



Sedona Winds

Retirement Community

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

The Great Backyard Bird Count

Every February, bird-watchers around the world lend a helping wing to scientists by participating in the Great Backyard Bird Count, a four-day project organized by the Cornell Lab of Ornithology and the National Audubon Society. Learn more at GBBC.BirdCount.org.

Remember When: Car Tail Fins

Many car lovers have an affinity for models made during post-war America's fascination with the jet and space age. For about a decade, tail fins became a signature feature of auto design, giving even the simplest sedan some futuristic flair. Automakers Ford, General Motors and Chrysler steered into the fad that reached its zenith with those created for the 1959 Cadillac, which were high, long and accented with chrome and red taillights. But by the mid-1960s, the finned look had driven off into the sunset.

February Forecast

Feb. 2 is Groundhog Day, when the furry forecaster from Pennsylvania emerges from his burrow. If Punxsutawney Phil sees his shadow, it means six more weeks of winter. If he doesn't, then spring is just around the corner.

Enjoy Flowers Longer

If you receive a bouquet of fresh flowers, help them last longer with this recipe: Dissolve 2 tablespoons each of sugar and white vinegar in a quart of warm water. Experts say another alternative is to mix one part lemon-lime soda with three parts water. Change the water mixture every few days.

February 2025



Tart Is Smart

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit's flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.

Be My Valentine

Speaking of "Be My Valentine," JC and Mae Broadhead have been each other's Valentine for over 70 years!! Mr. and Mrs. Broadhead (Rm #132) were married February 4, 1955 in Blackfoot, Idaho. Happy 70th Wedding Anniversary, you two!!

Weekly News

The first issue of Newsweek magazine came out on Feb. 17, 1933. The publication, founded by Thomas J.C. Martyn, a former foreign editor at Time magazine, cost 10 cents a copy and had a circulation of 50,000. At its height in the early 2000s, Newsweek had a worldwide circulation of more than 4 million.

Sunday

Monday

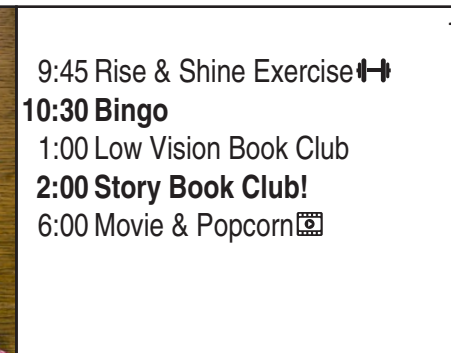
Tuesday

Wednesday

Thursday

Friday

Saturday



2
9:45 Rise & Shine Exercise👤👤
10:30 Sunday Documentary Series
1:00 Church Service & Singing!
2:00 Spa Time!

3
Clark's Outing
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
10:30 Bingo
11:00 Puzzles in the Library
1:30 Maggie's Manicures w/Laura!!
3:00 Scrabble

4
9:30 Fitness and Balance 👤👤
10:00 Coffee Social
10:30 Activity w/ Ann from Maggie's
3:00 Puzzles in the Library

5
VITALS CLINIC
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
11:00 Puzzles in the Library
12:00 Bobby Myhre Classic Sinatra & Jazz Entertainment During Lunch
1:30 Card Games in OC Card Room
2:00 BONUS BINGO!!

6
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
10:30 Bible Study
11:30 Music w/ Wally During Lunch
3:00 Activity w/Danette from Angels!
3:00 Puzzles in the Library

7
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
10:30 Bingo
1:30 Card Games in the OC Card Room

8
9:45 Rise & Shine Exercise👤👤
10:30 Bingo
2:00 Story Book Club!
6:00 Movie & Popcorn🎬

9
****Happy Birthday ROSALIND "ROZ" WELLS!****
9:45 Rise & Shine Exercise👤👤
10:30 Sunday Documentary Series
2:00 Super Bowl Sunday Party!!
3:30 Trivia & Laughs

10
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
10:30 Bingo
11:00 Puzzles in the Library
2:00 Coloring, Painting or Crafting!
3:00 Scrabble

11
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

12
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
10:30 Community Meeting
11:00 Puzzles in the Library
2:00 Ukulele Performance!

13
9:30 Exercise, Balance & Breath Work👤👤
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
3:30 John Ziegler Concert!!

14
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
10:30 Bingo
1:30 Card Games in the OC Card Room
2:00 Valentine's Day Celebration!!

