



Sedona Winds

Retirement Community

405 Jacks Canyon Rd • Sedona, AZ 86351 • (928) 284-1021



Residents enjoying the Verde Valley Voices Christmas Concert held at the Catholic Church



Crafts with the students from Sedona Charter School



January 2024

A New Year's Toast

To love, laughter and a happily ever after.

New Year's Wishes

We'd like to wish all of our residents Happy New Year! We hope that the next 12 months are filled with family, friends, fun and good fortune.

Walk and Talk

Walking is a convenient, low-intensity workout that can improve or maintain your overall health. Follow the talk test to gauge how hard you're working. If you can comfortably talk while walking, then you are successfully completing a moderate workout. But if you're able to sing, then you should up your pace.

Bingo and Card Bingo

Please join us on Tuesdays at 2:00 p.m. for Card Bingo (a different twist on Bingo played with a deck of cards.), and most Wednesdays at 2:00 p.m. for Bingo. (You never know; you could also win a gift when you play.) Please join us!


Hope to see you there!

Ideas Wanted

With a new year upon us, we are looking for ideas for new outings and activities. We would love to hear your suggestions, so please reach out to us!

Celebrating MLK Jr. Day

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1 10:00 Fitness 10:45 Trivia Fun 11:30 Special Holiday Brunch 1:30 Special Holiday Brunch	2 8:30 Coffee Club with Will from Edward Jones 10:00 Fitness 10:00 Kitchen Tour 10:00 Village Van 11:00 Bible Study 2:00 Card Bingo	3 9:30 Sedona Van 10:00 Fitness 11:00 Did you Know? 2:00 Bingo	4 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 2:00 Crafts with Julie & Debby 6:30 Bible Study	5 10:00 Fitness 2:00 Let's Play A Game 3:00 Weekender in Boxes	6 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Ourselves Group with Patricia Yacker
7 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie & Popcorn	8 10:00 Fitness 10:45 Trivia Fun 11:00 Out to Lunch at Szechuan 2:00 Sedona Downs 3:00 Catholic Service	9 8:30 Computer and Phone Help with Marcie 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Ice Cream Social & Trivia with Gwen	10 9:30 Joan's Writing Group 9:30 Sedona Van 10:00 Fitness 11:00 Wellness Clinic 2:00 Village Ukulele Band	11 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 2:00 Crafts with Julie & Debby 6:30 Bible Study	12 10:00 Fitness 10:30 Van to Prescott 2:00 Let's Play A Game 3:00 Weekender in Boxes	13 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Ourselves Group with Patricia Yacker
14 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie & Popcorn	15 Martin Luther King Jr. Day 10:00 Fitness 10:45 Trivia Fun 1:30 Van to Dollar General 2:00 Sedona Downs 3:00 Catholic Service	16 8:30 Coffee Club with Will from Edward Jones 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Card Bingo	17 9:30 Sedona Van 10:00 Drumming, Rhythm & Fitness 1:30 Van to Library 2:00 Bingo	18 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 2:00 Happy Hour with John Z. 6:30 Bible Study	19 10:00 Fitness 11:00 Dancing Class with Carolyn from No. Az. Hospice 2:00 Let's Play A Game 3:00 Weekender in Boxes	20 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Ourselves Group with Patricia Yacker
21 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie & Popcorn	22 10:00 Fitness 10:45 Trivia Fun 11:00 Out to Lunch at G Burgers 2:00 Sedona Downs 3:00 Catholic Service	23 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Birthday Concert with Peter	24 9:30 Joan's Writing Group 9:30 Sedona Van 10:00 Fitness 2:00 Bingo	25 9:00 Library Book Talk 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 6:30 Bible Study	26 10:00 Fitness 2:00 Let's Play A Game 2:00 Show and Tell 3:00 Weekender in Boxes	27 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Ourselves Group with Patricia Yacker
28 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie & Popcorn	29 10:00 Fitness 10:45 Trivia Fun 11:00 Puzzle Day 2:00 Sedona Downs 3:00 Catholic Service	30 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Card Bingo	31 Backwards Day 9:30 Sedona Van 10:00 Fitness 2:00 Bingo with Laura 4:00 Dinner Music with Erroll		All Events Are Subject to Change	



Students from the Sedona Charter School came caroling and then did a craft with the residents.