



# *Sedona Winds*

## *Retirement Community*

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

### **Hello, Sunshine!**

Bring on the sun and fun! Summer officially begins on June 20.

### **Bach or Bluegrass**

What's the difference between a fiddle and a violin?

The short answer: None, usually, but sometimes strings. The long answer: Violins and fiddles are essentially the same instrument, but the style of music is very different. Violinists often play complex written music at a slower tempo. Fiddlers play fast, often improvise and may use simpler tunes to accommodate their speed. Sometimes fiddlers will trade in traditional synthetic strings for steel strings to sharpen the twangy bluegrass style.

### **Sniff Out Lemons to Boost Your Brain**

Stop and smell ... the lemons! The citrusy scent may improve your mood and mental processing. When the daily crossword has you stumped or you need to concentrate on a task, researchers have found that a whiff of lemon can enhance cognitive performance. Lemony smells also made people feel better and more motivated and alert.

### **Up, Up and Away**

The Montgolfier brothers, Joseph-Michel and Jacques-Etienne, made the first public demonstration of a hot-air balloon in Annonay, France. The unmanned, 38-foot balloon, made from linen and lined with paper, flew for 10 minutes and covered more than a mile on June 4, 1783.

## **June 2025**



### **Memorable Melody: 'Catch a Wave'**

"Don't be afraid to try the greatest sport around," urge The Beach Boys in their 1963 ode to surfing, "Catch a Wave," written by bandmates Mike Love and Brian Wilson. The tune debuted on the 1963 album "Surfer Girl." The song didn't chart for The Beach Boys, but a re-written version—"Sidewalk Surfing"—hit No. 25 for Jan and Dean.

### **A Day for Dads**

Father's Day is celebrated on the third Sunday in June. It is a time to honor fathers, celebrate fatherhood and appreciate the influence of fathers in society. Let all the fathers in your life know how special they are on this day just for them.

### **National Yo-Yo Day**

This contraption goes around the world without ever leaving your hand—the yo-yo! June 6 is National Yo-Yo Day, in honor of the birthday of entrepreneur and yo-yo enthusiast Donald Duncan.

