



Sedona Winds

Retirement Community

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

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.

Remember When: Magic Slate

This simple drawing toy may seem like child's play compared to today's electronic tablets. But the Magic Slate Paper Saver entertained bored kids for decades—and even had a double life helping diplomats communicate in secret! Made of cardboard, each Magic Slate had a section of dark-colored wax covered by a plastic sheet. Children used an attached plastic stylus to draw or write on the sheet, which stuck to the wax and allowed the markings to show. Lifting the sheet up magically erased the contents, providing endless hours of fun and creativity. The slates also had a chance to serve their country when U.S. Embassy workers in Moscow discovered their offices were bugged. The easily erasable, untraceable tablets allowed the workers to discuss confidential information undetected.

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.

October 2024



Twisty Treat

From ballgames to happy hours to Oktoberfest celebrations, pretzels are a staple of the snacking world. Since their invention sometime in the Middle Ages, the baked treats' twisted knots have held multiple meanings, including good fortune and new beginnings.

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.

Happy October!

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Is Subject To Change! Thank you!!		<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Activity w/ Ann from Maggie's</p> <p>10:00 Coffee Social</p> <p>2:00 Creative Fun!</p> <p>3:00 Games with Colton from Compassus!</p>	<p>Vitals Clinic Time to Be Determined</p> <p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>11:00 Puzzles in the Library</p> <p>12:00 Bobby Myhre Classic Sinatra & Jazz Entertainment During Lunch</p> <p>1:30 Cards in the OC Card Room</p> <p>2:00 BONUS BINGO!!</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Bible Study</p> <p>10:00 Coffee Social</p> <p>11:30 Music w/ Wally During Lunch</p> <p>2:00 Arts and Crafts w/Danette from Angel's Care</p> <p>3:00 Puzzles in the Library</p> <p>3:00 Scrabble</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Bingo</p> <p>1:30 Card Games in the OC Card Room</p> <p>2:00 Sedona Races!!</p>	<p>9:45 Rise & Shine Exercise 🏃</p> <p>10:30 Bingo</p> <p>2:00 Story Book Club with Carol</p> <p>6:00 Movie & Popcorn 🎬</p>
<p>9:45 Rise & Shine Exercise 🏃</p> <p>10:30 Sunday Documentary Series</p> <p>1:00 Church Service & Singing!</p> <p>2:00 Spa Time!</p> <p>3:30 Trivia & Laughs</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Bingo</p> <p>11:00 Puzzles in the Library</p> <p>2:00 Coloring or Painting!</p> <p>3:00 Scrabble</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:00 Tech Help With Marcy Young</p> <p>10:30 Skip-Bo</p> <p>2:00 Music with Meg!!</p> <p>3:00 Puzzles in the Library</p>	<p>BLOOD DRIVE!!! Happy Birthday Barbara Bousman!!</p> <p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Out to Lunch!</p> <p>11:00 Puzzles in the Library</p> <p>2:00 Surprise Activity!!</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Bible Study</p> <p>10:00 Coffee Social</p> <p>11:30 Music w/ Wally During Lunch</p> <p>2:00 Stitch, Chat & Snack!</p> <p>3:00 Puzzles in the Library</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Bingo</p> <p>1:30 Card Games in the OC Card Room</p> <p>2:00 Mexican Train Dominos</p>	<p>9:45 Rise & Shine Exercise 🏃</p> <p>10:30 Bingo</p> <p>2:00 Story Book Club with Carol</p> <p>6:00 Movie & Popcorn 🎬</p>
<p>9:45 Rise & Shine Exercise 🏃</p> <p>10:30 Sunday Documentary Series</p> <p>2:00 4H Farm Animal Visit!</p> <p>3:30 Trivia & Laughs</p>	<p>Happy Birthday Pat Jay!! Clark's Outing!! Columbus Day</p> <p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Bingo</p> <p>11:00 Puzzles in the Library</p> <p>2:00 Coloring or Painting!</p> <p>3:00 Scrabble</p>	<p>Happy Birthday Lorraine Anderson!!</p> <p>9:30 Fitness and Balance 🏃</p> <p>10:00 Activity w/ Ann from Maggie's</p> <p>10:00 Coffee Social</p> <p>1:30 Pet Therapy w/ Nita & Julip</p> <p>2:00 Creative Fun!</p> <p>3:00 Games with Colton from Compassus!</p> <p>3:00 Puzzles in the Library</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Community Meeting</p> <p>11:00 Puzzles in the Library</p> <p>1:00 Caregiver Meeting</p> <p>2:00 Surprise Activity!!</p> <p>3:00 EXTRA SCRABBLE!!</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Bible Study</p> <p>10:00 Coffee Social</p> <p>11:30 Music w/ Wally During Lunch</p> <p>12:15 Birthday Cake Celebration with Compassus!</p> <p>2:00 Arts and Crafts w/Danette from Angel's Care</p> <p>3:00 Puzzles in the Library</p> <p>3:00 Scrabble</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Bingo</p> <p>1:30 Card Games in the OC Card Room</p> <p>3:00 Benedetto Duo Concert!!</p>	<p>9:45 Rise & Shine Exercise 🏃</p> <p>10:30 Bingo</p> <p>2:00 Story Book Club with Carol</p> <p>6:00 Movie & Popcorn 🎬</p>
<p>9:45 Rise & Shine Exercise 🏃</p> <p>10:30 Sunday Documentary Series</p> <p>2:00 Resident Interview!</p> <p>3:30 Trivia & Laughs</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Bingo</p> <p>11:00 Puzzles in the Library</p> <p>2:00 Coloring or Painting!</p> <p>3:00 Scrabble</p>	<p>Happy Birthday Henry Wirts!!</p> <p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Skip-Bo</p> <p>2:00 Creative Fun!</p> <p>3:00 Games with Colton from Compassus!</p> <p>3:00 Puzzles in the Library</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Chef Showcase!</p> <p>11:00 Puzzles in the Library</p> <p>2:00 Surprise Activity!!</p> <p>3:00 Card Games in the OC Card Room</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Bible Study</p> <p>10:00 Coffee Social</p> <p>11:30 Music w/ Wally During Lunch</p> <p>2:00 Stitch, Chat & Snack!</p> <p>3:00 Puzzles in the Library</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Bingo</p> <p>1:30 Card Games in the OC Card Room</p> <p>2:00 Karaoke w/Will!</p>	<p>9:45 Rise & Shine Exercise 🏃</p> <p>10:30 Bingo</p> <p>2:00 Story Book Club with Carol</p> <p>6:00 Movie & Popcorn 🎬</p>
<p>9:45 Rise & Shine Exercise 🏃</p> <p>10:30 Sunday Documentary Series</p> <p>2:00 Halloween Fun with the Interact Club Kids!</p> <p>3:30 Trivia & Laughs</p>	<p>Walmart Outing!</p> <p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Bingo</p> <p>11:00 Puzzles in the Library</p> <p>2:00 Coloring or Painting!</p> <p>3:00 Scrabble</p>	<p>Happy Birthday Nancy Soltero!!</p> <p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Skip-Bo</p> <p>2:00 Creative Fun!</p> <p>3:00 Games with Colton from Compassus!</p> <p>3:00 Puzzles in the Library</p>	<p>9:30 Fitness and Balance 🏃</p> <p>10:00 Coffee Social</p> <p>10:30 Outing!!</p> <p>11:00 Puzzles in the Library</p> <p>2:00 Surprise Activity!</p> <p>3:00 Cards in the OC Card Room</p>	<p>Happy Birthday Susan Goins!! Halloween</p> <p>9:30 Fitness and Balance 🏃</p> <p>10:00 Bible Study</p> <p>10:00 Coffee Social</p> <p>11:30 Music w/ Wally During Lunch</p> <p>1:30 HALLOWEEN FUN & PARTY!!</p> <p>3:00 Puzzles in the Library</p> <p>3:00 Scrabble</p>		

