



# Sedona Winds

## Retirement Community

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

### Salute America's Military

In May, America observes Armed Forces Day, Memorial Day, National Military Appreciation Month and Military Spouse Appreciation Day. Take the time this month to honor the men and women in uniform, past and present, and their families.

### Fiesta on the Fifth

From Los Angeles and Phoenix to Denver and Washington, D.C., cities across the nation will put on Cinco de Mayo festivals. Commemorating Mexico's 1862 battle victory over the French, the annual May 5 salute to Mexican culture and heritage has become a popular American observance, often enjoyed with traditional food and music.

### Don't Forget Your Feet

If warmer weather has you wearing sandals or kicking off your shoes when you're outside, be sure to protect the tops of your feet with sunscreen. Feet are often overlooked when it comes to sun protection, so slather up—head to toes.

### A Good Night's Sleep

For many, the challenge of getting a good night's sleep doesn't lie in falling asleep; it's staying asleep that's the problem. If you find yourself waking up alert far too early, consider the 4-7-8 deep breathing technique to relax back into the zzzs you need. Inhale through the nose for four seconds; hold that inhale for seven seconds; and then exhale through the mouth for eight seconds.

May 2025



### Best Friends

"It's not that diamonds are a girl's best friend, but it's your best friends who are your diamonds."

—Gina Barreca




### Happy Mother's Day!

"A mother's love for her child is like nothing else in the world." —*Agatha Christie*

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us, we wish all the moms who call our community home a very happy Mother's Day!

### A Tall Achievement

Fifty years ago this month, Japanese climber Junko Tabei became the first woman to conquer Mount Everest on May 16, 1975, when she led an all-female expedition up the world's tallest mountain.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><b>PLEASE REMEMBER, CALENDAR IS SUBJECT TO CHANGE. THANK YOU!</b></p>	<p>9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Bible Study 11:30 Music w/ Wally During Lunch 2:00 Men's Blackjack &amp; Happy Hour</p>	<p>9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Bingo 1:00 Puzzles in the Library 2:00 Karaoke w/Will!</p>	<p>9:45 Rise &amp; Shine Exercise👤👤 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 Storytime Discussion Group! 6:00 Movie &amp; Popcorn🎬</p>
<p>9:45 Rise &amp; Shine Exercise👤👤 10:30 Sunday Morning Surprise! 2:00 Social Club &amp; Fun! 3:30 Trivia and Laughs</p>	<p><b>Cinco De Mayo!</b> 9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Bingo 11:00 Puzzles in the Library 2:30 Cinco De Mayo Party with Happy Hour 3:00 Scrabble</p>	<p>9:30 Exercise, Balance &amp; Breath Work 10:30 Manicures 2:00 Stitch, Chat, Paint &amp; Snack! 3:30 Red Rockappella Ensemble!!</p>	<p><b>*VITALS CLINIC* Richard &amp; Marlene Batka's Anniversary!</b> 11:00 Puzzles in the Library 12:00 Bobby Myhre Classic Sinatra &amp; Jazz Entertainment During Lunch 2:00 Bingo</p>	<p>9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Bible Study 11:00 Casino Outing! 11:30 Music w/ Wally During Lunch</p>	<p>9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Bingo 1:00 Puzzles in the Library 2:00 Wii Sports</p>	<p>9:45 Rise &amp; Shine Exercise👤👤 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 Storytime Discussion Group! 6:00 Movie &amp; Popcorn🎬</p>
<p><b>Mother's Day!</b> 9:45 Rise &amp; Shine Exercise👤👤 10:30 Sunday Morning Surprise! 2:00 Mother's Day Celebration! 3:30 Trivia and Laughs</p>	<p><b>Clark's Outing</b> 9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Bingo 11:00 Puzzles in the Library 1:00 Crafting - Tie Dye Shirts! 3:00 Scrabble</p>	<p>9:30 Exercise, Balance &amp; Breath Work👤👤 10:00 Tech Help With Marcy Young 2:00 Bingo! 3:00 Bridge in the OC Card Room</p>	<p>9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Community Meeting 11:00 Puzzles in the Library 2:00 Bingo</p>	<p>9:30 Exercise, Balance &amp; 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!!</p>	<p>9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Bingo 1:00 Puzzles in the Library 2:00 Jeopardy! 3:00 Benedetto Duo Concert!!</p>	<p>9:45 Rise &amp; Shine Exercise👤👤 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 Storytime Discussion Group! 6:00 Movie &amp; Popcorn🎬</p>
<p>9:45 Rise &amp; Shine Exercise👤👤 10:30 Sunday Morning Surprise! 2:00 Spa Time! 3:30 Trivia and Laughs</p>	<p>9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Bingo 11:00 Puzzles in the Library 1:30 Manicures 3:00 Scrabble</p>	<p><b>10:00 Activity w/ Ann from Maggie's</b> 1:30 Pet Therapy w/ Nita &amp; Julep 2:00 Bingo! 3:00 Bridge in the OC Card Room</p>	<p>9:30 Exercise, Balance &amp; Breath Work👤👤 10:00 Donut Social! 11:00 Puzzles in the Library 2:00 Caregiver Meeting</p>	<p><b>Happy Birthday Thelma Anderson!</b> 9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Bible Study 11:30 Music w/ Wally During Lunch 2:00 Bingo</p>	<p>9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Bingo 1:00 Puzzles in the Library 1:30 Horse Races!!</p>	<p>9:45 Rise &amp; Shine Exercise👤👤 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 Storytime Discussion Group! 6:00 Movie &amp; Popcorn🎬</p>
<p>9:45 Rise &amp; Shine Exercise👤👤 10:30 Sunday Morning Surprise! 2:00 Memorial Day Festivities! 3:30 Trivia and Laughs</p>	<p><b>Memorial Day</b> 8:00 Walmart Outing 9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Bingo 11:00 Puzzles in the Library 3:00 Scrabble</p>	<p><b>9:30 Chair Yoga w/Carolyn of NAZ Hospice</b> 👤👤 10:00 Resident Swap Meet 3:00 Bridge in the OC Card Room</p>	<p>9:30 Exercise, Balance &amp; Breath Work👤👤 10:00 Crafting- Bird Feeders! 11:00 Puzzles in the Library 2:00 Talking Library Presentation</p>	<p>9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Bible Study 11:30 Music w/ Wally During Lunch 3:00 Wind &amp; Strings Performance</p>	<p>9:30 Exercise, Balance &amp; Breath Work👤👤 10:30 Bingo 1:00 Puzzles in the Library 2:00 Jeopardy!</p>	<p>9:45 Rise &amp; Shine Exercise👤👤 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 Storytime Discussion Group! 6:00 Movie &amp; Popcorn🎬</p>



