



# *Sedona Winds*

## *Retirement Community*

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



### **'Party' Gras**

Let the good times roll on Mardi Gras! You won't want to miss out on our colorful, festive party, so check the calendar and front insert for all the details and come celebrate with us.

### **Super Bowl Party**

It's Super Bowl time! Which team are you rooting for? Or are you cheering for the commercials, or just looking for the chips and dip? Whatever draws you to the big game, join us for football, food and fun during our Super Bowl party! In the Activity Room at 4:00 p.m. Hope to see you there!



### **February 2024**



**Chinese New Year ~ February 10th**  
Special Menu by the Culinary Department



### **Happy Valentine's Day**

As Valentine's Day approaches, we'd like to take a moment to express our affection for our residents. Thanks for making our community such a fun place to work. Happy Valentine's Day from your staff. Join us for a party at 2:00 p.m. in the Activity Room.

Also a special menu by the Culinary Department at regular meal times.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>All Events Are Subject to Change</b>			<b>9:30 Cottonwood Van</b> 10:00 Fitness 10:45 Healthy Eating & Cooking with Chef Abraham 1:00 Bowling on Wii 2:00 Make Masks for Mardi Gras Party 6:30 Bible Study	<b>Groundhog Day</b> 10:00 Fitness 11:00 Groundhog Day And National Bubble Gum Day 2:00 Let's Play A Game	2:00 Loving & Healing Ourselves Group with Patricia Yacker
10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie & Popcorn	10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service	8:30 Coffee Club with Will from Edward Jones 10:00 Fitness 10:00 Kitchen Tour <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Mardi Gras Party	9:30 Joan's Writing Group <b>9:30 Sedona Van</b> 10:00 Fitness 2:00 Bingo with Will from Edward Jones	<b>9:30 Cottonwood Van</b> 10:00 Fitness 1:00 Bowling on Wii 2:00 Craft Class 6:30 Bible Study	10:00 Fitness 2:00 Let's Play A Game 2:30 Bingo	<b>Chinese New Year ~ Year of the Dragon</b> 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Ourselves Group with Patricia Yacker
<b>Super Bowl Sunday ~ Happy Birthday Don O. &amp; Margie ~ Happy Anniversary J.C. &amp; Mae</b> 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 4:00 Super Bowl Party	<b>Happy Birthday Julie &amp; Geri</b> 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service	<b>Fat Tuesday</b> <b>8:30 Van to Breakfast at Miley's</b> 10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Card Bingo	<b>Valentine's Day ~ Ash Wednesday</b> <b>9:30 Sedona Van</b> 10:00 Fitness 11:00 Wellness Clinic 2:00 Valentine's Day Party	<b>9:30 Cottonwood Van</b> 10:00 Fitness 1:00 Bowling on Wii 2:00 Happy Hour with John Z. 6:30 Bible Study	10:00 Fitness 11:00 Dancing Class with Carolyn from No. Az. Hospice 2:00 Let's Play A Game	<b>Happy Birthday Ron</b> 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Ourselves Group with Patricia Yacker
10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie & Popcorn	<b>Presidents Day</b> 10:00 Fitness 10:45 Trivia Fun 11:30 Holiday Brunch 1:30 Holiday Brunch 3:00 Catholic Service	<b>Happy Birthday Dona</b> 10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study 2:00 Card Bingo	<b>Happy Birthday Terry W.</b> 9:30 Joan's Writing Group <b>9:30 Sedona Van</b> 10:00 Drumming, Rhythm & Fitness 10:00 Fitness 2:00 Bingo with Will from Edward Jones	<b>9:30 Cottonwood Van</b> 10:00 Fitness 1:00 Bowling on Wii 2:00 Birthday Concert with Peter 6:30 Bible Study	10:00 Fitness <b>10:30 Van to Prescott</b> 2:00 Let's Play A Game 2:00 Show and Tell	10:00 Chair Yoga with Susannah 2:00 Loving & Healing Ourselves Group with Patricia Yacker
10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie & Popcorn	<b>Happy Birthday Chef Abraham</b> 10:00 Fitness 10:45 Trivia Fun 2:00 Sedona Downs 3:00 Catholic Service	10:00 Fitness <b>10:00 Village Van</b> 11:00 Bible Study <b>11:30 Van to Lunch at Szechuan</b> 2:00 Card Bingo	<b>Happy Birthday Carol E. &amp; Burt</b> <b>9:30 Sedona Van</b> 10:00 Fitness 2:00 Bingo with Laura	<b>Leap Day</b> <b>9:30 Cottonwood Van</b> 10:00 Fitness 11:00 What's Leap Day? 1:00 Bowling on Wii 2:00 Craft Class 6:30 Bible Study		



Happy Valentine's Day

HAVE A SWEET HOLIDAY FILLED WITH LOVE!



Be My Valentine Word Search  
**February**

Arrow	Heart
Candy	Hug
Card	Kiss
Cupid	Love
February	Red
Flowers	Roses
Friends	Sweet
Groundhog	Valentine

G	V	A	L	E	N	T	I	N	E	F	D	R	A	C
O	F	R	U	O	X	C	O	S	R	E	W	O	L	F
H	E	P	J	V	V	R	Q	P	B	A	S	A	R	
D	E	W	R	D	N	E	R	I	C	R	J	E	F	I
N	K	A	N	S	B	B	I	X	R	U	C	S	J	E
U	X	D	R	I	N	F	U	O	S	A	P	X	O	N
O	R	L	S	T	A	K	W	V	N	R	B	I	K	D
R	X	I	L	I	E	T	O	D	E	Y	G	M	D	S
G	U	H	H	T	L	E	Y	S	A	F	H	C	T	O
S	F	C	P	D	I	U	W	S	Z	K	D	E	M	R
G	F	O	B	X	Y	I	V	S	I	U	T	K	K	P
U	K	Y	Z	S	B	D	R	K	S	T	J	C	K	K
W	W	Z	K	U	B	L	I	D	U	I	G	O	B	X
C	E	Z	X	P	X	F	H	K	B	U	K	C	A	A