catholic Mass Streaming TR 1:00 ■ BINGO! AR 2:00 ■ Virtual Church Service TR 6:30 Movie Showing TR</p>	<p>8:00 ■ WATER AEROBICS "A" POOL 9:00 ■ MEN'S & WOMEN'S BREAKFAST 10:00 ■ ONE ON ONE VISIT 11:00 ■ CHAIR EXERCISE AR 1:00 ■ <i>Hand & Foot AR</i> 2:15 ■ Meditation TR 6:30 ■ Mexican Train AR</p>	<p>9:00 ■ WATER AEROBICS "B" POOL 10:00 ■ KEN SORENSEN LECTURE SERIES "GRANT & LEE" TR 10:00 ■ ONE-ON-ONE VISIT 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BOOK CLUB TL 2:00 ■ Hillsdale Lecture Series TR 3:00 ■ CARD GAMES AR 6:30 Movie Showing TR</p>	<p>7:30 ■ 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 ■ <i>Bridge** The HANGAR</i></p>	<p>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 2:15 ■ Painting 4th Floor Studio 6:30 ■ <i>Hand & Foot AR</i></p>	<p>8:00 ■ WATER AEROBICS "A" POOL 10:00 ■ Scheels Shopping Trip LOBBY 11:00 ■ Nickel Pokeno AR 1:00 ■ SPONSORED SHOW AR 1:30 ■ Travel Series TR 3:00 ■ HAPPY HOUR TL!! 6:30 Movie Showing TR</p>	<p>9:00 ■ WATER AEROBICS "B" POOL 1:00 ■ Bible Study AR 2:00 ■ CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
<p>10:00 ■ Catholic Mass Streaming TR 1:00 ■ BINGO! AR 2:00 ■ Virtual Church Service TR 6:30 Movie Showing TR</p>	<p>Memorial Day 8:00 ■ WATER AEROBICS "A" POOL 1:00 ■ <i>Hand & Foot AR</i> 6:30 ■ Pinochle AR</p>	<p>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</p>	<p>7:30 ■ 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 3:00 ■ ORGAN STOP PIZZA LOBBY 6:30 ■ <i>Bridge** The HANGAR</i></p>	<p>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 ■ <i>Hand & Foot AR</i></p>	<p>8:00 ■ WATER AEROBICS "A" POOL 9:00 ■ Resident Meet & Greet 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</p>	

Crossword Puzzle



ACROSS

1. Space
4. Shine
8. "___ of Iwo Jima"; '49 film
13. Gambling card game
14. Change the decor
15. Queen topper
16. Nucleus' site
17. Of the mouth
18. Carrying a weapon
19. Gavel-pounder's phrase
22. Ram's mate
23. Wiped away
24. Linear measurements
26. Bewildered
29. Whirl
32. High-intensity surgical tool
36. Exist
38. Vegetable pod
39. Retirement accts.
40. Less colorful
41. Spots
42. Slangy contraction
43. Pintail duck
44. Valuable item
45. California city
47. 1/16 of an ounce
49. Strips
51. Covering for a tiny foot: var.
56. Govt. bureau concerned with ecology

DOWN

1. Swamp critter, for short
2. Bakery passer's delight
3. Fleshy fruits
4. Worries
5. Architect Saarinen
6. Jewish month
7. Like very old bread
8. Like the night sky
9. Atmosphere
10. Juniors
11. Sketched
12. French aristocrat Marquis de ___
13. Place for a nose
20. Sign of sadness of joy
21. Very willing
25. Worthless matter
27. Old Western actor Jack
28. Felt miserable
30. Genealogist's drawing

ACROSS

31. Vane direction
32. Writer O'Flaherty
33. Opera song
34. Smoothing material
35. Ms. Lauder
37. Swerve
40. One of 150 in the Bible
44. Andy's partner
46. Took it easy
48. Lowered in rank
50. Yellow-billed waterbirds
52. Final notices, for short
53. Of a sound quality
54. Satire
55. Millay or Ferber
56. Go over a manuscript
57. Prefix for meter or scope
59. Nettle
60. Thug
62. 3/7 and 4/7



Word Search

Category: Words That Rhyme With "May"

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

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

- Word Search Solution:
1. Brae
 2. Bray
 3. Clay
 4. Hay
 5. Hey
 6. Jay
 7. Lay
 8. Lei
 9. Neigh
 10. Pray
 11. Ray
 12. Say
 13. Sleigh
 14. Stay
 15. Stray
 16. Sway
 17. They
 18. Tray
 19. Way
 20. Weigh

