



Sedona Winds

Retirement Community

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

Popcorn Pick: 'The Birds'

The poster for this 1963 thriller features a menacing quote by its legendary director, Alfred Hitchcock: "It could be the most terrifying motion picture I have ever made." His film is based on a story by novelist Daphne du Maurier. Beautiful socialite Melanie Daniels (Tippi Hedren in her first acting role) visits a California seaside town, where, inexplicably, birds of all types begin attacking people. Along with Hitchcock's flair for suspense, movie historians note the special effects that used real and animated birds, plus a sinister soundtrack not made of music, but bird sounds.

Don't Cross a Crow

Crows have a good memory and never forget a human face, especially someone who has ruffled their feathers. Wildlife biologists who have studied this phenomenon say the birds can remember people who have threatened them—even after several years—and warn their offspring and other crows in their flock, passing on their grudge against potential threats.

Remember When: Letter Jackets

There was a time when nothing symbolized school spirit more than the iconic letterman jacket. The tradition began in 1865, when members of Harvard University's baseball team had the letter H sewn onto their knit sweater uniforms. Other teams followed, and by the 1930s, proud high school and college athletes across the country were sporting cardigans and later, wool jackets that displayed their school initial.

October 2025



October Pleasures

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."



—Nathaniel Hawthorne

Wild World: Monarchs

Monarch butterflies may only live a few months, but in that time, some will make a 3,000-mile journey south to Mexico. They are the only butterflies to migrate such a long distance, and later generations will make the same trip, sometimes returning to the exact tree as their ancestors. Monarch caterpillars eat milkweed almost exclusively, but reduced acreage of the plant—as well as natural disasters in Mexico—are threatening the butterflies' population.

Goose Bumps

Goose bumps develop on the skin as an involuntary response to cold temperatures or strong emotions such as fear, pleasure or excitement. They are caused by tiny muscles connected to each hair follicle contracting and pulling the hair erect. The same thing happens in other mammals for the same reasons; for example, a cat's fur stands up when it is frightened or angry.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>5 10:00 Rise & Shine Exercise🏃 10:30 Sunday Morning Surprise! 1:00 Church Service & Singing! 2:00 Storybook & Discussion Group! 3:30 Trivia and Laughs</div>	 <div>6 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>7 9:30 Exercise, Balance & Breath Work🏃 10:30 Bingo 2:00 Bridge in the OC Card Room 2:00 Stitch & Chat</div>	<div>1 9:30 Exercise, Balance & Breath Work🏃 10:30 Bingo 11:00 Puzzles in the Library 12:00 Bobby Myhre Classic Sinatra & Jazz Entertainment During Lunch 3:00 Scrabble</div>	<div>2 9:30 Exercise, Balance & Breath Work🏃 10:30 Bible Study 11:30 Music w/ Wally During Lunch 2:00 Bingo</div>	<div>3 Happy Birthday Lucinda Kautz 9:30 Exercise, Balance & Breath Work🏃 10:30 Bingo 1:00 Free Time to Paint & Craft 2:00 Jeopardy!</div>	<div>4 Happy Birthday Roswitha Heintz 9:45 Rise & Shine Exercise🏃 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 PIANO RECITAL with CANDACE'S STUDENTS! 6:00 Movie & Popcorn🎬</div>
<div>12 10:00 Rise & Shine Exercise🏃 10:30 Sunday Morning Surprise! 12:00 Spa Time! 3:30 Trivia and Laughs</div>	<div>13 Columbus Day 8:30 Walmart Outing 9:30 Meditation & Breathwork with Debra 1:00 Craft Day - Air Dry Clay 3:00 Scrabble</div>	<div>14 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>15 Happy Birthday Lorraine Anderson 9:30 Exercise, Balance & Breath Work🏃 10:30 Bingo 11:00 Puzzles in the Library 2:00 Caregiver Meeting</div>	<div>16 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>17 9:30 Exercise, Balance & Breath Work🏃 10:30 Bingo 1:00 Puzzles in the Library 2:00 Jeopardy!</div>	<div>18 10:00 Flu Clinic 12:45 Low Vision Book Club! 2:00 Storybook & Discussion Group! 6:00 Movie & Popcorn🎬</div>
<div>19 10:00 Rise & Shine Exercise🏃 10:30 Sunday Morning Surprise! 2:00 Resident Interview! 3:30 Trivia and Laughs</div>	<div>20 9:30 Exercise, Balance & Breath Work🏃 10:30 Bingo 11:00 Puzzles in the Library 1:30 Manicures w/ Laura 3:00 Scrabble</div>	<div>21 9:30 Clemenceau History Museum & Lunch Outing 1:30 Pet Therapy w/ Nita & Julep 2:00 Bridge in the OC Card Room 2:00 Free Time to Paint & Craft</div>	<div>22 Happy Birthday Henry Wirts 9:00 Vitals Clinic 10:00 BoSa Donuts! 11:00 Puzzles in the Library 3:00 Scrabble</div>	<div>23 9:30 Exercise, Balance & Breath Work🏃 10:30 Bible Study 11:30 Music w/ Wally During Lunch 2:00 Bingo</div>	<div>24 9:30 Exercise, Balance & Breath Work🏃 10:30 Bingo 1:00 Puzzles in the Library 2:00 Benedetto Duo Concert and Happy Hour</div>	<div>25 9:45 Rise & Shine Exercise🏃 10:30 Bingo! 12:45 Low Vision Book Club! 2:00 Storybook & Discussion Group! 6:00 Movie & Popcorn🎬</div>
<div>26 Happy Birthday Maryann Peterson 10:00 Rise & Shine Exercise🏃 10:30 Sunday Morning Surprise! 2:00 Halloween Party with the Interact Kids!! 3:30 Trivia and Laughs</div>	<div>27 9:30 Exercise, Balance & Breath Work🏃 10:30 Bingo 11:00 Puzzles in the Library 3:00 Scrabble</div>	<div>28 9:30 Exercise, Balance & Breath Work🏃 10:30 Bingo 1:00 Puzzles in the Library 2:00 Bridge in the OC Card Room</div>	<div>29 Happy Birthday Nancy Soltero 9:30 Exercise, Balance & Breath Work🏃 10:30 Bingo 1:00 Free Time to Paint & Craft 3:00 Scrabble</div>	<div>30 9:30 Exercise, Balance & Breath Work🏃 10:30 Bible Study 11:30 Music w/ Wally During Lunch 2:00 Bingo</div>	<div>31 9:30 Exercise, Balance & Breath Work🏃 10:30 Bingo 1:00 Puzzles in the Library 2:00 Halloween Party</div>	<div>PLEASE REMEMBER, CALENDAR IS SUBJECT TO CHANGE. THANK YOU!</div>

