



Sedona Winds

Retirement Community

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

Positive Thought

"An optimist is the human personification of spring." —Susan J. Bissonette

Remember When: Silly Putty

During World War II, a rubber shortage prompted a search for a synthetic substitute. Two chemists—one at General Electric and the other with Dow Corning—combined boric acid and silicone oil. Though they were working independently, they got the same result: a bouncy, stretchy material. It wasn't a good rubber replacement, but it was entertaining to play with. A toy marketer packaged 1-ounce balls of the putty in plastic eggs and sold them for a dollar apiece, and Silly Putty became one of the most popular toys of the 20th century.

March Madness

It means office pools. Heartbreak. Buzzer beaters. Braggin' rights. "March Madness" strikes this month each year. The goal is to crown a national champion in college basketball. But did you know "March Madness" originally was coined in relation to high school hoops?

In 1939, Henry V. Porter, an administrator with the Illinois High School Association, referred to "March Madness" in an article he wrote describing the hoopla surrounding the Illinois state tournament.

When TV broadcaster Brent Musburger used the phrase "March Madness" during the 1982 NCAA tournament, it ignited an association with what has become a much-anticipated March staple.

March 2025



A Cheery Sight

Wearing a chest of bold orange feathers and chirping a cheery song, the robin is known as the herald of spring. This hardy North American bird is often a year-round resident that spends the winter roosting in trees to conserve energy. As the weather warms, robins become a more noticeable sight as they come out to search for food and begin nesting.

Famous Firsts: Academy Awards

Unlike today's spectacle, the first Academy Awards celebration in 1929 was a small affair with just 270 people. A private dinner at a Hollywood hotel honored the film industry's best in 12 categories, and the winners had been announced months earlier.

Lucky Charms

Do you have a lucky coin or a pair of socks that you believe brings you good fortune? You may be on to something. Studies show that simply believing a lucky charm works can boost a person's confidence, helping them perform a task better.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

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

2
9:45 Rise & Shine Exercise👤
10:30 Sunday Documentary Series
1:00 Church Service & Singing!
3:30 Trivia & Laughs

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

4
**10:00 Activity w/ Ann from
Maggie's**
1:00 Gardening!
**2:00 Candy the Comedian
Performance with Happy
Hour**
3:00 Puzzles in the Library

5
9:30 Exercise, Balance & Breath
Work👤
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👤
10:30 Bible Study
11:30 Music w/ Wally During Lunch
**3:00 Activity w/Danette from
Angels!**
3:00 Puzzles in the Library

7
****Happy Birthday ELLIE
EVERETT!****
9:30 Exercise, Balance & Breath
Work👤
10:30 Bingo
1:30 Card Games in the OC Card
Room
2:00 Karaoke w/Will!

8
9:45 Rise & Shine Exercise👤
10:30 Bingo
1:00 Low Vision Book Club
2:00 Story Book Club!
6:00 Movie & Popcorn🎬

9
9:45 Rise & Shine Exercise👤
10:30 Sunday Documentary Series
2:00 Resident Interview!

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

11
****Happy Birthday GERTRUDE
MAYNE!****
9:30 Exercise, Balance & Breath
Work👤
10:00 Tech Help With Marcy Young
1:00 Gardening!
2:00 Music with Meg!!
3:00 Puzzles in the Library

12
9:30 Exercise, Balance & Breath
Work👤
10:30 Community Meeting
11:00 Puzzles in the Library
2:00 BONUS BINGO!!

13
9:30 Exercise, Balance & Breath
Work👤
10:30 Bible Study
11:30 Music w/ Wally During Lunch
2:00 Stitch, Chat, Paint & Snack!
3:00 Puzzles in the Library

14
9:30 Exercise, Balance & Breath
Work👤
10:30 Bingo
1:00 Jeopardy!
1:30 Card Games in the OC Card
Room
3:00 Benedetto Duo Concert!!

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

16
****Happy Birthday JC
BROADHEAD!****
9:45 Rise & Shine Exercise👤
10:30 Sunday Documentary Series
2:00 St. Patrick's Day Party!

