



Sedona Winds

Retirement Community

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

National Book Lovers Day – Reading Quirks

The spotlight is on bookworms Aug. 9 for National Book Lovers Day. Check out these quirky habits you may have in common with your fellow readers:

Brainy bibliophiles. Many readers make faces to copy the characters' emotions thanks to their mirror neurons firing on all cylinders. It's no wonder that reading is linked to empathy. Other readers may mouth the words as they read, which is a comprehension strategy called subvocalization.

Comforting customs. Readers who prefer to reread their favorites instead of starting something new, or even those controversial folks who read the last page of the book first, have something in common: relaxation. Both of these reading habits are ways to ease anxiety, so readers can slow down and enjoy the story.

Small Change, Big Benefits

Try these micro habits for small daily changes to make life better.

Wake up with water. Drink a glass of water first thing in the morning.

A year in read-view. Read one page of a novel before bed. Over about a year, you'll have finished the book and saved your eyes from pre-sleep screen time.

A grateful start. Write one thing you're thankful for in a journal each day. At the end of the month, take a moment to read over what makes you grateful.

August 2025



Summer Song





































"In summer, the song sings itself."
—William Carlos Williams

A Summer Light Show

Looking for a summer showstopper? Step outside in the early morning hours of Aug. 12-13, when the Perseid meteor shower reaches its peak. Viewers can potentially see more than 50 shooting stars each hour. Finding a dark place to watch increases your chances of getting to wish on a falling star.

An Ironclad Legend

"Old Ironsides" is the USS Constitution, a historic U.S. Navy warship. It earned its nickname during the War of 1812 when British cannonballs seemed to bounce off its sturdy oak sides, prompting a crewman to exclaim, "Her sides are made of iron!"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>3</div> <div>10:00 Rise & Shine Exercise 10:30 Sunday Morning Surprise! 1:00 Church Service & Singing! 2:00 Spa Time! 3:30 Trivia and Laughs</div>	 <div>4</div> <div>Clark's Outing! 9:30 Exercise, Balance & Breath Work 10:30 Bingo 11:00 Puzzles in the Library 1:30 Manicures 3:00 Scrabble</div>	 <div>5</div> <div>9:30 Exercise, Balance & Breath Work 12:30 Robert Clarke Music Performance 2:00 Bridge in the OC Card Room 2:00 Stitch & Chat</div>	 <div>6</div> <div>9:30 Exercise, Balance & Breath Work 11:00 Puzzles in the Library 12:00 Bobby Myhre Classic Sinatra & Jazz Entertainment During Lunch 3:00 Scrabble</div>	<div>PLEASE REMEMBER, CALENDAR IS SUBJECT TO CHANGE. THANK YOU!</div> <div>7</div> <div>Happy Birthday Larry Sternfield! 9:30 Exercise, Balance & Breath Work 10:30 Bible Study 11:30 Music w/ Wally During Lunch 2:00 Bingo</div>	<div>1</div> <div>9:30 Exercise, Balance & Breath Work 10:30 Bingo 1:00 Puzzles in the Library 2:00 Wii Sports</div>	<div>2</div> <div>9:45 Rise & Shine Exercise 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 Storytime Discussion Group! 6:00 Movie & Popcorn</div>
<div>10</div> <div>10:00 Rise & Shine Exercise 10:30 Sunday Morning Surprise! 2:00 Name That Tune! 3:30 Trivia and Laughs</div>	<div>11</div> <div>Happy Birthday Larry Nero! 9:30 Exercise, Balance & Breath Work 10:30 Bingo 11:00 Puzzles in the Library 3:00 Scrabble</div>	<div>12</div> <div>9:30 Exercise, Balance & Breath Work 10:00 Casino Outing! 10:00 Tech Help with Marcy Barnes 2:00 Bridge in the OC Card Room</div>	<div>13</div> <div>9:30 Exercise, Balance & Breath Work 10:30 Community Meeting 11:00 Puzzles in the Library 2:00 Ukulele Performance!</div>	<div>14</div> <div>9:30 Exercise, Balance & Breath Work 10:30 Bible Study 11:30 Music w/ Wally During Lunch 2:00 Bingo</div>	<div>15</div> <div>9:30 Exercise, Balance & Breath Work 10:30 Bingo 1:00 Puzzles in the Library 2:00 Benedetto Duo Concert!</div>	<div>16</div> <div>9:45 Rise & Shine Exercise 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 Storytime Discussion Group! 6:00 Movie & Popcorn</div>
<div>17</div> <div>10:00 Rise & Shine Exercise 10:30 Sunday Morning Surprise! 2:00 Social Club & Fun! 3:30 Trivia and Laughs</div>	<div>18</div> <div>Walmart Outing! 9:30 Meditation & Breath Work with Debra 11:00 Puzzles in the Library 1:30 Manicures 3:00 Scrabble</div>	<div>19</div> <div>9:30 Exercise, Balance & Breath Work 10:30 Bingo 1:00 Craft Day - Tie Dye Shirts! 1:30 Pet Therapy w/ Nita & Julep 2:00 Bridge in the OC Card Room</div>	<div>20</div> <div>*VITALS CLINIC* 10:00 BoSa Donuts! 11:00 Puzzles in the Library 2:00 Caregiver Meeting</div>	<div>21</div> <div>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!!</div>	<div>22</div> <div>9:30 Exercise, Balance & Breath Work 10:30 Bingo 1:00 Puzzles in the Library 2:00 Jeopardy!</div>	<div>23</div> <div>9:45 Rise & Shine Exercise 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 Storytime Discussion Group! 6:00 Movie & Popcorn</div>
<div>24</div> <div>Happy Birthday Gotfred Jacobsen! 10:00 Rise & Shine Exercise 10:30 Sunday Morning Surprise! 2:00 Resident Interview! 3:30 Trivia and Laughs</div>	<div>25</div> <div>9:30 Exercise, Balance & Breath Work 10:30 Bingo 11:00 Puzzles in the Library 3:00 Scrabble</div>	<div>26</div> <div>9:30 Exercise, Balance & Breath Work 10:30 Bingo 1:00 Sedona Library Outing 2:00 Bridge in the OC Card Room</div>	<div>27</div> <div>9:30 Exercise, Balance & Breath Work 10:30 Bingo 11:00 Puzzles in the Library 1:00 Craft Day - Air Dry Clay 3:00 Scrabble</div>	<div>28</div> <div>9:30 Exercise, Balance & Breath Work 10:30 Bible Study 11:30 Music w/ Wally During Lunch 2:00 Bingo</div>	<div>29</div> <div>9:30 Exercise, Balance & Breath Work 10:30 Bingo 1:00 Puzzles in the Library 2:00 Wii Sports</div>	<div>30</div> <div>9:45 Rise & Shine Exercise 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 Storytime Discussion Group! 6:00 Movie & Popcorn</div>
<div>31</div> <div>10:00 Rise & Shine Exercise 10:30 Sunday Morning Surprise! 2:00 Interact Club Kids! 3:30 Trivia and Laughs</div>						

