



Sedona Winds

Retirement Community

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

Days of December

December brings the arrival of winter, the holiday season, and the eve of the new year. Enjoy this exciting time!

Flickering Festivity

On Dec. 24, 1966, a New York City TV station first aired "The Yule Log," a continuous video of a crackling fireplace scene accompanied by a festive soundtrack. People tuned in each year for the three-hour holiday scene, but the rising costs of the commercial-free program doused the fake flames in the '90s. Thanks to viewer demand, "The Yule Log" was rekindled in 2001, and now the cozy broadcast—as well as numerous copycats—can be seen on stations and streaming services nationwide.

Remember When: Wooden Sleds

For generations of children, the combination of a winter snowfall and a nearby hill made for a day of sledding fun. One of the most popular means of riding the snowy slopes was aboard a Flexible Flyer. The iconic wooden sled with its eagle logo, red metal runners and hardwood seat slats was famous for a revolutionary feature—a flexible front-end steering bar that allowed the rider to control their course. Created in 1899 by a New Jersey manufacturer, millions of the sleds were sold up until the 1980s.

Staying Active With Arthritis

Doctors say light exercise can help manage arthritic joint pain, especially in the winter. Indoor walking and swimming, riding a stationary bike, yoga and tai chi are all good options.

December 2024



Handcrafted Happiness

Knitting, drawing and woodworking are just some of the handicrafts that can amp up your happiness. Experts studying the benefits of these pursuits say making something with your hands fosters creative thought, which can produce moments of joy. Crafters also report feeling more energetic and enthusiastic not only while working on a project, but also after completing it.

Hazelnuts for Health

Whether you know them as hazelnuts, filberts or cobnuts, these sweet-tasting little nuts are packed with fiber, antioxidants and healthy fats. Like other tree nuts, raw or roasted hazelnuts can be a heart-healthy snack option.