ANNOUNCEMENTS

Welcome:

- Emma Kyrimis
- Arlene Jean Easlick
- Dorothy Karp
- Emanuel "Lee" Leon
- Barbara Martin
- James "Jim" Andrew Close
- Michael John "MJ" McCann
- Diana Lee Luque
- Barbara Stewart

Residents Who Have Moved Out:

- Maria George
- Edward Babineau
- Paula Gilpin

Residents Who Have Passed:

- Donald Kelly
- John Roberts
- Catalina Serrano

"This Month In History"

OCTOBER

1900: The U.S. Navy commissions its first modern submarine, the USS Holland, named for its designer, John Philip Holland.

1907: One of the world's landmark hotels, the Plaza opens in New York City.

1915: Woodrow Wilson becomes the first U.S. president to attend a World Series game.

1929: The New York Stock Exchange crashes on what will later be known as "Black Tuesday."

1935: Considered one of the first great American operas, George Gershwin's "Porgy and Bess" premieres on Broadway.

1947: Air Force pilot Chuck Yeager flies an experimental plane and becomes the first person to break the sound barrier.

1950: Charles Schulz's "Peanuts" comic strip debuts in several newspapers.

1962: The Beach Boys release their debut album, "Surfin' Safari."

1972: Called the "Match of the Century," American Bobby Fischer wins the World Chess Championship by defeating Boris Spassky of the Soviet Union.

1986: The International Olympic Committee announces it will change its 70-year tradition and hold the Summer and Winter Games in different years.

1998: Comedian Richard Pryor receives the first Mark Twain Prize for American Humor.

2007: Alex Rodriguez signs a record 10-year, \$275 million contract with the New York Yankees. It was the richest deal in pro sports at the time.

2016: Singer-songwriter Bob Dylan is awarded the Nobel Prize for literature. He was the first songwriter to win the prestigious award.