15
****Happy Birthday JOE SKIDMORE!****
9:45 Rise & Shine Exercise👤👤
10:30 Bingo
1:00 Low Vision Book Club
2:00 Story Book Club!
6:00 Movie & Popcorn🎬

16
9:45 Rise & Shine Exercise👤👤
10:30 Sunday Documentary Series
2:00 Valentine's Party- Power of LOVE
3:30 Trivia & Laughs

17
***Walmart Outing* Presidents Day**
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
10:30 Bingo
11:00 Puzzles in the Library
1:30 Maggie's Manicures w/Laura!!
3:00 Scrabble

18
9:30 Fitness and Balance 👤👤
10:00 Coffee Social
10:30 Activity w/ Ann from Maggie's
1:30 Pet Therapy w/ Nita & Julep
2:00 Watercolor Painting Class w/Rachel Tucker!!
3:00 Puzzles in the Library

19
****Happy Birthday JESSIE COONS!****
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
11:00 Puzzles in the Library
2:00 Caregiver Meeting

20
****Happy Birthday JIMMIE KIPER!****
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
10:30 Bible Study
11:30 Music w/ Wally During Lunch
12:15 Birthday Cake Celebration with Compassus!
3:00 Activity w/Danette from Angels!
3:00 Puzzles in the Library

21
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
10:30 Bingo
1:30 Card Games in the OC Card Room

22
9:45 Rise & Shine Exercise👤👤
10:30 Bingo
2:00 Story Book Club!
6:00 Movie & Popcorn🎬

23
9:45 Rise & Shine Exercise👤👤
10:30 Sunday Documentary Series
2:00 Name That Tune!
3:30 Trivia & Laughs

24
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
10:30 Bingo
11:00 Puzzles in the Library
2:00 Coloring, Painting or Crafting!
3:00 Scrabble

25
9:30 Chair Yoga w/Carolyn of NAZ Hospice 👤👤
9:30 Fitness and Balance 👤👤
10:00 Coffee Social
3:00 Puzzles in the Library
3:00 Tanis Brown Performance!

26
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
11:00 Puzzles in the Library

27
9:30 Exercise, Balance & Breath Work👤👤
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

28
9:30 Exercise, Balance & Breath Work👤👤
10:00 Coffee Social
10:30 Bingo
1:30 Card Games in the OC Card Room

PLEASE REMEMBER,
CALENDAR IS
SUBJECT TO
CHANGE.
THANK YOU!

ANNOUNCEMENTS

Residents Who Have Passed:

- Jim Close
- Florence "Flo" Whitter
- Rebecca Martin

Happy Birthday To:

- Roz Wells Feb. 9th
- Joe Skidmore Feb. 15th
- Dorothy Karp Feb. 16th
- Jessie Coons Feb. 19th
- Jimmie Kiper Feb. 20th
- Carol Etter Feb. 29th

Residents Who Have Moved Out:

- Bob & Pat Jay
- Johanna Haas

Welcome:

- Mel Rycus & dog Tatum
- Hazel Proctor

"This Month In History"

FEBRUARY

1878: Thomas Edison receives a patent for his first major invention, the phonograph.

1905: The first Rotary Club meets in Chicago. The service organization now has more than 35,000 clubs worldwide.

1914: In Washington, D.C., a groundbreaking ceremony is held on the western end of the National Mall for the Lincoln Memorial.

1922: Embracing the "broadcasting boom," President Warren G. Harding

has a radio installed in the White House.

1935: The board game Monopoly goes on sale with a price tag of \$2. Now a classic favorite, millions have played the property trading game.

1947: Inventor Edwin H. Land demonstrates his Polaroid Land Camera, which could produce a black-and-white photo in 60 seconds.

1954: A group of children in Pittsburgh is the first to be inoculated against polio with a new vaccine developed by Dr. Jonas Salk.

1968: With smiles, songs and stories, the TV series "Mister Rogers' Neighborhood" premieres on national public television.

1985: The Coca-Cola Company launches a new flavored soft drink, Cherry Coke.

1995: American businessman Steve Fossett completes the first solo flight across the Pacific Ocean in a balloon.

2006: At the Winter Olympics in Italy, U.S. speedskater Shani Davis becomes the first black athlete to win an individual gold medal in Winter Games history.

2011: "The Artist" wins the Oscar for best picture. It was the first silent film to win the award since "Wings" in 1927.

2014: Comedian Jimmy Fallon becomes the host of the late-night talk show "The Tonight Show."