



# *Sedona Winds*

## ***Retirement Community***

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

### **Waffle Wit**

Q: What do you call a waffle on a California beach?

A: A sandy Eggo.

### **A Gift of Lightning**

Thunderstorms aren't an uncommon occurrence on warm, steamy summer nights, and while the noise and light show may not be the best sleeping companions, they can—in specific circumstances—leave interesting gifts behind. Fulgurite, sometimes called fossilized lightning, occurs when lightning strikes sand, leaving behind irregularly shaped, naturally created glass. Fulgurites can form in both sandy areas (like beaches) or in rocky areas (like mountains).

### **Record-Setting High**

The summer heat may have you sweating it out, but compare it to this scorcher: The mercury hit 134 degrees Fahrenheit in July 1913 at Furnace Creek Ranch in California's Death Valley, setting the record for highest air temperature ever recorded.

### **Memorable Melody: 'Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini'**

This international chart-topping tune celebrates the beloved bikini, which debuted in July 1946. Songwriter Paul Vance was inspired to write the song after a day at the beach with his family. His infant daughter struggled with her new yellow bathing suit and eventually lost it to the waves. Teen singer Brian Hyland sang the ditty in 1960, and it's been stuck in our heads ever since.

### **July 2025**



### **Seasonal Selections**



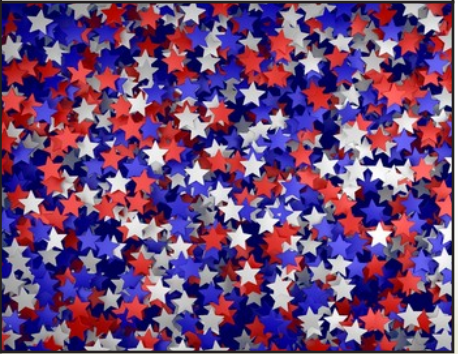
Summer weather often requires plenty of hydration. Why not mix some of the season's best produce with a little carbonated water to make the perfect, refreshing soda? Try limes, blueberries, cherries, raspberries or strawberries. All are in season and offer many combinations to please any palate.

### **Happy Fourth!**

Happy Independence Day to all our residents! We hope you have a fun and festive holiday.

