



# Sedona Winds

## Retirement Community

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

### The Rhythm of Spring

"It is spring again. The Earth is like a child that knows poems by heart." —Rainer Maria Rilke

### Giving Back, Bit by Bit

Giving back to others doesn't have to take a lot of time or energy. Micro-volunteering refers to low-effort, short-term opportunities to do a good deed, and can include activities like filling out surveys, signing petitions, sharing social media posts or translating documents. With micro-volunteering on the rise, many nonprofits are offering multiple mini-sized ways to help make the world a better place.

### A Masters Tradition

The annual Masters golf tournament has many unique traditions, including its signature pimento cheese sandwiches. Since the 1960s, they have been a menu staple at Georgia's Augusta National Golf Club concession stands, which sell them for just \$1.50, wrapped in green plastic to match the famed course.

### Penny for Your Thoughts

You might have gotten more than you expected had someone said this phrase to you in 1787! That's when the U.S. Congress of the Confederation—which governed the emerging United States following the Revolutionary War—authorized its first penny: the Fugio cent. In addition to its monetary value, the copper coin also boasted some advice. "Mind Your Business," a proverb popularized by Benjamin Franklin, was engraved on the front, while the patriotic motto "We Are One" appeared on the back.

## April 2024





### Welcome to April

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools' Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!

### Dabble in Scrabble

Have some F-U-N on April 13, National Scrabble Day. Fans of the popular board game often turn to "The Official Scrabble Players Dictionary," which was most recently updated in 2022 and now contains more than 100,000 words. Improve your Scrabble strategy by brushing up on two-letter words—they can often be placed to take advantage of double or triple score squares.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Calendar is Subject to Change</b></p>	<p><b>Clarks Outing</b> 1 9:30 Fitness and Balance 🚶🏻‍♂️ 10:30 Bingo <b>1:30 Planting In The Garden Party!!</b> 3:30 Words with Friends: Scrabble</p>	<p><b>Happy Birthday Justine Kusner!!</b> 2 9:30 Fitness and Balance 🚶🏻‍♂️ <b>10:00 Activity w/ Ann from Maggie's</b> 2:00 Dominos and Table Games 3:00 1 On 1 Time W/ Activities Staff</p>	<p><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</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ <b>10:00 Bible Study w/ Miss Janie</b> <b>1:30 Arts and Crafts</b> 3:30 1 On 1 Time w/ Activities Staff</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ <b>10:00 Puppy Pop-in With Jasper</b> 10:30 Bingo 1:30 Card Games</p>	<p>9:45 Rise &amp; Shine Exercise 🚶🏻‍♂️ 10:30 Bingo <b>1:00 Archeology Center Outing</b> 2:00 Story Book Club with Carol 6:00 Movie &amp; Popcorn 🎬</p>
<p>9:45 Rise &amp; Shine Exercise 🚶🏻‍♂️ 10:30 Sunday Documentary Series <b>1:00 Church Service &amp; Singing!</b> <b>2:00 Spa Time!</b> 3:30 Trivia &amp; Laughs</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ 10:30 Bingo <b>1:30 Planting In The Garden Party!!</b> 3:30 Words with Friends: Scrabble</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ <b>11:00 Chef Showcase</b> 2:00 Dominos and Table Games 3:00 1 On 1 Time W/ Activities Staff</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social <b>10:30 Community Meeting</b> 1:30 Movie 🎬 3:30 Bridge</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ <b>10:00 Bible Study w/ Miss Janie</b> <b>1:30 Arts and Crafts</b> 3:30 1 On 1 Time w/ Activities Staff</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ <b>10:00 Puppy Pop-In With Augie</b> 10:30 Bingo 1:30 Card Games</p>	<p>9:45 Rise &amp; Shine Exercise 🚶🏻‍♂️ 10:30 Bingo 2:00 Story Book Club with Carol 6:00 Movie &amp; Popcorn 🎬</p>
<p><b>Happy Birthday Shirley Eary!!</b> 14 9:45 Rise &amp; Shine Exercise 🚶🏻‍♂️ 10:30 Sunday Documentary Series <b>2:00 Interact Club Party</b> 3:30 Trivia &amp; Laughs</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ 10:30 Bingo <b>1:30 Planting In The Garden Party!!</b> 3:30 Words with Friends: Scrabble</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ <b>10:00 Activity w/ Ann from Maggie's</b> <b>10:00 Tech with Marcy Young</b> <b>12:15 Birthday Cake Celebration with Compassus</b> <b>1:30 Pet Therapy W/ Nita &amp; Julip</b> 2:00 Dominos and Table Games 3:00 1 On 1 Time W/ Activities Staff</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 1:30 Movie 🎬 3:30 Bridge</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ <b>10:00 Bible Study w/ Miss Janie</b> <b>1:30 Arts and Crafts</b> 3:30 John Ziegler Concert!!</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ <b>10:00 Puppy Pop-in With Jasper</b> 10:30 Bingo 1:30 Card Games</p>	<p>9:45 Rise &amp; Shine Exercise 🚶🏻‍♂️ 10:30 Bingo 2:00 Story Book Club with Carol 6:00 Movie &amp; Popcorn 🎬</p>
<p>9:45 Rise &amp; Shine Exercise 🚶🏻‍♂️ 10:30 Sunday Documentary Series <b>2:00 Resident Interview</b> 3:30 Trivia &amp; Laughs</p>	<p><b>Earth Day!! Walmart Outing</b> 22 9:30 Fitness and Balance 🚶🏻‍♂️ 10:30 Bingo <b>1:30 Planting In The Garden Party!!</b> 3:30 Words with Friends: Scrabble</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ 2:00 Dominos and Table Games 3:00 1 On 1 Time W/ Activities Staff</p>	<p><b>Happy Birthday Lorryne Kilpatrick!!</b> 24 9:30 Fitness and Balance 🚶🏻‍♂️ 10:00 Coffee Social 1:30 Movie 🎬 3:30 Bridge</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ <b>10:00 Bible Study w/ Miss Janie</b> <b>1:30 Arts and Crafts</b> 3:30 1 On 1 Time w/ Activities Staff</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ <b>10:00 Puppy Pop-In With Augie</b> 10:30 Bingo 1:30 Card Games</p>	<p>9:45 Rise &amp; Shine Exercise 🚶🏻‍♂️ 10:30 Bingo 2:00 Story Book Club with Carol 6:00 Movie &amp; Popcorn 🎬</p>
<p><b>Happy Birthday John Lucey!!</b> 28 9:45 Rise &amp; Shine Exercise 🚶🏻‍♂️ 10:30 Sunday Documentary Series <b>1:30 Piano Recital by Students of Candace!!</b> 3:30 Trivia &amp; Laughs</p>	<p>9:30 Fitness and Balance 🚶🏻‍♂️ 10:30 Bingo <b>1:30 Planting In The Garden Party!!</b> 3:30 Words with Friends: Scrabble</p>	<p><b>Happy Birthday Catalina Serrano!!</b> 30 <b>9:30 Exercise/ Chair Yoga With Carolyn of NAZ Hospice 🚶🏻‍♂️</b> 10:30 Mimosas and Manicures 2:00 Dominos and Table Games 3:00 1 On 1 Time W/ Activities Staff</p>				



