



# Sedona Winds

## Retirement Community

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

### STAR-SPANGLED

The U.S. flag is unique in that it has more stars than the flag of any other nation. Celebrate the Stars and Stripes on Flag Day, June 14.



### A FATHER'S DAY POEM

When I was a baby, you would hold me in your arms, I felt the love and tenderness, keeping me safe from harm.

I would look up into your eyes, and all the love I would see, how did I get so lucky? You were the dad chosen for me.

There is something special about a father's love, seems it was sent to me from someplace up above.

Our love is everlasting, I just wanted you to know, that you're my special hero, and I wanted to tell you so!!

### A SHOUT OUT TO OUR MAINTENANCE MEN

We call on them to fix up our community inside and out, and they help keep our facility running smoothly every day. Our maintenance staff works hard behind the scenes, but we'd like to put them front and center and tell them "Thank you for all you do!"

### June 2022

### WILD WEST TRIVIA

1. Doc Holliday died (with his boots off) at Glenwood Springs, CO in 1877 from this lung disease.
2. This lawman/bounty hunter tracked down and killed Billy the Kid.
3. What was the Sundance Kid's given name?
4. Which law enforcement family was involved in the Gunfight at the O.K. Corral?
5. Her notorious life was immortalized in the dime novel, \_\_\_\_\_, the Bandit Queen.
6. He was a Pinkerton agent before being hired as a range detective by Wyoming area ranchers. He killed 17 men before being convicted of killing 14-year-old Willie Nickell, the son of a sheep rancher.
7. Train and bank robberies were a family business for Emmett, Robert, Gratton and Bill. What was the family's name?

### ANSWERS:

Tuberculosis, Pat Garrett, Harry Longbaugh, Earp (Virgil, Wyatt and Morgan), Belle Starr, Tom Horn, The Dalton Gang



### FATHER'S DAY JOKE

Why are fathers like parking spaces? The good ones are already taken.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 8:00 Monthly Vitals Clinic - Aviant Hospice 1:00 "Nails" w/Jackie of Compassus 3:00 Music by Peter Davis (Phx) - Piano</p>	<p>2 9:15 Exercise🏃 10:00 Bible Study w/Miss Janie 1:00 A Matter of Balance Program Hosted by Sedona Firefighters &amp; NAZ Hospice</p>	<p>3 9:30 Exercise🏃 10:30 Bingo 1:00 Helena's Time - One on One w/Residents 2:00 Bridge (Upstairs)</p>	<p>4 9:30 Exercise Variety Hour🏃 10:30 Van Ride - G's Burgers + Page Springs 2:00 Spa Time 4:00 Earthing in the Garden 6:15 Movie &amp; Popcorn🎬</p>
<p>5 9:30 Exercise Variety Hour🏃 10:30 Music, Culture &amp; More 2:00 Spa Time in the Garden 4:00 Earthing in the Garden 6:00 Trivia</p>	<p>6 9:30 Exercise🏃 10:30 Bingo 1:30 Games (Trouble, Yahtzee, Connect 4, Dominos, Cards) 2:00 Bridge (Upstairs)</p>	<p>7 9:30 Exercise🏃 10:30 Kings In The Corner 1:15 Raz-ma-taz Rummy</p>	<p>8 9:30 Exercise🏃 10:00 Beginning Bridge Class (Upstairs) 10:30 Bingo 1:00 CPR Certification Program 2:00 Music by "Ukulele Village People"</p>	<p>9 9:15 Exercise🏃 10:00 Bible Study w/Miss Janie 1:00 A Matter of Balance Program Hosted by Sedona Firefighters &amp; NAZ Hospice</p>	<p>10 9:30 Exercise🏃 10:30 Bingo 1:00 Helena's Time - One on One w/Residents 2:00 Bridge (Upstairs)</p>	<p>11 9:30 Exercise Variety Hour🏃 10:30 Bingo 2:00 Guest Speaker - Jay Kinsella 4:00 Earthing in the Garden 6:15 Movie &amp; Popcorn🎬</p>
<p>12 9:30 Exercise Variety Hour🏃 10:30 Music, Culture &amp; More 1:00 New Beginnings Church Services 2:00 Spa Time in the Garden 4:00 Earthing in the Garden 6:00 Trivia</p>	<p>13 9:30 Exercise🏃 10:30 Bingo 1:30 Dads' Writing Assignment w/Sarah of Aviant Hospice 2:00 Bridge (Upstairs)</p>	<p>14 <b>FLAG DAY</b> 9:30 Exercise🏃 10:30 Sedona Downs - Horse Racing Game 1:00 Flag Day Celebration w/Carolyn of NA Hospice (Dining Room) 3:00 Music by "Nostalgic Productions"</p>	<p>15 9:30 Exercise🏃 10:30 Community Meeting 12:15 Celebrating June Birthdays - Dining Room 2:00 Bridge (Upstairs) 2:00 Caregivers' Meeting</p>	<p>16 9:15 Exercise🏃 10:00 Bible Study w/Miss Janie 1:00 A Matter of Balance Program Hosted by Sedona Firefighters &amp; NAZ Hospice</p>	<p>17 9:30 Exercise🏃 10:30 Bingo 1:00 Helena's Time - One on One w/Residents 2:00 Bridge (Upstairs)</p>	<p>18 9:30 Exercise Variety Hour🏃 10:30 Bingo 2:00 Spa Time 4:00 Earthing in the Garden 6:15 Movie &amp; Popcorn🎬</p>
<p>19 <b>FATHER'S DAY</b> 9:30 Exercise Variety Hour🏃 10:30 Music, Culture &amp; More 2:00 Father's Day Celebration w/Jeff Schilicht 4:00 Earthing in the Garden 6:00 Trivia</p>	<p>20 9:30 Exercise🏃 10:30 Bingo 1:30 Games (Trouble, Yahtzee, Connect 4, Dominos, Cards) 2:00 Bridge (Upstairs)</p>	<p>21 9:15 Exercise🏃 9:30 Van Ride - Sedona Rainbow Trout Farm (Fishing) &amp; Box Lunch 1:15 Raz-ma-taz Rummy</p>	<p>22 9:30 Exercise🏃 10:00 Beginning Bridge Class (Upstairs) 10:30 Bingo 1:30 Gardening w/Kathleen S. &amp; Helena 2:00 Bridge (Upstairs)</p>	<p>23 9:15 Exercise🏃 10:00 Bible Study w/Miss Janie 1:00 A Matter of Balance Program Hosted by Sedona Firefighters &amp; NAZ Hospice</p>	<p>24 8:30 Dr. Jean Kroyn - Podiatrist (Nail Trimming Time) 1:00 Ice Cream Social w/Ann Whalen of CenterWell 2:00 Bridge (Upstairs)</p>	<p>25 9:30 Exercise Variety Hour🏃 10:30 Bingo 1:00 Van Ride - Douglas Mansion (Jerome) 4:00 Earthing in the Garden 6:15 Movie &amp; Popcorn🎬</p>
<p>26 9:30 Exercise Variety Hour🏃 10:30 Music, Culture &amp; More 1:00 New Beginnings Church Services 2:00 Spa Time in the Garden 4:00 Earthing in the Garden 6:00 Trivia</p>	<p>27 9:30 Exercise🏃 10:30 Bingo 1:30 Games (Trouble, Yahtzee, Connect 4, Dominos, Cards) 2:00 Bridge (Upstairs)</p>	<p>28 9:30 Exercise🏃 10:30 Sedona Downs - Horse Racing Game 1:15 Raz-ma-taz Rummy 3:00 Music by "Wind &amp; Strings" Happy Hour</p>	<p>29 9:30 Exercise🏃 10:00 Beginning Bridge Class (Upstairs) 10:30 Bingo 1:30 SWAL Swap Meet - Activity Room 2:00 Bridge (Upstairs)</p>	<p>30 9:15 Exercise🏃 10:00 Bible Study w/Miss Janie 1:00 A Matter of Balance Program Hosted by Sedona Firefighters &amp; NAZ Hospice</p>		<p><b>All Events Are Subject to Change</b></p>

