



Sedona Winds

Retirement Community

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

A Shimmering Seed

January's birthstone, garnet, gets its name from the Latin word for "seed," since the deep red gem resembles the edible seed of a pomegranate.

Day of Service

The federal holiday honoring Martin Luther King Jr. is a day off for some, but organizations across the country want folks to make it a day on—by volunteering. As a national day of service, people are encouraged to put their time and talent to work serving their community.

Memorable Melody: 'Feels So Good'

This title track from Chuck Mangione's 1977 album is the definition of smooth jazz. The composer and flugelhorn player edited the album version from nearly 10 minutes to a more radio-friendly 3 1/2 minutes, and his efforts paid off: The song hit No. 1 on Billboard's Easy Listening chart and peaked at No. 4 on the Hot 100, welcoming new listeners to the jazz genre with its upbeat, catchy melody. Having appeared in multiple commercials, TV shows and movies, "Feels So Good" radiates familiar, comforting vibes even today.

What's That Noise?

Many of us still remember the sounds of the past—the "cha-ching!" of a cash register, the click-clack of a typewriter, or the dialing of a rotary phone—despite their modern-day replacements. For a fun, nostalgic activity, imitate some outmoded noises and have your friends and grandkids try to guess what you're describing.

January 2025



Curl Up in Comfort


"What a splendid piece of furniture an armchair is. ... During those long winter evenings, it is often sweet and always advisable to stretch out luxuriously in one, far from the din of the crowds." —Xavier de Maistre

Polka Dot Party

Both sophisticated and playful, polka dots are a classic pattern used in fashion and design. When they originated in the Middle Ages, they had a less cheerful connotation, since the spots were associated with disease. A couple centuries later, modern sewing machines made the pattern more uniform and easier to produce. Their leap in popularity happened at the same time as another trend—polka music from the Czech Republic—and the term "polka dots" was born.