ANNOUNCEMENTS

Residents Who Have Passed:

Richard Batka

Happy Birthday To:

Larry Nero - August 7th

Larry Sternfield - August 11th

Gotfred Jacobsen - August 24th

Residents Who Have Moved Out:

Kathleen Schraeder

Welcome:

Thora Hodge

Jacque Riggs

Peter Mortimore

Billy Jo Blavat

Veronica Gruzca

Tom Shelly

"This Month In History"

AUGUST

1492: The Niña, Pinta and Santa Maria leave Spanish port for their accidental destination of the Americas.

1790: The first U.S. census begins. The population count has been repeated every ten years since then.

1914: Cleveland, Ohio, installs the world's first electric traffic signal. The manually operated light directed traffic at Euclid Avenue and East 105th Street.

1926: New York athlete Gertrude Ederle swims the English Channel, becoming the first woman to do so.

1949: The Basketball Association of America and the National Basketball League merge to form the National Basketball Association (NBA).

1957: "American Bandstand," a TV show of teens dancing to rock and roll, premieres with host Dick Clark.

1969: Woodstock opens in a New York field, bringing more than 400,000 people to see its three days of concerts featuring Joan Baez, Santana, The Grateful Dead, Creedence Clearwater Revival, Janis Joplin, Jimi Hendrix and more.

1978: The first transatlantic balloon flight is completed successfully when the Double Eagle II lands near Paris, France, after traversing more than 3,200 miles from Presque Isle, Maine.

2009: Usain Bolt breaks his own 100-meter dash record at the World Championships in Berlin by completing the race in 9.58 seconds.