### **America's First Zoo**

The first zoo in the United States opened July 1, 1874, in Philadelphia. Although the charter establishing the Zoological Society of Philadelphia had been signed 15 years prior, the Civil War prevented the zoo from opening sooner. Price of admission on opening day was 25 cents for adults and 10 cents for children.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>6</div> <div>10:00 Rise &amp; Shine Exercise🚶 10:30 Sunday Morning Surprise! <b>1:00 Church Service &amp; Singing!</b> <b>2:00 JULY 4th PARTY!!</b> 3:30 Trivia and Laughs</div>	<div>7</div> <div>PLEASE REMEMBER, CALENDAR IS SUBJECT TO CHANGE. THANK YOU!</div>	<div>1</div> <div>9:30 Exercise, Balance &amp; Breath Work🚶 <b>11:00 Celebration of Life in the Garden</b> 1:00 Puzzles in the Library 2:00 Bridge in the OC Card Room</div>	<div>2</div> <div><b>*VITALS CLINIC*</b> <b>12:00 Bobby Myhre Classic Sinatra &amp; Jazz Entertainment During Lunch</b> 1:00 Puzzles in the Library <b>2:00 Bingo</b></div>	<div>3</div> <div>9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Bible Study</b> <b>11:30 Music w/ Wally During Lunch</b> <b>2:00 Bingo</b></div>	<div>4</div> <div><b>Independence Day &amp; Happy Birthday Louise Coble</b> 9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Bingo</b> <b>1:00 Benedetto Duo Patriotic Sing Along!</b> <b>2:00 Karaoke w/Will!</b></div>	<div>5</div> <div>9:45 Rise &amp; Shine Exercise🚶 <b>10:30 Bingo!</b> 12:45 Low Vision Book Club! <b>2:00 Storytime Discussion Group!</b> 6:00 Movie &amp; Popcorn🎬</div>
<div>13</div> <div>10:00 Rise &amp; Shine Exercise🚶 10:30 Sunday Morning Surprise! <b>2:00 Spa Time!</b> 3:30 Trivia and Laughs</div>	<div>14</div> <div>9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Bingo</b> 11:00 Puzzles in the Library <b>1:30 Manicures</b> <b>3:00 Scrabble</b></div>	<div>15</div> <div>9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:00 Tech Help with Marcy Barnes</b> <b>1:00 Vet to Vet Cafe with NAz</b> 2:00 Bridge in the OC Card Room</div>	<div>16</div> <div>9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Community Meeting</b> 11:00 Puzzles in the Library <b>2:00 Craft Day - Tie Dye Shirts!</b></div>	<div>17</div> <div>9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Bible Study</b> <b>11:30 Music w/ Wally During Lunch</b> <b>2:00 Bingo</b></div>	<div>18</div> <div>9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Bingo</b> 1:00 Puzzles in the Library <b>2:00 Jeopardy!</b></div>	<div>19</div> <div>9:45 Rise &amp; Shine Exercise🚶 <b>10:30 Bingo!</b> 12:45 Low Vision Book Club! <b>2:00 Storytime Discussion Group!</b> 6:00 Movie &amp; Popcorn🎬</div>
<div>20</div> <div>10:00 Rise &amp; Shine Exercise🚶 10:30 Sunday Morning Surprise! <b>2:00 Resident Interview!</b> 3:30 Trivia and Laughs</div>	<div>21</div> <div><b>Walmart Outing</b> 9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Bingo</b> 11:00 Puzzles in the Library <b>1:30 Manicures</b> <b>3:00 Scrabble</b></div>	<div>22</div> <div>9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Bingo</b> 11:00 Puzzles in the Library <b>1:00 Craft Day - Cyanotype Sun Art</b> 2:00 Bridge in the OC Card Room</div>	<div>23</div> <div><b>Happy Birthday Richard Batka</b> 9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:00 Donut Social!</b> 11:00 Puzzles in the Library <b>2:00 Bingo</b></div>	<div>24</div> <div><b>Happy Birthday Bella Downey</b> 9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Bible Study</b> <b>11:30 Music w/ Wally During Lunch</b> <b>2:00 Bingo</b></div>	<div>25</div> <div>9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Bingo</b> 1:00 Puzzles in the Library <b>2:00 Jeopardy!</b></div>	<div>26</div> <div>9:45 Rise &amp; Shine Exercise🚶 <b>10:30 Bingo!</b> 12:45 Low Vision Book Club! <b>2:00 Storytime Discussion Group!</b> 6:00 Movie &amp; Popcorn🎬</div>
<div>27</div> <div><b>Happy Birthday Janice Johns &amp; Cora Seginski</b> 10:00 Rise &amp; Shine Exercise🚶 10:30 Sunday Morning Surprise! <b>2:00 Social Club!</b> 3:30 Trivia and Laughs</div>	<div>28</div> <div>9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Bingo</b> 11:00 Puzzles in the Library <b>3:00 Scrabble</b></div>	<div>29</div> <div><b>Happy Birthday Lois Eggers</b> 9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Bingo</b> <b>1:00 Craft Day - Soap Making</b> 2:00 Bridge in the OC Card Room</div>	<div>30</div> <div>9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Bingo</b> 11:00 Puzzles in the Library <b>2:00 Jeopardy!</b></div>	<div>31</div> <div>9:30 Exercise, Balance &amp; Breath Work🚶 <b>10:30 Bible Study</b> <b>11:30 Music w/ Wally During Lunch</b> <b>2:00 Bingo</b></div>		



## ANNOUNCEMENTS

### Residents Who Have Passed:

Bob Coons  
Hazel Proctor  
Frances Gardner  
Nancy Harbour

### Happy Birthday To:

Louise Coble - July 4th  
Richard Batka - July 23rd  
Bella Downey - July 24th  
Janice Johns - July 27th  
Cora Seginski - July 27th  
Lois Eggers - July 29th

### Residents Who Have Moved Out:

Bob Grogan  
Joe Skidmore

### Welcome:

Cordelia Drake  
Annette Hubble  
Lucinda Kautz

# "This Month In History" JULY

**1799:** French soldiers make a discovery that helps scholars decode Egyptian hieroglyphics. The Rosetta Stone—so named for the town near which it was found—includes the same text in Greek and Egyptian, providing the key necessary to unlock the meaning of the picture-based hieroglyphs.

**1826:** Former Presidents Thomas Jefferson and John Adams both die on the Fourth of July, half a century after each man signed the Declaration of Independence.

**1847:** The United States Post Office introduces the first postage stamps: a five-cent stamp featuring Benjamin

Franklin and a 10-cent stamp honoring George Washington.

**1903:** The Tour de France hosts its first race outside of Paris.

**1955:** Disneyland welcomes its first guests to "The Happiest Place on Earth" in Anaheim, Calif.

**1969:** Apollo 11, crewed with astronauts Neil Armstrong, Buzz Aldrin and Michael Collins, lands on the moon.

**1979:** Sony reveals the first portable cassette player—the Walkman.

**1985:** More than a billion people tune in to watch Live Aid, a concert featuring stars including David Bowie, Bob Dylan, Elton John and Queen. The concert raised more than \$140 million for famine relief in Ethiopia.

**2002:** American businessman Steve Fossett becomes the first solo adventurer to fly around the world in a balloon without stopping.