Inaugural Event

Franklin D. Roosevelt's second-term inauguration in 1937 marked the first time the ceremony was held in January. Previous U.S. presidents took the oath of office on March 4, before the 20th Amendment changed the date to Jan. 20.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>5</p> <p>9:45 Rise & Shine Exercise👤 10:30 Sunday Documentary Series 1:00 Church Service & Singing! 2:00 Hello 2025 Celebration! 3:30 Trivia & Laughs</p>	 <p>6</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 11:00 Puzzles in the Library 1:30 Maggie's Manicures w/Laura!! 3:00 Scrabble</p>	 <p>7</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Activity w/ Ann from Maggie's 3:00 Puzzles in the Library</p>	<p>New Year's Day **Vitals Clinic** 1</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 11:00 Puzzles in the Library 12:00 Bobby Myhre Classic Sinatra & Jazz Entertainment During Lunch 2:00 Movie & Popcorn!</p>	<p>2</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bible Study 11:30 Music w/ Wally During Lunch 3:00 Activity with Danette w/Angels 3:00 Puzzles in the Library</p>	<p>3</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 1:30 Card Games in the OC Card Room 2:00 Mexican Train Dominos</p>	<p>4</p> <p>9:45 Rise & Shine Exercise👤 10:30 Bingo 1:00 Low Vision Book Club 2:00 Name That Tune! 6:00 Movie & Popcorn🎬</p>
<p>12</p> <p>9:45 Rise & Shine Exercise👤 10:30 Sunday Documentary Series 2:00 Spa Time! 3:30 Trivia & Laughs</p>	<p>13</p> <p>*Clark's Outing*</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 11:00 Puzzles in the Library 2:00 Coloring, Painting or Crafting! 3:00 Scrabble</p>	<p>14</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:00 Tech Help With Marcy Young 2:00 Music with Meg!! 3:00 Puzzles in the Library</p>	<p>15</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 11:00 Puzzles in the Library 1:00 Caregiver Meeting 3:00 EXTRA SCRABBLE!!</p>	<p>16</p> <p>Happy Birthday Bill Kusner!!</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bible Study 11:30 Music w/ Wally During Lunch 12:15 Birthday Cake Celebration with Compassus! 3:00 Puzzles in the Library 3:00 Scrabble 3:30 John Ziegler Concert!!</p>	<p>17</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 1:30 Card Games in the OC Card Room 3:00 Benedetto Duo Concert!!</p>	<p>18</p> <p>9:45 Rise & Shine Exercise👤 10:30 Bingo 1:00 Low Vision Book Club 2:00 Name That Tune! 6:00 Movie & Popcorn🎬</p>
<p>19</p> <p>9:45 Rise & Shine Exercise👤 10:30 Sunday Documentary Series 2:00 Resident Interview! 3:30 Trivia & Laughs</p>	<p>20</p> <p>Martin Luther King Jr. Day *Walmart Outing*</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 11:00 Puzzles in the Library 1:30 Maggie's Manicures w/Laura!! 3:00 Scrabble</p>	<p>21</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Activity w/ Ann from Maggie's 1:30 Pet Therapy w/ Nita & Julep 3:00 Puzzles in the Library</p>	<p>22</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Outing!! 11:00 Puzzles in the Library 2:00 Movie & Popcorn!</p>	<p>23</p> <p>Happy Birthday Adrienne Knight!!</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bible Study 11:30 Music w/ Wally During Lunch 2:00 Stitch, Chat, Paint & Snack! 3:00 Puzzles in the Library</p>	<p>24</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 1:30 Card Games in the OC Card Room 2:00 Mexican Train Dominos</p>	<p>25</p> <p>9:45 Rise & Shine Exercise👤 10:30 Bingo 1:00 Low Vision Book Club 2:00 Name That Tune! 6:00 Movie & Popcorn🎬</p>
<p>26</p> <p>9:45 Rise & Shine Exercise👤 10:30 Sunday Documentary Series 2:00 Interact Club New Year's Event! 3:30 Trivia & Laughs</p>	<p>27</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 11:00 Puzzles in the Library 2:00 Coloring, Painting or Crafting! 3:00 Scrabble</p>	<p>28</p> <p>9:30 Chair Yoga w/Carolyn of NAZ Hospice 👤</p> <p>10:00 Coffee Social 3:00 Puzzles in the Library 3:00 Tanis Brown Performance!</p>	<p>29</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Outing!! 11:00 Puzzles in the Library 2:00 Movie & Popcorn!</p>	<p>30</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bible Study 11:30 Music w/ Wally During Lunch 3:00 Puzzles in the Library 3:00 Scrabble</p>	<p>31</p> <p>9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 1:30 Card Games in the OC Card Room 2:00 Karaoke w/Will!</p>	<p>CALENDAR IS SUBJECT TO CHANGE. THANK YOU!</p>

ANNOUNCEMENTS

Happy Birthday To:

- Kathleen Schrader Jan. 8th
- Bill Kusner Jan. 16th
- Adrienne Knight Jan. 23rd

Welcome:

- Florence Whitter
- David Myers
- Sue Reller
- Marilyn Moffitt

Residents Who Have Passed:

- Mary "Pat" Shanahan
- Mary "Jan" Robblin

"This Month In History" JANUARY

1901: The American Bowling Congress organizes the first national bowling tournament, held in Chicago.

1938: Benny Goodman plays a sold-out concert at New York City's Carnegie Hall. It was the first time jazz was played at the venue, and the first time that white and Black musicians performed together on a U.S. stage.

1943: Headquarters for the U.S. Department of Defense, the Pentagon building officially opens.

1953: Chevrolet debuts its new sports car, the Corvette.

1986: James Brown, Buddy Holly and Elvis Presley are among the first artists inducted into the Rock & Roll Hall of Fame.

1994: American speedskater Dan Jansen sets a new world record, skating 500 meters in 35.76 seconds at a race in Canada.

2006: An unmanned NASA probe blasts off to begin a 3 billion-mile journey to Pluto.

2010: Apple introduces its first iPad, a touch-screen tablet computer.

2019: A polar vortex sends frigid air across the upper Midwest and Northeast, causing record-breaking low temperatures.