17
****Happy Birthday GIL SECHRIST!****
9:30 Exercise, Balance & Breath
Work👤
10:30 Bingo
11:00 Puzzles in the Library
1:30 Maggie's Manicures w/Laura!!
**2:00 St. Patrick's Day Party w/
Happy Hour!**
3:00 Scrabble

18
**10:00 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
9:30 Exercise, Balance & Breath
Work👤
10:00 Donuts & Mimosas
11:00 Puzzles in the Library
1:00 Gardening!
2:00 Caregiver Meeting

20
9:30 Exercise, Balance & Breath Work👤
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!
**3:30 John Ziegler Concert & Happy
Hour!!**

21
PODIATRIST
9:30 Exercise, Balance & Breath
Work👤
10:30 Bingo
1:30 Card Games in the OC Card
Room
2:00 Coloring, Painting or Crafting!

22
9:45 Rise & Shine Exercise👤
10:30 Bingo
1:00 Low Vision Book Club
2:00 Story Book Club!
6:00 Movie & Popcorn🎬

23
9:45 Rise & Shine Exercise👤
10:30 Sunday Documentary Series
3:30 Trivia & Laughs

24
Walmart Outing
9:30 Exercise, Balance & Breath Work👤
10:30 Bingo
11:00 Puzzles in the Library
3:00 Scrabble

25
**9:30 Chair Yoga w/Carolyn of NAZ
Hospice 👤**
10:30 Gardening!
3:00 Puzzles in the Library

26
9:30 Exercise, Balance & Breath
Work👤
10:30 Gardening!
11:00 Puzzles in the Library
2:00 BONUS BINGO!!

27
9:30 Exercise, Balance & Breath
Work👤
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👤
10:30 Bingo
1:30 Card Games in the OC Card
Room
2:00 Jeopardy!

29
9:45 Rise & Shine Exercise👤
10:30 Bingo
1:00 Low Vision Book Club
2:00 Story Book Club!
6:00 Movie & Popcorn🎬

30
9:45 Rise & Shine Exercise👤
10:30 Sunday Documentary Series
2:00 Interact Club Kids!

31
9:30 Exercise, Balance & Breath Work👤
10:30 Bingo
11:00 Puzzles in the Library
3:00 Scrabble

**3:00 Tanis Brown Performance &
Happy Hour!**

ANNOUNCEMENTS

Residents Who Have Passed:

Betty Boykin

Laura Duncan

Happy Birthday To:

Ellie Everett - March 7th

Gertrude Mayne - March 11th

JC Broadhead - March 16th

Gil Sechrist - March 17th

Residents Who Have Moved Out:

Ellen Cooper

Jacqueline Saily

Welcome:

Barbara (Bashu) Reiche

Marian Brookman

Paul Husby

Nancy Harbour

"This Month In History"

MARCH

1790: The first U.S. census is taken and records a population of 3.9 million.

1899: A German pharmaceutical company patents aspirin.

1912: Oreos, the cream-filled chocolate sandwich cookies, are introduced by the National Biscuit Company.

1923: Time magazine debuts.

1933: Frances Perkins is appointed secretary of labor, becoming the first woman to serve in the Cabinet.

1941: The National Gallery of Art opens in Washington, D.C.

1951: The comic strip "Dennis the Menace" by Hank Ketcham begins syndication in 16 newspapers.

1968: Country music singers Johnny Cash and June Carter marry.

1981: TV anchorman Walter Cronkite, often called "the most trusted man in America," retires from the "CBS Evening News."

1994: Hockey great Wayne Gretzky nets his 802nd NHL goal, breaking the previous record held by legend Gordie Howe.

1997: Singer, songwriter and former Beatle Paul McCartney is knighted by Queen Elizabeth II.

2002: Halle Berry wins the Oscar for best actress for her role in "Monster's Ball." She was the first African-American to receive the award.

2006: The first tweet goes out at the launch of social media website Twitter.