



Sedona Winds

Retirement Community

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

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

1st Annual Paws 'n' Paint

Sedona Winds Assisted Living and Memory Care was proud to partner with The Verde Valley Humane Society to Host the 1st Annual Paws 'n' Paint Supply Drive. Through the generosity of our wonderful community, we were able to gather much needed items for the animals as they await their forever homes. The Humane Society was kind enough to bring adoptable pets for our residents to enjoy. Thank you to Pet Sense in Cottonwood, and to all those who helped/donated to make this an event of love, joy and purpose a success!! You are ALL Heroes!

Memorable Melody: 'I Can See Clearly Now'

If you're not already in a good mood, you'll soon be in one after hearing this upbeat song, which has been spreading sunshine since Johnny Nash recorded it in 1972. For several years, the Texas-born singer had been living in Jamaica, writing and performing with local artists, including the legendary Bob Marley. Those influences can be heard in "I Can See Clearly Now," which helped bring reggae music to a mainstream audience after quickly reaching No. 1 on the Billboard Hot 100. Both Nash's original version and a successful cover by reggae artist Jimmy Cliff have remained popular for decades, appearing in many films, TV shows and commercials.

May 2024






Garden Club Returns

On April 4th we had a Community Garden meeting with a whopping 10 residents showing up, presenting ideas and getting excited about our Community Garden! Each member sharing the same passion and vision to create a place of peace, tranquility and beauty for all members of our family to enjoy. The Planting in the Garden Party was also well attended. It is so inspiring to see so many involved. Remember, it is your Garden! Get involved, help it grow, love and enjoy it! ALL are Welcome!

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Calendar is Subject to Change	Vitals Clinic Time to Be Determined 1 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 12:00 Bobby Myhre Classic Sinatra & Jazz Entertainment During Lunch 1:30 Movie 🎬 3:30 Games	2 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Bible Study 10:00 Coffee Social 11:00 Music w/ Wally During Lunch 1:30 Arts and Crafts 3:00 Puzzles in the Library 3:30 1 On 1 Time w/ Activities Staff	3 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 10:00 Puppy Pop-in With Jasper 10:30 Bingo 1:30 Card Games 2:00 Picture Coloring in the Activity Room	4 9:45 Rise & Shine Exercise 🚶🏻‍♂️ 10:30 Bingo 2:00 Story Book Club with Carol 6:00 Movie & Popcorn 🎬
5 10:30 Card Games 1:00 Church Service & Singing! 2:00 Bonus Movie! 🎬	6 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 10:30 Bingo 11:00 Puzzles 1:30 Games 3:00 Words with Friends: Scrabble	7 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Activity w/ Ann from Maggie's 10:00 Coffee Social 2:00 Dominos and Table Games 3:30 1 On 1 Time w/ Activities Staff	8 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 10:30 Community Meeting Human Society 1:00 Outing to Verde Valley 3:30 Games	9 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Bible Study 10:00 Coffee Social 11:00 Music w/ Wally During Lunch 1:30 Arts and Crafts 3:00 Puzzles in the Library 3:30 1 On 1 Time w/ Activities Staff	10 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 10:00 Puppy Pop-In With Augie 10:30 Bingo 1:30 Card Games 2:00 Picture Coloring in the Activity Room	11 9:45 Rise & Shine Exercise 🚶🏻‍♂️ 10:30 Bingo 2:00 Story Book Club with Carol 6:00 Movie & Popcorn 🎬
Mother's Day 12 9:45 Rise & Shine Exercise 🚶🏻‍♂️ 10:30 Card Games 2:00 Mother's Day Celebration! 3:30 Trivia & Laughs	Clarks Outing 13 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 10:30 Bingo 11:00 Puzzles 1:30 Games 3:00 Words with Friends: Scrabble	14 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 10:00 Tech Help With Marcy Young 1:30 Painting 2:00 Dominos and Table Games 3:30 Red Rockappella Ensemble!!	15 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 1:00 Caregiver Meeting 1:30 Movie 🎬 3:30 Games	16 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Bible Study 10:00 Coffee Social 11:00 Music w/ Wally During Lunch 1:30 Arts and Crafts w/ AJ 3:00 Puzzles in the Library 3:30 John Ziegler Concert!!	17 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 10:00 Puppy Pop-in With Jasper 10:30 Bingo 2:00 Tea Party!!	18 9:45 Rise & Shine Exercise 🚶🏻‍♂️ 10:30 Bingo 2:00 Story Book Club with Carol 6:00 Movie & Popcorn 🎬
19 9:45 Rise & Shine Exercise 🚶🏻‍♂️ 10:30 Card Games 2:00 Writing Workshop with Johanna! 3:30 Trivia & Laughs	Walmart Outing 20 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 10:30 Bingo 11:00 Puzzles 1:30 Games 3:00 Words with Friends: Scrabble	Jan Hargrave Birthday!! 21 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Activity w/ Ann from Maggie's 10:00 Coffee Social 12:15 Birthday Cake Celebration with Compassus 1:30 Pet Therapy w/ Nita & Julip 2:00 Dominos and Table Games 3:00 Tanis Brown Concert!	22 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 11:00 Outing 2:00 Movie 🎬 3:30 Games	23 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Bible Study 10:00 Coffee Social 11:00 Music w/ Wally During Lunch 1:30 Arts and Crafts 3:00 Puzzles in the Library 3:30 1 On 1 Time w/ Activities Staff	24 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 10:00 Puppy Pop-In With Augie 10:30 Bingo 1:30 Card Games 2:00 Picture Coloring in the Activity Room	25 9:45 Rise & Shine Exercise 🚶🏻‍♂️ 10:30 Bingo 2:00 Story Book Club with Carol 6:00 Movie & Popcorn 🎬
26 9:45 Rise & Shine Exercise 🚶🏻‍♂️ 10:30 Card Games 2:00 Memorial Day Party! 3:30 Trivia & Laughs	Memorial Day 27 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 10:30 Bingo 11:00 Puzzles 1:30 Memorial Day Remembrance Activity 3:00 Words with Friends: Scrabble	28 9:30 Exercise/ Chair Yoga With Carolyn of Naz Hospice 🚶🏻‍♂️ 10:00 Coffee Social 10:30 Manicures and Mimosas 2:00 Dominos and Table Games 3:30 1 On 1 Time w/ Activities Staff	29 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 1:30 Mandala Painting 3:00 Peter Davis Concert!	30 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Bible Study 10:00 Coffee Social 11:00 Music w/ Wally During Lunch 1:30 Arts and Crafts 3:00 Puzzles in the Library 3:30 1 On 1 Time w/ Activities Staff	31 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 10:00 Puppy Pop-in with Jasper 10:30 Bingo 1:30 Card Games 2:00 Picture Coloring in the Activity Room	

ANNOUNCEMENTS:

Happy Birthday

Jan Hargrave, May 21st

Welcome

Jeannie Marini

Residents Who Moved Out

Johannah Malti

Residents Who Have Passed

Judith Hasenick

William Hickman

Margaret "Eileen" James

Patricia Kindt

Gilbert Ruthrauff

"This Month In History"

MAY

1922: The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.'s National Mall.

1939: The caped crimefighter Batman makes his debut in issue No. 27 of "Detective Comics." The superhero was an instant hit with readers.

1945: Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

1963: High school junior Lesley Gore performs her first single, "It's My Party," on TV's "American Bandstand." The next week, the song topped the U.S. pop music chart.

1971: Merging 20 of America's passenger railroad services into one, Amtrak begins service.

1994: Nelson Mandela is inaugurated as South Africa's first Black president.

2001: Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

2019: New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids' TV show.