Frosty and Festive

"Winter is not a season, it's a celebration."
—Anamika Mishra

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 9:45 Rise & Shine Exercise👤 10:30 Sunday Documentary Series 1:00 Church Service & Singing! 2:00 Spa Time! 3:30 Trivia & Laughs	2 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 11:00 Puzzles in the Library 1:30 Manicures & Mimosas!! 3:00 Scrabble	3 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Activity w/ Ann from Maggie's 11:00 Outing 3:00 Games 3:00 Puzzles in the Library	4 **Vitals Clinic** 9:30 Fitness and Balance 👤 10:00 Coffee Social 11:00 Outing 11:00 Puzzles in the Library 12:00 Bobby Myhre Classic Sinatra & Jazz Entertainment During Lunch 2:00 BONUS BINGO!!	5 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bible Study 11:30 Music w/ Wally During Lunch 2:00 Arts and Crafts 3:00 Puzzles in the Library 3:00 Scrabble	6 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 1:30 Card Games in the OC Card Room 2:00 Horse Races!!	7 9:45 Rise & Shine Exercise👤 10:30 Bingo 1:00 Low Vision Book Club 2:00 Story Book Club with Carol 6:00 Movie & Popcorn🎬	
8 9:45 Rise & Shine Exercise👤 10:30 Sunday Documentary Series 2:00 CHRISTMAS CAROLING w/the Interact Club Kids! 3:30 Trivia & Laughs	9 *Walmart Outing* 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 11:00 Puzzles in the Library 12:00 Kids' Choir 2:00 Coloring, Painting or Planting! 3:00 Scrabble	10 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:00 Tech Help With Marcy Young 2:00 Music with Meg!! 3:00 Games 3:00 Puzzles in the Library	11 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Community Meeting 11:00 Puzzles in the Library 2:00 Ukulele Performance!!	12 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	13 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 1:30 Card Games in the OC Card Room 2:00 Benedetto Duo Concert!!	14 9:45 Rise & Shine Exercise👤 10:30 Bingo 1:00 Low Vision Book Club 2:00 Story Book Club with Carol 6:00 Movie & Popcorn🎬	
15 9:45 Rise & Shine Exercise👤 10:30 Sunday Documentary Series 1:00 3rd Annual CHRISTMAS PAGEANT! 3:30 Trivia & Laughs	16 *Clark's Outing* 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 11:00 Puzzles in the Library 1:30 Manicures & Mimosas!! 3:00 Scrabble	17 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 3:30 Red RockApella Concert!!	18 Happy Birthday Ed Hughes!! 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Brunch/Lunch at Miley's Cafe! 11:00 Puzzles in the Library 1:00 Caregiver Meeting 3:00 EXTRA SCRABBLE!!	19 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bible Study 11:30 Music w/ Wally During Lunch 2:00 John Ziegler Concert & Happy Hour!!! 3:00 Puzzles in the Library	20 Happy Birthday Bob Jay!! **PODIATRIST** 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 1:30 Card Games in the OC Card Room 3:00 Celtic Music!!	21 9:45 Rise & Shine Exercise👤 10:30 Bingo 1:00 Low Vision Book Club 2:00 Story Book Club with Carol 6:00 Movie & Popcorn🎬	
22 9:45 Rise & Shine Exercise👤 10:30 Sunday Documentary Series 2:00 Catch the Christmas Spirit! 3:30 Trivia & Laughs	23 Happy Birthday Mae Broadhead!! 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 11:00 Puzzles in the Library 2:00 Coloring, Painting or Planting! 3:00 Scrabble	24 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 BINGO!! 3:00 Puzzles in the Library 3:00 Violin Performance!!	25 CHRISTMAS!! 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 BINGO!! 11:00 Puzzles in the Library 2:00 Christmas Movie & Snack!	26 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	27 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	28 9:45 Rise & Shine Exercise👤 10:30 Bingo 1:00 Low Vision Book Club 2:00 Story Book Club with Carol 6:00 Movie & Popcorn🎬	
29 9:45 Rise & Shine Exercise👤 10:30 Sunday Documentary Series 2:00 Year End Surprise! 3:30 Trivia & Laughs	30 Happy Birthday Lorraine Schoettger!! 9:30 Fitness and Balance 👤 10:00 Coffee Social 10:30 Bingo 11:00 Puzzles in the Library 2:00 Coloring, Painting or Planting! 3:00 Scrabble	31 NEW YEAR'S EVE!! *New Year's Eve Celebration TBT* 9:30 Exercise/ Chair Yoga With Carolyn of NAZ Hospice 👤 10:00 Coffee Social 10:30 NYE BINGO! 3:00 Games 3:00 Puzzles in the Library	<u>Calendar is Subject to Change!!</u>				

ANNOUNCEMENTS

Happy Birthday To:

-Ed Huges Dec. 18th

-Bob Jay Dec. 20th

-Mae Broadhead Dec. 23rd

Lorraine Schoettger Dec. 30th

Welcome:

-Della Buchholtz

-Thelma "TJ" Anderson

-Richard & Marlene Batka

Residents Who Have Moved Out:

-Delwyn Watts

"This Month In History"

DECEMBER

1901: With a goal of setting rules and safety standards, representatives from over 60 universities meet to form the Intercollegiate Athletic Association of the United States. In 1910, the organization was renamed the NCAA.

1924: At age 2, Judy Garland makes her stage debut at her father's movie theater in Grand Rapids, Minn.

1948: The United Nations General Assembly adopts the Universal Declaration of Human Rights. Defining

fundamental freedoms of all human beings, the document has been translated into more than 500 languages.

1973: Astronauts on NASA's Skylab 4 mission take a 7-hour spacewalk, the longest at the time.

1987: Ron Hextall of the Philadelphia Flyers becomes the first NHL goalie to score a goal by intentionally firing the puck into the other team's net.

2001: "The Lord of the Rings: The Fellowship of the Ring" premieres. It was the first film in the trilogy based on author J.R.R. Tolkien's fantasy series.

2007: At 81, Queen Elizabeth II becomes the oldest ever monarch of the U.K., surpassing her great-great-grandmother, Queen Victoria.

2016: Global retailer Amazon makes its first delivery by drone. The package arrived at its destination 13 minutes after it was ordered.