**NEW ITEMS:** Please note that on two Sundays this month, we have **church services** offered. This is not the same as Bible studies on Thursday mornings. New Beginnings Church will provide music, prayer and a sermon.

**Father's Day** will be special. A beautiful lunch will be prepared. A special guest speaker, back by popular demand is Jeff Schlicht. Also for the men, we've planned a **fishing trip** to the Sedona Rainbow Trout Farm this month, so make sure to highlight the date!!

We will be holding a special event for **Flag Day!** Requesting all **VETERANS** to come. We will have an invocation by a chaplain, pledge of allegiance, pinning ceremony, professional photos and music with the help of NAZ Hospice.

Please make sure to mark your calendars for the **Matter of Balance Program** every Thursday hosted by the Sedona Fire Department. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks, and exercise to increase strength and balance. The curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, and a few homework assignments.

We have the **SWAL swap meet** again this month. Each time we have it, it keeps getting better and better, so c'mon down and pick up something!! (Or donate something)

**FUTURE ITEMS:** We will be starting a "**Men's Club**" in July. Please come for our first meeting and let us know what you might be interested in. Hosted by John Binder of AZ Life.

**Travel the World** will be focusing on Europe in July with videos and a guest speaker, Ed Huber.

# "This Month In History"

## JUNE

**1910:** The first statewide celebration of Father's Day is held in Washington. The day honoring fathers was proclaimed a national holiday in 1972.

**1928:** Louis Armstrong and his Hot Five band record "West End Blues," considered to be one of the greatest jazz songs of all time.

**1939:** The first Little League Baseball game is played in Williamsport, Pa.

**1944:** Allied forces storm the beaches of Normandy, France, in the D-Day invasion of World War II.

**1956:** The last Packard rolls off the production line at the luxury car's manufacturing plant in Detroit.

**1978:** Comic strip cat "Garfield," created by Jim Davis, debuts in 41 newspapers.

**1993:** Chuck Berry, Ruth Brown and Billy Joel are among the stars who help break ground for the new Rock & Roll Hall of Fame building in Cleveland.

**2007:** After recovering from near extinction, the American bald eagle is removed from the endangered species list.

**2012:** Daredevil Nik Wallenda makes high-wire history after walking a 1,800-foot-long wire suspended over Niagara Falls.

**2019:** "Jeopardy!" contestant James Holzhauer's winning streak ends at 32 games. He won over \$2.4 million on the TV quiz show.