



Canyon Winds

Retirement Community

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

Languages of the World

United Nations Day is Oct. 24, recognizing the international organization's founding in 1945. Observe this day of unity and peace by learning a few phrases in one of the UN's official languages: Arabic, Chinese, English, French, Russian and Spanish.

Wash Germs Away

Your hands become covered with germs every time you push an elevator button, open a door or flip a light switch—which is why washing your hands is the best way to keep from getting sick. Scrub with soap and hot water for 20 seconds. Use an alcohol-based hand sanitizer if you can't get to a sink.

Make Time for a Mystery

It's the season for suspense, and that's often what you'll find when you page through a mystery novel. There are many whodunit series that keep readers coming back for more. Among the genre's bestselling page-turners are old standards that feature detective Sherlock Holmes written by Arthur Conan Doyle, and senior sleuth Miss Marple by Agatha Christie. Go back to the 1940s, '50s and '60s with private investigator Easy Rawlins by author Walter Mosley. For more modern-day thrills, check out detective Alex Cross, created by James Patterson, and bounty hunter Stephanie Plum by Janet Evanovich.

Fall in Love With Fall

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves." —Joe L. Wheeler

October 2024

Happy October!

"Autumn leaves are falling, filling up the streets;
Golden colors on the lawn, nature's trick or treat!"
—Rusty Fischer