ANNOUNCEMENTS

Happy Birthday to

Lucinda Kautz - October 3rd
Roswitha Heintz - October 4th
Barbara Bousman - October 9th
Lorraine Anderson - October 15th
Henry Wirts - October 22nd
Maryann Peterson - October 26th
Nancy Soltero - October 29th

Welcome

Robin Ruffo
Debbie Galloway
Wanda Christensen
John Carter III

"This Month In History" OCTOBER

1792: In the nation's new capital city, Washington, D.C., the cornerstone of the White House is laid.

1903: The Boston Americans defeat the Pittsburgh Pirates five games to three to win the first World Series.

1931: Comic strip crime fighter "Dick Tracy" debuts.

1949: At a ceremony in Beijing, revolutionary leader Mao Zedong formally announces the creation of the People's Republic of China.

1955: Children's TV shows "Captain Kangaroo" and "The Mickey Mouse Club" air their first episodes.

1957: The Space Age begins when the Soviet Union launches Sputnik I, the first man-made satellite, into orbit.

1962: "Dr. No," the first in the popular James Bond spy film franchise, premieres in London.

1979: Mother Teresa wins the Nobel Peace Prize for her work with the poor in India.

1982: The musical "Cats" opens on Broadway, beginning a record run of more than 7,000 performances.

1995: Rallying for unity and family values, hundreds of thousands gather in Washington, D.C., for the Million Man March.

2000: An American astronaut and two Russian cosmonauts arrive for a four-month stay as the first residents of the International Space Station.

2003: Supersonic jet travel comes to an end when the final flights of three Concorde passenger jets land at London's Heathrow Airport.

2011: The Martin Luther King Jr. Memorial is formally dedicated in Washington, D.C., after a postponement due to Hurricane Irene.