



# Sedona Winds

## Retirement Community

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### Laugh It Up

People have been laughing and pranking each other on April 1 for years ... decades ... centuries? While the jokes and jests can be very concrete, the history of April Fools' Day is a little harder to pin down. Some historians trace the practice of pranking back to Roman times, while others land its origins in the Middle Ages. Regardless of the holiday's history, if pranking is on your list of April 1 to-dos, please ensure that your joke is safe and fun for everyone!

### Brilliant and Beloved Children's Books

Celebrated annually on April 2, International Children's Book Day promotes a love for reading among children around the globe. The day coincides with the birth anniversary of Danish author Hans Christian Andersen, the creative writer behind beloved stories such as "The Ugly Duckling" and "The Little Mermaid." Celebrate the day by sharing your favorite titles from your own childhood, or better yet, pen a children's story of your own.

### Remember When: The Milkman

Getting fresh milk and dairy products didn't always require a trip to the store. Up until the 1960s, the neighborhood milkman might have delivered glass bottles of milk and other dairy staples to homes several times a week. Neatly outfitted in white uniforms, milkmen became like friends of the family. The convenient service had all but disappeared by the 1970s, but the concept has seen a small revival in the past decade.

### April 2025



### Wild World: Mallard Duck

The most common wild duck in the U.S., the mallard is also thought to be the most abundant and wide-ranging duck in the world. It is found in fresh bodies of water throughout North America, Europe and Asia. Male mallards, called drakes, have a green head, a white neckband and a brown and gray body. Females have mottled brown and white feathers all over their bodies except for an iridescent blue patch on their wings. Mallards are dabbling ducks, meaning they tip their bodies vertically into the water, with their tail in the air, to feed on fish, frogs and plants. Female mallards quack, but males do not; instead, they make a soft, raspy sound.