Stretch Your Toes

Give your toes some wiggle room after wearing shoes all day. Sit in a chair with your feet flat on the floor, and then cross one foot across your lap. Hold your toes and pull them toward your ankle until you feel a gentle stretch along the bottom of your foot. Use your other hand to massage the arch of your foot for about 10 seconds. Repeat 10 times for each foot.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>8:00 ■ Water Walking 8-8:45 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 Movie Showing TR</p>	<p>2</p> <p>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 ■ Euchre- 4th Floor Activities Room 2:15 ■ Meditation TR 4:00 ■ Resident Birthday Dinner- PDR 6:30 ■ Bridge** The HANGAR</p>	<p>3</p> <p>8:00 ■ Water Walking 8-8:45 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 ■ EARLY HAPPY HOUR!! TL 6:30 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar</p>	<p>4</p> <p>8:00 ■ WATER AEROBICS "A" POOL 10:00 ■ Humana - Free From Falls (4 week series) TR 11:00 ■ Nickel Pokeno AR 1:30 ■ Travel Series TR 6:30 Movie Showing TR</p>	<p>5</p> <p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 1:00 ■ Redeemer Bible Study CH 2:00 ■ CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
<p>6</p> <p>10:00 ■ Catholic Mass Streaming TR 1:00 ■ BINGO! AR 2:00 ■ Virtual Church Service TR 6:30 ■ Catholic Rosary CH 6:30 Movie Showing TR</p>	<p>7</p> <p>8:00 ■ WATER AEROBICS "A" POOL 10:00 ■ New Image Fashion Clothing/ Accessory Sale LOBBY 10-2 10:00 ■ ONE-ON-ONE VISIT 10:00 ■ TRADER JOE'S LOBBY 1:00 ■ Hand & Foot AR 2:15 ■ Meditation TR 6:30 ■ Mexican Train AR</p>	<p>8</p> <p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 10:00 ■ ONE-ON-ONE VISIT 10:30 ■ Genealogy Club With Chris TR 11:00 ■ CHAIR EXERCISE AR 2:00 ■ Hillsdale Lecture Series TR 3:00 ■ CARD GAMES AR 6:30 ■ Trivia Night! TL</p>	<p>9</p> <p>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 ■ Euchre- 4th Floor Activities Room 2:15 ■ Meditation TR 6:30 ■ Bridge** The HANGAR</p>	<p>10</p> <p>8:00 ■ Water Walking 8-8:45 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 "Mark Twain" TR 6:30 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar</p>	<p>11</p> <p>8:00 ■ WATER AEROBICS "A" POOL 9:00 ■ Flu Clinic AR 10:00 ■ Humana - Free From Falls (4 week series) TR 10:00 ■ ONE-ON-ONE VISIT 11:00 ■ Nickel Pokeno AR 1:30 ■ Travel Series TR 3:00 ■ HALE THEATER LOBBY 3:00 ■ HAPPY HOUR TL 6:30 Movie Showing TR</p>	<p>12</p> <p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 1:00 ■ Redeemer Bible Study CH 2:00 ■ CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
<p>13</p> <p>10:00 ■ Catholic Mass Streaming TR 1:00 ■ BINGO! AR 2:00 ■ Virtual Church Service TR 6:30 ■ Catholic Rosary CH 6:30 Movie Showing TR</p>	<p>Columbus Day 14</p> <p>8:00 ■ WATER AEROBICS "A" POOL 10:00 ■ ONE-ON-ONE VISIT 11:00 ■ CHAIR EXERCISE AR 11:00 ■ MYSTERY LUNCH LOBBY 1:00 ■ Hand & Foot AR 2:15 ■ Meditation TR 6:30 ■ Pinochle AR</p>	<p>15</p> <p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 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 4:00 ■ FAT CAT'S MOVIE SHOWING - LOBBY 6:30 Movie Showing TR</p>	<p>16</p> <p>8:00 ■ WATER AEROBICS "A" POOL 9:00 ■ Shopping Trip LOBBY 10:00 ■ ONE-ON-ONE VISIT 10:30 ■ Chapel CH 11:00 ■ MYSTERY LUNCH LOBBY 1:00 ■ Billiards The HANGAR 2:00 ■ Euchre- 4th Floor Activities Room 2:15 ■ Meditation TR 3:00 ■ GARY FINKELSTEIN PIANIST AR 6:30 ■ Bridge** The HANGAR</p>	<p>17</p> <p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 10:00 ■ ONE-ON-ONE VISIT 11:00 ■ CHAIR EXERCISE AR 1:00 ■ BINGO! TR 1:00 ■ Craft Beaded Bookmarks & Earrings AR 2:15 ■ Painting 4th Floor Studio 6:30 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar</p>	<p>18</p> <p>8:00 ■ WATER AEROBICS "A" POOL 10:00 ■ Humana - Free From Falls (4 week series) TR 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>19</p> <p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 1:00 ■ Redeemer Bible Study CH 2:00 ■ CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
<p>20</p> <p>10:00 ■ Catholic Mass Streaming TR 1:00 ■ BINGO! AR 2:00 ■ Virtual Church Service TR 6:30 ■ Catholic Rosary CH 6:30 Movie Showing TR</p>	<p>21</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 ■ Hand & Foot AR 2:15 ■ Meditation TR 6:30 ■ Mexican Train AR</p>	<p>22</p> <p>8:00 ■ Water Walking 8-8:45 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>23</p> <p>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 ■ Euchre- 4th Floor Activities Room 2:15 ■ Meditation TR 6:30 ■ Bridge** The HANGAR</p>	<p>24</p> <p>8:00 ■ Water Walking 8-8:45 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 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar</p>	<p>25</p> <p>8:00 ■ WATER AEROBICS "A" POOL 10:00 ■ CASINO LOBBY 10:00 ■ Humana - Free From Falls (4 week series) TR 10:00 ■ ONE-ON-ONE VISIT 11:00 ■ Nickel Pokeno AR 1:30 ■ Travel Series TR 3:00 ■ NEW RESIDENT MEET & GREET HAPPY HOUR TL!! 6:30 Movie Showing TR</p>	<p>26</p> <p>8:00 ■ Water Walking 8-8:45 9:00 ■ WATER AEROBICS "B" POOL 1:00 ■ Redeemer Bible Study CH 2:00 ■ CARDS/ DOMINOES AR 6:30 Movie Showing TR</p>
<p>27</p> <p>10:00 ■ Catholic Mass Streaming TR 1:00 ■ BINGO! AR 2:00 ■ Virtual Church Service TR 6:30 ■ Catholic Rosary CH 6:30 Movie Showing TR</p>	<p>28</p> <p>8:00 ■ WATER AEROBICS "A" POOL 10:00 ■ KEN SORENSEN LECTURE SERIES 10:00 ■ ONE-ON-ONE VISIT 11:00 ■ CHAIR EXERCISE AR 1:00 ■ Hand & Foot AR 2:15 ■ Meditation TR 6:30 ■ Pinochle AR</p>	<p>29</p> <p>8:00 ■ Water Walking 8-8:45 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</p>	<p>30</p> <p>8:00 ■ WATER AEROBICS "A" POOL 9:00 ■ MEN'S & WOMEN'S BREAKFAST 9:00 ■ Shopping Trip LOBBY 10:00 ■ ONE-ON-ONE VISIT 10:30 ■ Chapel CH 11:00 ■ Phoenix Zoo LOBBY 1:00 ■ Billiards The HANGAR 2:00 ■ Euchre- 4th Floor Activities Room 6:30 ■ Bridge** The HANGAR</p>	<p>31</p> <p>8:00 ■ Water Walking 8-8:45 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 ■ HALLOWEEN HAPPY HOUR. COSTUME CONTEST 6:30 ■ Hand & Foot AR 6:30 ■ Poker- 4th Floor Hangar</p>	<p>KEY</p> <p>FIRST FLOOR FP- Fireplace DR- Dining Room PDR- Private Dining Room PL- Pool</p> <p>SECOND FLOOR BK- Book Nook L- Library BR- Break Room</p>	<p>KEY</p> <p>THIRD FLOOR AR- Activities Room FR- Fitness Room TR- Theater Room TL- Terrace Lounge</p> <p>FOURTH FLOOR CH- Chapel The Hangar- 4th Floor Activities Room HAIR SALON</p>

