



Sedona Winds

Retirement Community

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



Happy New Year!

We wish all of our residents and their families a wonderful year full of peace and joy. We are delighted to have you in our community!

A New Year's Toast

To love, laughter and a happily ever after.



Year of the Snake

Celebrated in many Asian countries and cultures, Lunar New Year begins on Jan. 29. 2025 is the Year of the Snake, and in the Chinese zodiac, the animal represents wisdom and change.



January 2025

Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest “thank you” can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.

Honoring MLK

The third Monday of each January, Martin Luther King Jr. Day remembers the legacy of the American civil rights leader. It’s the first federal holiday to honor an African American, and the first for a private citizen who never held a public office.

Make Someone's Day

Jan. 24 is National Compliment Day.

Logical Lunges for Your Brain

Happy World Logic Day on Jan. 14! Teasers and puzzles such as riddles, sudoku, word problems and rebus clues are all fun ways to challenge the brain. Because these types of puzzles involve creative problem-solving techniques that are different than everyday thoughts, solving them is like taking your brain to the gym, ensuring that your mental muscles are stretched. Check out the Bored Board for all different types of puzzles.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1 10:00 Fitness 11:30 Holiday Brunch 1:30 Holiday Brunch	2 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 1:00 Free Chair Massage by Kenneth 5:30 Mexican Train 6:30 Bible Study	3 10:00 Fitness 2:00 Let's Play Uno 5:30 Mexican Train	4 2:00 Loving & Healing Group with Marty & Patricia 5:30 Mexican Train
5 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie 5:30 Mexican Train	Happy Birthday Gretchen 6 10:00 Fitness 10:45 Trivia Fun 1:00 Free Chair Massage by Kenneth 2:00 Sedona Downs 3:00 Catholic Service	Happy Birthday Don D. 7 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	8 9:30 Joan's Writing Group 9:30 Sedona Van 10:00 Fitness 11:00 Wellness Clinic 1:00 Free Chair Massage by Kenneth 2:00 Village Ukulele Band	9 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 1:00 Free Chair Massage by Kenneth 5:30 Mexican Train 6:30 Bible Study	10 10:00 Fitness 2:00 Crafts with Rebecca from Hospice Accord 5:30 Mexican Train	11 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Group with Marty & Patricia 5:30 Mexican Train
12 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie 5:30 Mexican Train	Happy Birthday Marty 13 10:00 Fitness 10:45 Trivia Fun 11:30 Out to Lunch at Colt's Grill 1:00 Free Chair Massage by Kenneth 2:00 Sedona Downs 2:30 Confessions with Father David 3:00 Catholic Mass with Father David	14 8:45 Computer and Phone Help from Marcie 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Card Bingo	15 9:30 Sedona Van 10:00 Drumming, Rhythm & Fitness 10:00 Fitness 1:00 Free Chair Massage by Kenneth 2:00 Bingo with Will from Edward Jones	16 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 1:00 Free Chair Massage by Kenneth 2:00 Happy Hour with John Z. 5:30 Mexican Train 6:30 Bible Study	17 10:00 Fitness 2:00 Let's Play Yahtzee 5:30 Mexican Train	Happy Birthday Maxine & Tony 18 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Group with Marty & Patricia 5:30 Mexican Train
19 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie 5:30 Mexican Train	Martin Luther King Jr. Day and Happy Birthday Angela & Shirley 20 10:00 Fitness 10:45 Trivia Fun 1:00 Free Chair Massage by Kenneth 2:00 Sedona Downs 3:00 Catholic Service	Happy Birthday Riley 21 10:00 Fitness 10:00 Village Van 11:00 Bible Study 2:00 Ice Cream & Trivia Social with Hospice Compassus	22 9:30 Joan's Writing Group 9:30 Sedona Van 10:00 Fitness 1:00 Free Chair Massage by Kenneth 2:00 Birthday Concert with Greg and Lisa	23 9:30 Cottonwood Van 10:00 Fitness 1:00 Bowling on Wii 1:00 Free Chair Massage by Kenneth 5:30 Mexican Train 6:30 Bible Study	24 10:00 Fitness 10:30 Van to Prescott 2:00 Let's play Skipbo 5:30 Mexican Train	25 10:00 Chair Yoga with Susannah 2:00 Loving & Healing Group with Marty & Patricia 5:30 Mexican Train
26 10:00 Communion in the Library 11:30 Sunday Brunch 1:30 Sunday Brunch 3:00 Matinee Movie 5:30 Mexican Train	27 10:00 Fitness 10:45 Trivia Fun 1:00 Free Chair Massage by Kenneth 2:00 Sedona Downs 3:00 Catholic Service	28 10:00 Fitness 10:00 Village Van 11:00 Bible Study 11:30 Out to Lunch at Mileys 2:00 Card Bingo	Happy Chinese New Year 29 9:30 Sedona Van 10:00 Fitness 11:00 Chinese New Year Fun 1:00 Free Chair Massage by Kenneth 2:00 Bingo with Laura 4:00 Dinner Music by Erroll	Happy Birthday Agda 30 9:30 Cottonwood Van 9:30 Library Book Talk 10:00 Fitness 1:00 Bowling on Wii 1:00 Free Chair Massage by Kenneth 5:30 Mexican Train 6:30 Bible Study	31 Backwards Day 10:00 Fitness 2:00 Show & Tell 5:30 Mexican Train	<p style="text-align: center;">All Events Are Subject to Change</p>