## ANNOUNCEMENTS

### Residents Who Have Passed:

Marian Brookman

### Happy Birthday To:

Thelma Anderson - May 22nd

### Happy Anniversary To:

Richard & Marlene Batka - May 7th

### Residents Who Have Moved Out:

Fred Bezanson

Rosalind "Rozz" Wells

### Welcome:

Bob Grogan

Josefina Duardo

Ellen Cooper

## "This Month In History"

### MAY

**1900:** Thousands of people, including teams of scientists, gather in parts of the Southeastern U.S. to view a total solar eclipse.

**1916:** The Saturday Evening Post publishes its first cover that features a painting by Norman Rockwell.

**1927:** Aviator Charles Lindbergh successfully completes the first nonstop solo flight across the Atlantic Ocean.

**1932:** Comedian Jack Benny's first radio show is broadcast.

**1942:** The Women's Army Auxiliary Corps is created, enabling women to enlist for noncombat military duties.

**1952:** Originally created in Austria as a breath mint, Pez candy is sold for the first time in the U.S.

**1961:** Aboard the Freedom 7 space capsule, astronaut Alan Shepard is the first American to travel into space. His suborbital flight lasted 15 minutes.

**1971:** The NPR radio program "All Things Considered" premieres.

**1991:** Queen Elizabeth II becomes the first British monarch to address the U.S. Congress.

**2004:** At age 40, Randy Johnson of the Arizona Diamondbacks makes MLB history as the oldest pitcher to throw a perfect game.

**2014:** The music video "Gangnam Style," by South Korean pop star Psy, is the first video to reach 2 billion views on YouTube.

**2017:** "Wonder Woman" premieres in Los Angeles. The superheroine's story was the summer's highest-grossing movie.