Word Search

Category: Autumn

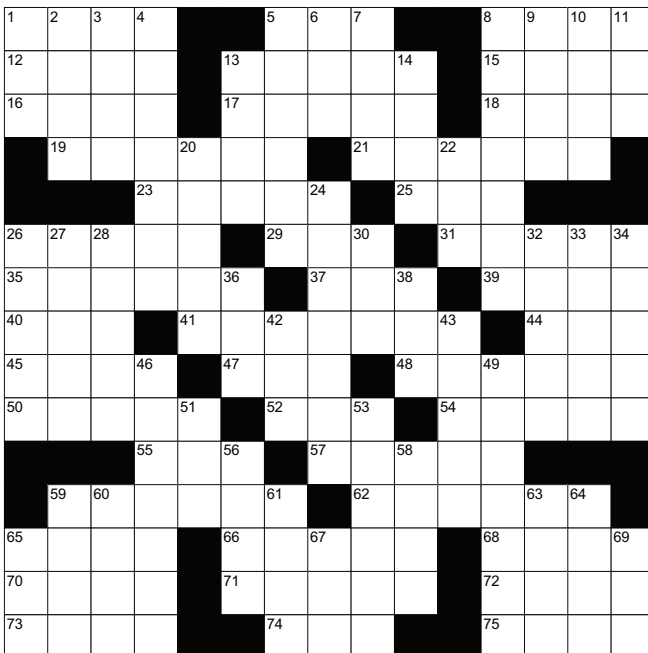
L I R A I N C O A T B H E R
 T Y I S T S A E F T A T H E
 B S T U N R E A C Y L T C H
 D O M A I Z E F R I L I O F
 N R E T O N E I U C D N R A
 W I U T I L D Q R S N E N H
 O O K O P E N I Y U R E R A
 S T R P G Y S T A O O W C R
 R R A C M P M G H U C O Y V
 J V E F E U Q L Y D A L M E
 W Q A A G R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

- | | | |
|-------------|-----------|-----------|
| 1. Raincoat | 8. _____ | 15. _____ |
| 2. _____ | 9. _____ | 16. _____ |
| 3. _____ | 10. _____ | 17. _____ |
| 4. _____ | 11. _____ | 18. _____ |
| 5. _____ | 12. _____ | 19. _____ |
| 6. _____ | 13. _____ | 20. _____ |
| 7. _____ | 14. _____ | 21. _____ |

- Word Search Solution:
- | | | |
|--------------|---------------|---------------|
| 1. Acorn | 8. Feast | 15. Maize |
| 2. Apple | 9. Gourd | 16. Nuts |
| 3. Chili | 10. Halloween | 17. Pumpkin |
| 4. Cider | 11. Harvest | 18. Quilt |
| 5. Corn | 12. Hay | 19. Raincoat |
| 6. Crisp | 13. Hayride | 20. Reap |
| 7. Deciduous | 14. Leaf | 21. Scarecrow |

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

Crossword Puzzle



ACROSS

1. Mongolian desert
5. Able
8. Post-traumatic stress disorder
12. Cast metal
13. Bypass
15. Hawaiian island
16. Loch ___ monster
17. Narrow, as toward a point
18. Sloven
19. Wildcat
21. Sound of leaves
23. Unconscious states
25. Cut grass
26. Punching tools
29. Scrap
31. Baby sheep
35. Relax
37. Angry
39. Rolled chocolate candy brand
40. Hole punching tool
41. Shelters
44. Not (prefix)
45. Housekeeper
47. Sticky black substance
48. Ancient Greek tunic
50. Make a present of
52. Tree gum
54. Opposite of ally
55. Male turkey
57. Jacob's father
59. Snooze
62. Something produced by something else

65. Apple type
66. Happen again
68. Opposite of yeses
70. Iraq's neighbor
71. Doctrine
72. Cotton ball
73. Floating ice
74. Cow speak
75. Women's magazine

DOWN

1. Card game
2. Brand of sandwich cookie
3. Pear type
4. Bugs
5. Ideal person
6. Fizzy drink
7. Position
8. After war
9. Opposite of short
10. Footgear
11. Alter
13. Particle
14. Beaten instrument
20. Unsuccessful person
22. Sun's name
24. Japanese warrior
26. Visible fire
27. Midwestern state denizen
28. Not gas or liquid
30. Quip
32. ___ Carlo
33. Powdery substance that appears on beeswax candles

34. Lad
36. Mesh
38. Christmas month
42. Foreign Agricultural Service
43. Bale
46. Stippling
49. Aromatic substance added to candles to produce a pleasant odor
51. Aced
53. Phony
56. Artist Chagall
58. Big hairdo
59. Successful treatment
60. Seaweed substance
61. Curl hair, permanently
63. Monk's hood
64. Bluish green
65. Tell a lie
67. Executive
69. South by east