### Blown Away by Spring

Spring and strong winds often go hand in hand. This is due to shifting atmospheric pressure and temperature changes. According to the World Meteorological Organization, the maximum natural wind gust ever recorded clocked in at 253 mph on April 10, 1996, in Barrow Island, Australia.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>April Fools' Day</b> 1 10:00 Activity w/ Ann from Maggie's 2:00 Stitch, Chat, Paint & Snack! 3:00 Gardening 3:00 Puzzles in the Library	<b>Happy Birthday Justine Kusner!!</b> 2 *VITALS CLINIC* 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!!	3 9:30 Exercise, Balance & Breath Work👤👤 10:30 Bible Study 11:30 Music w/ Wally During Lunch 2:00 Karaoke w/ Will!	4 9:30 Exercise, Balance & Breath Work👤👤 10:30 Bingo 1:30 Card Games in the OC Card Room 2:00 Sedona Symphony Harpist Performance	5 <b>Happy Birthday Michael McCann!!</b> 9:45 Rise & Shine Exercise👤👤 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 Storytime Discussion Group! 6:00 Movie & Popcorn🎬
6 9:45 Rise & Shine Exercise👤👤 10:30 Sunday Morning Surprise! 1:00 Church Service & Singing! 2:00 Spa Time! 3:30 Easter Visits	7 *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	8 9:30 Exercise, Balance & Breath Work👤👤 10:00 Tech Help With Marcy Young 11:00 Puzzles in the Library 3:00 Horse Races!!	9 9:30 Exercise, Balance & Breath Work👤👤 10:30 Community Meeting 11:00 Puzzles in the Library 2:00 Ukulele Performance!	10 9:30 Exercise, Balance & Breath Work👤👤 10:30 Bible Study 11:30 Music w/ Wally During Lunch 1:00 Petting Zoo Trip!	11 9:30 Exercise, Balance & Breath Work👤👤 10:30 Bingo 1:30 Card Games in the OC Card Room 2:00 Jeopardy!	12 <b>Happy Birthday Shirley Eary!!</b> 9:45 Rise & Shine Exercise👤👤 10:30 Bingo! 2:00 Storytime Discussion Group! 6:00 Movie & Popcorn🎬
13 9:45 Rise & Shine Exercise👤👤 10:30 Sunday Morning Surprise! 2:00 Social Club Event! 3:30 Easter Visits	14 9:30 Exercise, Balance & Breath Work👤👤 10:30 Bingo 11:00 Puzzles in the Library 3:00 Scrabble	15 10:00 Activity w/ Ann from Maggie's 1:30 Pet Therapy w/ Nita & Julep 2:00 Spring Garden Tea Party with Planting Activity 3:00 Puzzles in the Library	16 9:30 Exercise, Balance & Breath Work👤👤 10:30 Gardening 11:00 Puzzles in the Library 2:00 Bridge in the OC Card Room 2:00 Caregiver Meeting	17 9:30 Exercise, Balance & Breath Work👤👤 10:30 Bible Study 11:30 Music w/ Wally During Lunch 12:15 Birthday Cake Celebration with Compassus! 3:30 John Ziegler Concert & Happy Hour!!	18 9:30 Exercise, Balance & Breath Work👤👤 10:30 Bingo 1:30 Card Games in the OC Card Room 2:00 Jeopardy!	19 9:45 Rise & Shine Exercise👤👤 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 Storytime Discussion Group! 6:00 Movie & Popcorn🎬
20 <b>Easter Sunday!!</b> 9:45 Rise & Shine Exercise👤👤 10:30 Sunday Morning Surprise! 1:00 Easter Church Service & Singing! 2:00 Easter Fun & Festivities! 3:30 Easter Visits	21 *WALMART 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	22 <b>Earth Day!</b> 9:30 Exercise, Balance & Breath Work👤👤 10:00 Donuts & Mimosas 2:00 Watercolor Painting Class w/ Rachel Tucker!! 3:00 Men's Cornhole Game 3:00 Puzzles in the Library	23 9:30 Exercise, Balance & Breath Work👤👤 10:30 Gardening 11:00 Puzzles in the Library 1:00 Littlest Big Band Performance with Happy Hour!	24 9:30 Exercise, Balance & Breath Work👤👤 10:30 Bible Study 11:30 Music w/ Wally During Lunch 1:00 Scenic Drive	25 9:30 Exercise, Balance & Breath Work👤👤 10:30 Bingo 1:30 Card Games in the OC Card Room 3:30 The 3 Violinists Performance	26 <b>Happy Birthday John Lucey!!</b> 9:45 Rise & Shine Exercise👤👤 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 Storytime Discussion Group! 6:00 Movie & Popcorn🎬
27 9:45 Rise & Shine Exercise👤👤 10:30 Sunday Morning Surprise! 2:00 Resident Interview! 3:30 Easter Visits	28 9:30 Exercise, Balance & Breath Work👤👤 10:30 Bingo 11:00 Puzzles in the Library 3:00 Scrabble	29 9:30 Chair Yoga w/Carolyn of NAZ Hospice 👤👤 10:30 BONUS BINGO!! 2:00 Stitch, Chat, Paint & Snack! 3:00 Puzzles in the Library	30 9:30 Exercise, Balance & Breath Work👤👤 10:30 Gardening 11:00 Puzzles in the Library 2:00 BONUS BINGO!!	PLEASE REMEMBER, CALENDAR IS SUBJECT TO CHANGE.  THANK YOU!		

## ANNOUNCEMENTS

### *Residents Who Have Passed:*

Dorothy Karp  
Austin Marx

### *Happy Birthday To:*

Justine Kusner - April 2nd  
Michael McCann - April 5th  
Shirley Eary - April 12th  
John Lucey - April 28th

### *Residents Who Have Moved Out:*

George Zimmerman  
Paul Husby

### *Welcome:*

Pat Heth  
Roswitha Heintz

# "This Month In History"

## APRIL

**1902:** Tally's Electric Theater in Los Angeles opens. It was the first theater in the U.S. to be built with the sole purpose to show movies, not stage shows.

**1917:** The United States formally enters World War I, marking a turning point in the conflict that had been ongoing for nearly three years. The Great War ended just over a year and a half later.

**1923:** Yankee Stadium in New York City hosts its first baseball game. The Yankees defeated the Red Sox 4-1.

**1938:** Bugs Bunny makes his first cartoon appearance in "Porky's Hare Hunt."

**1954:** The United States Air Force Academy is established just north of Colorado Springs, Colo. Cadets attend the academy to receive military training for either the Air Force or Space Force.

**1969:** The first temporary artificial heart is used to successfully sustain a patient for 65 hours while waiting for a human heart to become available.

**1977:** Fifteen women in the House of Representatives hold the first Women's Caucus meeting. The bipartisan organization is now known as the Congressional Caucus for Women's Issues.

**1997:** At age 21, golfer Tiger Woods takes the title of Masters champion, becoming the tournament's youngest winner—a record he still holds today.

**2004:** Google launches the free email service Gmail. Since the announcement was made on April Fools' Day, the public was skeptical of its authenticity. Today, Gmail is actively used by 1.8 billion people around the globe.