Announcements

Happy Birthday

Justine Kusner April 2nd  
Shirley Eary April 14th  
Lorrayne Kilpatrick April 24th  
John Lucey April 28th  
Catalina Serrano April 30th

Welcome

William Hickman  
Carol Etter  
Eunice Hill

Residents Who Have Passed

Masako Shirai

# "This Month In History"

## APRIL

**1860:** The first Pony Express rider leaves St. Joseph, Mo.

**1908:** Home to large sandstone pathways formed over time by flowing water, the Natural Bridges National Monument is established in southeast Utah.

**1932:** Dr. Charles Glen King, a chemistry professor at the University of Pittsburgh, isolates vitamin C from lemon juice. This breakthrough made it possible to accurately study the nutrient's properties and benefits in medicine.

**1956:** Daytime soap opera "As the World Turns" premieres on television. It was the first soap to have a half-hour runtime, rather than just 15 minutes.

**1970:** Almost 56 hours into a mission to the moon, Apollo 13 commander Jim Lovell reports to ground control, "Houston, we've had a problem." Days later, after a gripping rescue mission, millions around the world watched the spacecraft splash down safely in the Pacific Ocean.

**1994:** South Africa holds its first multiracial elections, with Nelson Mandela earning 62% of the popular vote to become the country's first Black president.

**2010:** Apple debuts its tablet computer, the iPad. Consumers purchased 300,000 units on the first day.

**2021:** A rare copy of "Action Comics #1," featuring the debut of Superman, sells for a record-breaking \$3.25 million.