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|---|--|--|--|--|--|--|
| <div>1</div> <div>9:45 Rise &amp; Shine Exercise🏃<br/>10:30 Sunday Morning Surprise!<br/><b>1:00 Church Service &amp; Singing!</b><br/><b>2:00 Resident Interview!</b><br/>3:30 Trivia and Laughs</div> | <div>2</div> <div><b>Clark's Outing</b><br/><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Bingo</b><br/>11:00 Puzzles in the Library<br/><b>1:30 Manicures</b><br/><b>3:00 Scrabble</b></div>  | <div>3</div> <div><b>Happy Birthday Helen Doan!</b><br/><b>10:00 Activity w/ Ann from Maggie's</b><br/>11:00 Puzzles in the Library<br/>2:00 Stitch, Chat, Paint &amp; Snack!<br/>3:00 Bridge in the OC Card Room</div>                      | <div>4</div> <div><b>*VITALS CLINIC*</b><br/>11:00 Puzzles in the Library<br/><b>12:00 Bobby Myhre Classic Sinatra &amp; Jazz Entertainment During Lunch</b><br/>1:30 Card Games in OC Card Room<br/><b>2:00 Bingo</b></div> | <div>5</div> <div><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Bible Study</b><br/><b>11:30 Music w/ Wally During Lunch</b><br/><b>2:00 Bingo</b></div>   | <div>6</div> <div><b>Happy Birthday Bob Coons!</b><br/><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Bingo</b><br/>1:00 Puzzles in the Library<br/><b>2:00 Karaoke w/Will!</b></div> | <div>7</div> <div>9:45 Rise &amp; Shine Exercise🏃<br/><b>10:30 Bingo!</b><br/>12:45 Low Vision Book Club!<br/><b>2:00 Storytime Discussion Group!</b><br/>6:00 Movie &amp; Popcorn🎬</div>  |
| <div>8</div> <div>9:45 Rise &amp; Shine Exercise🏃<br/>10:30 Sunday Morning Surprise!<br/><b>2:00 Spa Time!</b><br/>3:30 Trivia and Laughs</div>   | <div>9</div> <div><b>9:30 Meditation &amp; Breathwork with Debra 🏃</b><br/><b>10:30 Bingo</b><br/>11:00 Puzzles in the Library<br/><b>3:00 Scrabble</b></div>  | <div>10</div> <div><b>Happy Birthday Sharon Bird!</b><br/>9:30 Exercise, Balance &amp; Breath Work🏃<br/><b>10:00 Casino Outing!</b><br/><b>10:00 Tech Help with Marcy Barnes</b><br/>3:00 Bridge in the OC Card Room</div>                   | <div>11</div> <div><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Community Meeting</b><br/>11:00 Puzzles in the Library<br/><b>2:00 Ukulele Performance!</b></div>   | <div>12</div> <div><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Bible Study</b><br/><b>11:30 Music w/ Wally During Lunch</b><br/><b>2:00 Bingo</b></div>  | <div>13</div> <div><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Bingo</b><br/>1:00 Puzzles in the Library<br/><b>1:00 Scenic Drive</b></div>  | <div>14</div> <div>9:45 Rise &amp; Shine Exercise🏃<br/><b>10:30 Bingo!</b><br/>12:45 Low Vision Book Club!<br/><b>2:00 Storytime Discussion Group!</b><br/>6:00 Movie &amp; Popcorn🎬</div>   |
| <div>15</div> <div><b>FATHER'S DAY!!</b><br/>9:45 Rise &amp; Shine Exercise🏃<br/>10:30 Sunday Morning Surprise!<br/><b>2:00 Father's Day Celebration!</b><br/>3:30 Trivia and Laughs</div>              | <div>16</div> <div><b>Walmart Outing</b><br/><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Bingo</b><br/>11:00 Puzzles in the Library<br/><b>1:30 Manicures</b><br/><b>3:00 Scrabble</b></div> | <div>17</div> <div><b>Happy Birthday Rosalie Martinez!</b><br/><b>10:00 Activity w/ Ann from Maggie's</b><br/><b>1:00 Robert Clarke Music Performance</b><br/>1:30 Pet Therapy w/ Nita &amp; Julep<br/>3:00 Bridge in the OC Card Room</div> | <div>18</div> <div><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Crafting - Soap Making</b><br/>11:00 Puzzles in the Library<br/><b>2:00 Caregiver Meeting</b></div>   | <div>19</div> <div><b>Juneteenth</b><br/><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Bible Study</b><br/><b>11:30 Music w/ Wally During Lunch</b><br/>12:15 Birthday Cake Celebration with Compassus!<br/><b>3:30 John Ziegler Concert!!</b></div> | <div>20</div> <div><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Bingo</b><br/>1:00 Puzzles in the Library<br/><b>2:00 Benedetto Duo Concert!!</b></div>                             | <div>21</div> <div><b>Happy Birthday Barbara Reiche!</b><br/>9:45 Rise &amp; Shine Exercise🏃<br/><b>10:30 Bingo!</b><br/>12:45 Low Vision Book Club!<br/><b>2:00 Storytime Discussion Group!</b><br/>6:00 Movie &amp; Popcorn🎬</div> |
| <div>22</div> <div>9:45 Rise &amp; Shine Exercise🏃<br/>10:30 Sunday Morning Surprise!<br/><b>2:00 Name That Tune!</b><br/>3:30 Trivia and Laughs</div>  | <div>23</div> <div><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Bingo</b><br/>11:00 Puzzles in the Library<br/><b>3:00 Scrabble</b></div>   | <div>24</div> <div>9:30 Exercise, Balance &amp; Breath Work🏃<br/><b>10:30 Crafting - Air Dry Clay</b><br/>1:00 Puzzles in the Library<br/>3:00 Bridge in the OC Card Room</div>  | <div>25</div> <div><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:00 Donut Social!</b><br/>11:00 Puzzles in the Library<br/><b>1:00 Sedona Library Outing</b></div>  | <div>26</div> <div><b>Happy Birthday Bob Grogan!</b><br/><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Bible Study</b><br/><b>11:30 Music w/ Wally During Lunch</b><br/><b>2:00 Bingo</b></div>  | <div>27</div> <div><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Bingo</b><br/>1:00 Puzzles in the Library<br/><b>2:00 Jeopardy!</b></div>   | <div>28</div> <div>9:45 Rise &amp; Shine Exercise🏃<br/><b>10:30 Bingo!</b><br/>12:45 Low Vision Book Club!<br/><b>2:00 Storytime Discussion Group!</b><br/>6:00 Movie &amp; Popcorn🎬</div>   |
| <div>29</div> <div>9:45 Rise &amp; Shine Exercise🏃<br/>10:30 Sunday Morning Surprise!<br/><b>2:00 Social Club!</b><br/>3:30 Trivia and Laughs</div>   | <div>30</div> <div><b>9:30 Exercise, Balance &amp; Breath Work🏃</b><br/><b>10:30 Bingo</b><br/>11:00 Puzzles in the Library<br/><b>1:30 Manicures</b><br/><b>3:00 Scrabble</b></div>                           | <div></div> <div>PLEASE REMEMBER,<br/>CALENDAR IS SUBJECT TO<br/>CHANGE.<br/><br/>THANK YOU!</div>   | <div></div> <div></div>   | <div></div> <div></div>   | <div></div> <div></div>   | <div></div> <div></div>   |



### ANNOUNCEMENTS

#### *Residents Who Have Passed:*

Susan Goins

Thelma Anderson

#### *Happy Birthday To:*

Helen Doan - June 3rd

Robert Coons - June 6th

Sharon Bird - June 10th

Rosalie Martinez - June 17th

Barbara Reiche - June 21st

Bob Grogan - June 26th

#### *Residents Who Have Moved Out:*

Donald Beard

Heitor Martins

#### *Welcome:*

Marylyn Schumacher

Mary Ann Peterson

John Melind

Joyce Weis

Barbara Mezera

## "This Month In History"

### JUNE

**1789:** James Madison proposes the Bill of Rights, leading to the Constitution's first 10 amendments.

**1865:** Union General Granger reaches Galveston, Texas, one of the last holdouts of slavery, and enforces the Emancipation Proclamation for enslaved people there.

**1919:** The Treaty of Versailles is signed in France, signaling the official end of World War I.

**1947:** Pilot Kenneth Arnold reports flashes of light and nine incredibly speedy "saucer-like" UFOs whizzing over Mount Rainier, Wash., leading to the common term "flying saucers."

**1956:** President Eisenhower signs a bill funding interstate highway building, making it the largest American public works program.

**1960:** Alfred Hitchcock's infamous "Psycho" hits movie theaters and makes moviegoers fear showers for generations to come.

**1975:** Broadway hit "Chicago" premieres, going on to earn 10 nominations at the 1976 Tony Awards. The 2002 film won six Academy Awards, including Best Picture.

**1978:** Garfield, Jim Davis' classic comic feline, makes his national debut.

**1980:** CNN, the first 24-hour news service, starts airing June 1.

**1997:** J.K. Rowling publishes the first book in her bestselling series "Harry Potter."

**2002:** "American Idol" premieres on Fox, featuring first winner Kelly Clarkson.