



Sedona Winds

Retirement Community

475 Jacks Canyon Rd • Sedona, AZ 86351 • (928) 284-9077

Farewell to Summer

Observed on the first Monday in September, Labor Day recognizes the achievements of American workers. Many people consider Labor Day the end of the summer season and organize cookouts and other outdoor events. The week of Labor Day also marks the start of the National Football League's regular season.

Social Strolls

Set aside specific times each week to take a walk with different friends. You'll get the benefits of a low-impact, cardiovascular workout while staying in touch with those near and dear to you.

Memorable Melody: '9 to 5'

Dolly Parton wrote this anthem about the workday grind for the movie of the same name. The country star made her acting debut in the 1980 comedy and wrote the song during filming. Along with her singing and songwriting skills, Parton even put her acrylic fingernails to work for the tune: Listeners can hear them as the rhythmic clacking of a typewriter! The spirited theme song earned Parton an Oscar nomination for best original song and two Grammy Awards, including best country song.

IT Professionals Day

They pick us up when we crash, they're always putting in extra shifts ... basically, we just couldn't hack it without them! Give extra appreciation to everyone working in information technology on the third Tuesday in September, IT Professionals Day.

September 2022



A World of Words

Imagine studying a vocabulary list that's 1,000 words long. That's about how many words are added to the Merriam-Webster Dictionary every year. As language evolves, yielding new words and definitions of existing terms, experts study trends and usage so dictionaries can keep up with the times. If the Oxford English Dictionary is your go-to reference, study hard—they update every quarter, adding an average of 4,000 words a year.

Bite Into Better Immunity

There may be some truth in the saying that an apple a day keeps the doctor away. The fruit's high levels of antioxidants and soluble fiber have been shown to help boost the immune system and fight certain diseases.

