



# *Sedona Winds*

## *Retirement Community*

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

### **New Activities to Enjoy!**

Come enjoy our new activities that are being added! We now have Words with Friends: Scrabble, Coffee Social and Card Games.

Words with Friends: Scrabble: we have multiple Scrabble boards out for multiple games to be played at the same time.

Coffee Social: is a coffee shop atmosphere where we gather with friends, meet new faces and get to know each other over a cup or two of coffee or tea!

Card Games: we have a number of card players in the community, and at card games we will be having different types of games going on. Come learn a new game or enjoy an old game you know!

Come get out and enjoy the company of your neighbors at our new activities!

### **Banish Winter Blahs**

Banish the winter blahs with Hypnotherapy Clinic January 11th. Come join us in a release of anxiety, stress and the holiday blahs. A guided Hypnotherapy Clinic with board Certified Clinical Hypnotherapist Donna Alexander will help in aiding the stresses of today and more!

### **Thank You!**

Thank you to all who came out and celebrated our many Christmas and New Year's Events! We made wood signs and Christmas decorations in crafts, enjoyed a multitude of music of various types, had a hot chocolate variety bar and toasted the New Year in!

Thank you to all who came out and supported the Activity Department in all of their hard work and dedication!

### **January 2024**

#### **The Year Was: 1935**

- The first Penguin paperback book is published.
- The Boulder Dam, now known as the Hoover Dam, is completed after five years of construction.
- At a college meet in Michigan, track legend Jesse Owens breaks three world records and ties a fourth, all within 45 minutes.
- Elvis Presley is born in Tupelo, Miss.
- President Franklin D. Roosevelt orders a federal gold vault be built at Fort Knox, Ky.
- "Your Hit Parade" debuts on radio, counting down the week's most popular songs.

#### **Happy Birthday, Elvis!!**

















Come, help celebrate The King of Rock and Roll, Elvis Presley! Born January 8th, 1935, we will be celebrating his 89th birthday with a day full of Elvis—Brainteasers, music and his favorite treats! Come try the famous Velvet Elvis—Peanut Butter, Bananas and Bacon, along with the best All-American Food Around!

#### **Warm Up With Ginger Tea**

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.

#### **Celebrating MLK Jr. Day**

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>New Year's Day</b> 1 9:30 Fitness and Balance  10:30 Bingo 1:30 Card Games 3:30 Words with Friends: Scrabble	2 9:30 Fitness and Balance  <b>10:00 Activity w/ Ann from Maggie's</b> 1:30 Dominos 3:00 1 On 1 Time W/ Activities Staff	<b>Vitals Clinic Time to Be Determined</b> 3 9:30 Fitness and Balance  10:00 Coffee Social <b>12:00 Bobby Myhre Classic Sinatra &amp; Jazz Entertainment During Lunch</b> 1:30 Movie  3:30 Bridge	4 9:30 Fitness and Balance  10:30 Trivia & Fun <b>1:30 Arts and Crafts- Snowflakes!</b> <b>2:00 Story Book Club Outing!</b> 3:30 Words with Friends: Scrabble	5 9:30 Fitness and Balance  <b>10:00 Puppy Pop-in With Jasper</b> 10:30 Bingo 1:30 Card Games	6 9:30 Rise & Shine Exercise  10:30 Bingo <b>2:00 Sedona Dance Academy Performance!</b> 6:15 Movie & Popcorn 
7 9:30 Rise & Shine Exercise  10:30 Sunday Documentary Series <b>1:00 Church Service &amp; Singing!</b> 2:00 Spa Time! 3:30 Trivia & Laughs	<b>Happy Birthday Kathleen Schrader!!</b> 8 9:30 Fitness and Balance  10:30 Bingo <b>1:00 Test your Elvis Knowledge Brainteasers!!</b> <b>2:00 Elvis Birthday Bash!!</b>	9 9:30 Fitness and Balance  <b>10:00 Nail Care</b> <b>10:00 Tech Help With Marcy Young</b> 1:30 Dominos 3:00 1 On 1 Time W/ Activities Staff	10 9:30 Fitness and Balance  10:00 Coffee Social <b>10:30 Community Meeting</b> 1:30 Movie  3:30 Bridge	11 9:30 Fitness and Balance  <b>10:30 Arts and Crafts- Painting!</b> <b>2:00 Hypnotherapy Clinic</b> 3:30 Words with Friends: Scrabble	12 9:30 Fitness and Balance  <b>10:00 Puppy Pop-In With Augie</b> 10:30 Bingo 1:30 Card Games	13 9:30 Rise & Shine Exercise  10:30 Bingo 2:00 Story Book Club with Carol 6:15 Movie & Popcorn 
14 9:30 Rise & Shine Exercise  10:30 Sunday Documentary Series <b>2:00 Family Photo Event!</b> 3:30 Trivia & Laughs	<b>Martin Luther King Jr. Day</b> 15 9:30 Fitness and Balance  10:30 Bingo 1:30 Card Games 3:30 Words with Friends: Scrabble	<b>Happy Birthday Bill Kusner!!</b> 16 9:30 Fitness and Balance  <b>10:00 Activity w/ Ann from Maggie's</b> <b>12:15 Birthday Cake Celebration with Compassus</b> 1:30 Dominos <b>1:30 Pet Therapy W/ Nita &amp; Julip</b> 3:00 1 On 1 Time W/ Activities Staff	17 9:30 Fitness and Balance  10:00 Coffee Social <b>1:00 Caregivers' Meeting</b> 1:30 Movie  3:30 Bridge	18 9:30 Fitness and Balance  10:30 Trivia & Fun <b>1:30 Arts and Crafts- Scrapbooking!</b> 3:30 Words with Friends: Scrabble	19 9:30 Fitness and Balance  <b>10:00 Puppy Pop-in With Jasper</b> 10:30 Bingo 1:30 Ice Cream Social	20 9:30 Rise & Shine Exercise  10:30 Bingo 2:00 Story Book Club with Carol 6:15 Movie & Popcorn 
21 9:30 Rise & Shine Exercise  10:30 Sunday Documentary Series <b>2:00 Resident Interview</b> 3:30 Trivia & Laughs	22 9:30 Fitness and Balance  10:30 Bingo 1:30 Card Games 3:30 Words with Friends: Scrabble	23 9:30 Fitness and Balance  10:00 Movie <b>2:00 Tanis Brown Concert!</b> 3:00 1 On 1 Time W/ Activities Staff	24 9:30 Fitness and Balance  10:00 Coffee Social 1:30 Movie  3:30 Bridge	<b>Happy Birthday Susan Simon!!</b> 25 9:30 Fitness and Balance  10:30 Trivia & Fun <b>1:30 Arts and Crafts- Wine Barrel Signs!</b> 3:30 Words with Friends: Scrabble	26 9:30 Fitness and Balance  <b>10:00 Puppy Pop-In With Augie</b> 10:30 Bingo 1:30 Card Games	27 9:30 Rise & Shine Exercise  10:30 Bingo 2:00 Story Book Club with Carol 6:15 Movie & Popcorn 
28 9:30 Rise & Shine Exercise  10:30 Sunday Documentary Series <b>2:00 Guest Speaker- Local Native American History!</b> 3:30 Trivia & Laughs	29 9:30 Fitness and Balance  10:30 Bingo 1:30 Card Games 3:30 Words with Friends: Scrabble	30 <b>9:30 Exercise/ Chair Yoga With Carolyn of NAz Hospice </b> <b>10:00 Nail Care With AJ from Centerwell</b> 1:30 Dominos 3:00 1 On 1 Time W/ Activities Staff	31 9:30 Fitness and Balance  10:00 Coffee Social 1:30 Hot Chocolate and Movie 3:30 Bridge		Calendar Is Subject to Change	



### ANNOUNCEMENTS

#### **HAPPY BIRTHDAY**

Kathleen Schrader January 8th

Bill Kusner January 16th

Susan Simon January 25th

#### **WELCOME, NEW RESIDENTS**

Susan Goins

Elsie Barnett

Rosalie Martinez

Brian Miller

#### **In Memory of Those No Longer With Us**

Doris Sneider

Herb Dyer

Brian Miller

Jack Eary

#### **Transportation**

For transportation, it is based on availability and medical appointments do take priority; however, please keep in mind doctor appointments can and do run over. Traffic and staff illnesses are things we are constantly working with that are out of our control.

Thank you for understanding!

## **"This Month In History"**

### **JANUARY**

**1906:** "M'm! M'm! Good!" Campbell Soup Company registers a trademark for the red and white label design of its canned soups.

**1927:** Outside Chicago, the Harlem Globetrotters exhibition basketball team plays its first game.

**1949:** Honoring the new medium of television, the first Emmy Awards are presented at a ceremony in Hollywood.

**1959:** The jet age takes off as American Airlines begins the first cross-country jet service. Passengers could fly between Los Angeles and New York City in about five hours.

**1961:** John F. Kennedy becomes the first U.S. president to hold a live televised news conference.

**1977:** When a cold front barrels across Florida, snow falls for the first—and only—time in the city of Miami.

**1980:** American Mary Decker becomes the first woman to run a mile in under 4.5 minutes.

**1991:** The Persian Gulf War begins when the U.S. launches Operation Desert Storm.

**2002:** Twelve countries in the European Union officially change their currencies to the new euro.

**2010:** At 2,717 feet, the Burj Khalifa skyscraper in Dubai, United Arab Emirates, opens as the world's tallest building.

**2019:** Missy Elliott makes music history as the first female rapper inducted into the Songwriters Hall of Fame.