The Air Force at 75

The U.S. Air Force turns 75 on Sept. 18, celebrating a long legacy of defending America's skies. In recognition of this milestone, the Air Force has declared their 2022 theme as "Innovate, Accelerate, Thrive ... the Air Force at 75."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <div>9:30 Exercise🏃 10:00 Bible Study w/Miss Janie 12:00 Guitar By Errol Folds During Lunch 1:30 Discovery Hour Documentary 📺</div>	<div>2</div> <div>9:30 Exercise🏃 10:30 Bingo 1:00 1 On 1 time W/ Activities Staff 1:30 Bridge</div>	<div>3</div> <div>9:30 Exercise Variety Hour🏃 10:30 Bingo 2:00 Spa Time 4:00 Earthing in the Garden 6:15 Movie & Popcorn📺</div>
<div>4</div> <div>9:30 Exercise Variety Hour🏃 10:30 Sunday Morning Videos 1:00 Church service & singing 2:00 Resident Interview! 4:00 Earthing in the Garden 6:00 Trivia</div>	<div>5</div> <div>Labor Day 9:30 Exercise🏃 10:30 Bingo 1:30 Bridge (Upstairs) 2:00 Labor Day Party!</div>	<div>6</div> <div>9:30 Exercise🏃 10:00 Drumming with Ann of Maggie's 12:00 Live Piano W/ Chantal Harte During Lunch 1:15 Raz-ma-taz Rummy</div>	<div>7</div> <div>8:30 Monthly Vitals Clinic - Aviant Hospice 1:30 Bridge 1:30 Canasta (upstairs)</div>	<div>8</div> <div>9:30 Exercise🏃 10:00 Bible Study w/Miss Janie 1:00 Ice Cream Social w/Sarah of Aviant 1:30 Discovery Hour Documentary 📺</div>	<div>9</div> <div>9:30 Exercise🏃 10:30 Bingo 1:00 1 On 1 Time W/ Activities Staff 1:30 Bridge</div>	<div>10</div> <div>9:00 - Noon: Get Help With Your Phone with Marci! 10:30 Bingo 2:00 Spa Time 4:00 Earthing in the Garden 6:15 Movie & Popcorn📺</div>
<div>11</div> <div>9:30 Exercise Variety Hour🏃 10:30 Sunday Morning Videos 2:00 Special September 11 Tribute! 4:00 Earthing in the Garden 6:00 Trivia</div>	<div>12</div> <div>9:30 Exercise🏃 10:30 Bingo 1:00 Writing Greeting Cards W/ Activities Staff 1:30 Bridge</div>	<div>13</div> <div>9:30 Exercise🏃 10:00 Craft: DIY Bath Salts 1:15 Raz-ma-taz Rummy</div>	<div>14</div> <div>9:30 Exercise🏃 10:30 Bingo 12:00 Birthday Cake Celebration with Compassus 1:30 Bridge 1:30 Canasta (upstairs)</div>	<div>15</div> <div>9:30 Exercise🏃 10:00 Bible Study w/Miss Janie 1:00 Healing Touch W/ Donna</div>	<div>16</div> <div>9:30 Exercise🏃 10:30 Bingo 11:30 Casino Royal Buffet W/ Music by Nostalgic Productions 1:30 Poker in the TV Room</div>	<div>17</div> <div>9:30 Exercise Variety Hour🏃 10:30 Bingo 2:00 Spa Time 4:00 Earthing in the Garden 6:15 Movie & Popcorn📺</div>
<div>18</div> <div>9:30 Exercise Variety Hour🏃 10:30 Sunday Morning Videos 2:00 5 Wishes with Susan Turner 4:00 Earthing in the Garden 6:00 Trivia</div>	<div>19</div> <div>9:30 Exercise🏃 10:30 Bingo 1:30 Bridge</div>	<div>20</div> <div>9:30 Exercise🏃 10:30 Fingernail Care With Compassus 1:15 Raz-ma-taz Rummy</div>	<div>21</div> <div>9:30 Exercise🏃 10:00 Community Meeting 1:30 Bridge 1:30 Canasta (upstairs) 2:00 Caregivers' Meeting</div>	<div>22</div> <div>9:30 Exercise🏃 10:00 Bible Study w/Miss Janie 1:30 Discovery Hour Documentary 📺</div>	<div>23</div> <div>9:30 Exercise🏃 10:30 Bingo 1:00 1 On 1 Time W/ Activities Staff 1:30 Bridge</div>	<div>24</div> <div>9:30 Exercise Variety Hour🏃 10:30 Bingo 2:00 Spa Time 4:00 Earthing in the Garden 6:15 Movie & Popcorn📺</div>
<div>25</div> <div>9:30 Exercise Variety Hour🏃 10:30 Sunday Morning Videos 2:00 Farewell to Summer Party! 4:00 Earthing in the Garden 6:00 Trivia</div>	<div>26</div> <div>9:30 Exercise🏃 10:30 Bingo 1:30 Bridge</div>	<div>27</div> <div>9:30 Exercise/ Chair Yoga W/ Carolyn Of NAz Hospice 🏃 12:00 Live Piano W/ Chantal Harte During Lunch 1:15 Raz-ma-taz Rummy</div>	<div>28</div> <div>9:30 Exercise🏃 10:00 Canasta (upstairs) 10:30 Bingo 12:00 Basket Drawing 1:30 Bridge 1:30 Canasta (upstairs)</div>	<div>29</div> <div>9:30 Exercise🏃 10:00 Bible Study w/Miss Janie 11:00 Bible Study Lunch at Red Rock Cafe 2:00 HAPPY HOUR W/ Music by Kaleidoscope Red Rocks</div>	<div>30</div> <div>9:30 Exercise🏃 10:30 Bingo 1:00 1 On 1 Time W/ Activities Staff 1:30 Bridge</div>	



School Tools

Pencils, pens, paper and paint—students use these items and more in school. Study this list to see when some school supplies were newcomers to the classroom.

Years	School Supplies
1850s	Prang watercolor sets
1900s	Crayola crayons
1940s	Pee-Chee pocket folders
1950s	Metal lunchboxes featuring characters
1960s	Spiral notebooks
1970s	Pocket calculators
1980s	Trapper Keeper binders
2000s	Laptop computers
2010s	Tablet computers

"This Month In History" SEPTEMBER

1927: Baseball great Babe Ruth hits his 60th home run in a single MLB season, setting a record that would stand for the next 34 years.

1961: The Peace Corps becomes a permanent government agency. Since then, more than 240,000 Americans have volunteered with the program to serve in developing countries.

1964: "Grapes of Wrath" author John Steinbeck is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

1977: Wearing water skis, the "Happy Days" character Fonzie jumps over a shark in an episode of the popular sitcom. The phrase "jumping the shark" is now used to describe the moment when an entertainment franchise dips in quality.

1982: With the motto "The Nation's Newspaper," USA Today publishes its first issue. Today, it is the most-read newspaper in the United States.

1993: The truth is out there! Sci-fi drama series "The X-Files" premieres on television.

2016: California's Yosemite National Park adds Ackerson Meadow to its protected boundary, expanding the park by 400 acres.

2020: Supreme Court justice Ruth Bader Ginsburg becomes the first woman to lie in state in the U.S. Capitol in Washington, D.C.